



### Essential Race Information

Race Info Highlights (Read this if you are pushed for time but please take the time to read the whole thing as there are conditions listed that will prevent you from starting on the day if you do not follow them)

- All runners to have the mandatory kit listed below – if you don't have it you will be unable to start the race!
- Friday 3rd May – Race Pack Pickup from [Oak Group Jersey](#), St Helier Between 12pm and 2pm. All runners (or a designated representative) to pick up their packs on this day, we are a small team and on the actual event day it is extremely busy so have limited time to deal with race admin tasks such as race reg that morning - I really would appreciate your co-operation with this to make sure the event runs smoothly on event day.
- Please note - Race numbers that remain uncollected on the Friday from any runners (unless previously agreed with me) will not be available at the start on the Saturday. Obviously, I will try to help if you are travelling from elsewhere but this will be the exception rather than the rule.
- The event is plastic minimal – own cups and own drinking receptacles required for checkpoint drinks and at finish.

### Event HQ – Start and Finish Line

Event HQ is at [Les Landes Race Course](#) – we will be starting the ultra-race from there at 8am on 4<sup>th</sup> May 2024. Race organisers will be at the start from 7.00am.

### Timetable -including Start and Registration Times

#### **Friday**

1200-1400 – Registration for all races in Oak Corporate Offices, IFC 5, St Helier, Jersey

## **Saturday**

0745 – Ultra Race Brief Les Landes Race Course  
0800 – Ultra Race Start at Les Landes  
0945 – 20 Miler North Coast Race Brief – St Catherine’s Breakwater  
1000 – 20 Miler North Coast Race start  
1045 – 10 Miler North Coast Race Brief – Sorel Point  
1100 – 10 Miler North Coast Race start  
1245 – 10 km Race Brief – Les Landes  
1300 – 10 km Race Start – Les Landes  
1320 – 5 km Race Brief – Les Landes  
1330 – 10 km Race Start – Les Landes  
2000 – All Courses Close

### **Parking & Getting there.**

There is parking at Les Landes, however runners use this at their own discretion and responsibility. I would advise having someone dropping you off at the start and picking you up at the end. We are not allowed to park in the race course itself, but there is parking both around the perimeter of the course and at Grosnez.

PLEASE NOTE - there is no transport provided to the start lines or from the finish after the race. Competitors will be expected to make their own way from the end of the race or be picked up by friends / supporters.

### **Environment**

We are able to stage these events on the cliff paths as a privilege and on the understanding that we “leave no trace”. We ask that any wrappers for gels, water bottles or snacks are either disposed of suitably or held on to until there is a bin available. Please be considerate to other people using the paths – please give them right of way and leave a good impression with all other cliff path users, so that it does not jeopardise our ability to keep on organising these events.

### **Start & Finish Locations**

#### **Ultra Start**

The race HQ is at Les Landes Racecourse. La Route De Grosnez. St. Ouen. JE3 2AD

The start is at Grosnez Castle at 0800.

The Compulsory Race Brief is at 0745 at the castle.

#### **20-mile North Coast Race Start**

The race start is at St Catherine’s Breakwater, JE3 6DD at 1000

The start is on the breakwater itself.

The compulsory race brief is at the start location at 0945.

#### **10-mile Trail Race**

The start location is Sorel Point at 1100

The compulsory race brief is at Sorel Point at 1045

### **10 km Trail Race**

The start location is Les Landes at 1300

The compulsory race brief is at Les Landes at 1245

### **5 km Trail Race**

The start location is Les Landes at 1330

The compulsory race brief is at Les Landes at 1320

### **Finish Line**

The finish line, is at Les Landes Racecourse. La Route De Grosnez. St. Ouen. JE3 2AD

### **Cut-off Times**

There are a couple of cut off points on the course. If you do not make it to these checkpoints within the time limits, you will be unable to continue. If you are timed out from the course and withdrawn, please do not argue with the marshals or safety staff. We have given everyone fair warning of the cut offs – it is your job to make each checkpoint. If you don't make one, for whatever reason, please accept that it just wasn't your day. These cut offs are part of our event licence and are there for your safety and that of other runners and for the smooth running of the event as our sweepers, safety team and marshals must move along the course.

Do not pace your race on the cut off times. People who do this always get withdrawn as it doesn't allow for stopping at checkpoints / getting lost / slowing down / using the toilet. Please also bear in mind that the distance on your watch is a guide only, it is not accurate. Every year we always have a debate about how far checkpoints are / should be, the fact is if you take 10 different peoples watches you will end up with 10 different distances! The solution is simple: always be ahead of the cut offs. The race is about having to work for the achievement of finishing – this is what makes getting the medal worth it. Speaking of which:

For the avoidance of doubt: medals will only be awarded to competitors who finish the course they entered in the time allocated.

1400 - Cut-off time at St Catherine's for the Ultra Runners

2000 – Cut-off time at Les Landes (the finish) for all races

## The Route

**The Ultra** race starts at 08:00 on the Saturday morning from Les Landes.

The race starts at Les Landes and takes you to St Catherine's via Jersey's breath-taking coastal path. Traversing the St Catherine's Breakwater before retracing your steps back to Les Landes, via a little loop out to Le Tacq. Tackling this out-and-back route is nothing short of monumental!

**The 20-mile** race starts at 10.00 at St Catherine's Breakwater, joining the return leg of the Ultra route.

**The 10-mile** route starts at 11.00 at Sorel Point, and joins both the ultra and 20-mile routes as they return to Les Landes race course along the stunning Jersey North Coast.

**The 10km** Race starts at 1pm at Les Landes and takes in a dramatic loop of both Les Landes and St Ouens and finishes up on the race course.

**The 5km** Race starts at 1:30pm at Les Landes and takes in a dramatic loop of Les Landes before finishing up on the race course.

## Event Rules

#	Rule	Issue	Penalty
1	No unofficial runners are allowed	Unofficial Runners/ Running without a registration or Running under another name	Lifetime Ban of runner or running club at RD Discretion
2	Runners bib numbers must be worn on the front of the body and must be easily visible at all times.	Bib number not visible on front	One Hour Penalty
3	Runners must follow the marked trail/ course at all times. Any runner caught deliberately cutting the course will be banned from taking part in future Trail Monkey events.	Short-cutting the route knowingly	At the RD's Discretion
4	Each runner must complete the entire course under his or her own power.	Receiving powered assistance ie. vehicular, bike, horse, or short rope from pacer	DQ and Lifetime Ban
5	Runners may not store supplies of any kind along the trail.	Storing Supplies along the trail	Two Hour Penalty
6	Cut-off times will be strictly enforced. There are cut offs at the half way point and end aid. Runners leaving any aid station after the cut off will not be listed as official finishers and will not be eligible for awards.	Continuing/ leaving aid station after cut off	DQ & Lifetime Ban at RD Discretion
7	Littering of any kind will result in immediate disqualification. Runners caught littering will be banned from all future TM events. Please respect the natural beauty of our trails and the right of everyone to enjoy them. Littering will threaten our use of the trails and the future of the race.	Littering by competitor or crew	DQ & Lifetime Ban at RD Discretion
8	Any runner who is unable to finish the race must personally inform the aid station captain of the nearest checkpoint of their decision to withdraw. This serves as official notice of a runner's withdrawal from the race. Runners who leave the course without turning in their number will be classified as "lost," initiating search and rescue, for which the runner will be charged.	Not informing organisers of withdrawal from event	DQ and ban at race directors discretion
9	Minimum age on race day is 18	Providing false information relating to age on registration form	Lifetime Ban
10	Pacers are not permitted at any time	Pacers accompanying runners	DQ & Lifetime Ban at RD Discretion
11	Runners must carry with them AT ALL TIMES the mandatory equipment required.	Missing Item of Mandatory Kit	Minimum of 1 hour penalty per missing item
12	There will be random gear checks at the start, on route, or at the finish. Failure to comply with the gear checks will result in disqualification.	Refusal to have obligatory equipment checked	DQ & Lifetime Ban at RD Discretion
13	Runners are not to be accompanied by dogs at any time whilst on course.	Accompanied by dog	DQ
14	Runners must not be crewed in any way at this event	Being crewed in any way	DQ & Lifetime Ban at RD Discretion
15	Runners must at all times comply with any instruction given by race management, staff and volunteers.	Refusal to comply with an order from the race directors, race staff, doctors or rescue personnel.	DQ & Lifetime Ban at RD Discretion
16	Abuse or aggression directed towards any member of the organising / volunteer staff or other runners.	Making the organisational staff / crew or other runners feel unsafe	DQ & Lifetime Ban or runner or running club at RD Discretion

## What your entry fee includes

- Participation in the race
- Checkpoints well stocked with refreshments
- Finishers Medal
- Event Timing
- On course event support
- Free post-race photos
- Race Insurance

## Optional Extras

Custom Technical Race T-shirt (£7-Pre-Ordered)

## Assistance During the Event

The course will be marshalled and there will be a tail runner on the course – There are water points/ aid stations at Devils Hole, Wolfs Lair and St Catherine's. In the event that you encounter any difficulties please make note of my telephone number at the end and contact me or if near an aid station contact a marshal. If you wish to pull out please ensure that you notify either myself or a marshal on the course, to ensure that we can account for your presence at the end of the race. ***All racers are responsible for their own repatriation in the event of retiring from the race.***

## Aid Stations - Ultra

There will be aid stations at Devils Hole, Wolfs Lair and St Catherines, then the same coming back to the finish. These will have water, squash coke and crisps, flapjacks, cereal bars and sweets to keep you going during the race, if you have any further dietary requirements please make sure you carry them or have them in your drop bag.

## Aid Stations – 20 Mile Race

There will be aid stations at Wolfs Lair and Devils Hole. These will have water, squash coke and crisps, flapjacks, cereal bars and sweets to keep you going during the race, if you have any further dietary requirements please make sure you carry them or have them in your drop bag.

## Aid Stations – 10 Mile Race

There will be an aid station at Devils Hole. This will have water, squash coke and crisps, flapjacks, cereal bars and sweets to keep you going during the race, if you have any further dietary requirements please make sure you carry them or have them in your drop bag.

## Compulsory kit items – **For all races**

This falls under my duty of care as race organiser, and I prescribe these items as runners are out on the course for a long time and the weather can change. If you fall over or get into difficulty whilst on the course, and need to stop, then warm clothing might be required. Even for runners taking part in the 10 mile race, all runners will require mandatory kit items – which if it's a hot day or you get into bother is still a long way to run and our duty of care is to ensure that all runners are adequately equipped. Please don't ask me if you really do need to carry water or wear trail shoes in a race – the answer will always be yes, and you risk not being able to start the event if you look obviously under prepared or a random kit check reveals missing mandatory kit. Items to be carried:

- Rucksack or suitable means to carry kit
- Waterproof jacket (carry in pack if not cold at start just in case)
- Upper body long sleeve base layer or thermal (warm) top (carry in pack if not cold at start just in case)

- Head coverage such as warm hat or buff (carry in pack if not cold at start just in case)
- Gloves (carry in pack if not cold at start just in case)
- Whistle (the one that is attached to your rucksack is acceptable)
- Compass (watch or phone compass is acceptable)
- Trail running footwear with adequate grip for slippery off-road conditions (This applies to all races from 5km to Ultra Distance)
- Foil survival blanket or foil bivvy bag
- Small first aid kit to include: blister plasters, sterile dressing and bandage or tape.
- Mobile phone
- On charged phone please download the app What3words
- Water bottle 500ml minimum and / or cup for drinks at checkpoints
- Appropriate food/energy products for your expected time for the event
- GPS device with the route on it (this may be a phone app, gps watch, or handheld gps unit). The device must have sufficient battery life to last the event.

Our races are cupless – this means that there will be no cups at any checkpoints in an attempt to minimise plastic usage during the race. You will have to supply your own cup (or use one of your water bottles) to take on water / squash / coke at the checkpoints.

If you require some of the kit our friends at Rock n Road run shop in St Helier, have a wide range of excellent running kit. If you have any equipment needs be sure to give them a visit.

There will be random kit checks – people missing any of the above or that appear to be obviously not carrying the above will be unable to start the race.

### **Further Points to Note:**

Entrants must be in a fit and healthy condition to be able to complete the distance within the given time periods and cut-off times. You will be required to carry the compulsory kit list, including food and water for the duration of the event. You should ensure you have performed the appropriate training.

By entering the race, you have indicated acceptance that there are course markings only at decision points or where there is a change to the route. This might mean no markings for several miles due to there being a straight path / road with no turnings off. It is your responsibility to keep an eye out for the signage, to be familiar with the course and/or to have a GPS device with the course .gpx file on it to help you navigate – the general principle of these types of races is one of adventure so each twist and turn will not be marked, however as long as you keep the sea on your left on the way out and on the right on the way

back, follow footpaths unless indicated to do otherwise and pay attention to the signage on the course you will be fine.

Please note that trail shoes are mandatory for this race (**No Exceptions**) as the trails are slippery and with the potential to slip. The race is a 40-mile race, however the distance will definitely not be bang on 40 miles, so please mentally prepare yourself for this.

The route follows cliff paths and may be hazardous in certain places. As organizers, we will highlight potential hazards, but you must be aware that there may be other hidden dangers. Do not attempt to overtake on narrow/dangerous sections; please wait until it is safe to do so and allow faster runners to overtake when safe. If you do not feel that you can continue, please inform a marshal at the next checkpoint, contact the race director, or inform other runners. Remember, it may be hot, windy, or wet, so please take care!

The coastal paths can be technical in places, and slippery, please take care when running and ensure that good grippy shoes are worn.

Water stations are approx 7 miles apart on this course: you are expected to carry water receptacles to carry enough water to sustain yourself between these stations and if it is a hot day whilst we will ensure we have sufficient water at the checkpoints to ensure your safety it is your responsibility to carry enough water to hydrate yourself. We will also be going cupless, therefore if you wish to drink coke or squash at water checkpoints you will be required to carry your own re-usable cup. Because the race is in April, it will generally be expected that it will be warm – please train in anticipation of this and take all necessary precautions to ensure your comfort and warmth on the day. On the aid stations there will be supplies such as coke, sweets, some savoury food, however runners are expected to bring enough calories to support themselves, with the food at CP's being supplementary to this.

If you suffer from any medical conditions please ensure that you place a Red Cross on your race number before race day, and write your medical conditions on the back of the race number with a I.C.E. contact also.

If in case of an accident or a runner wishing to retire and no mobile signal being available: Either walk to the nearest checkpoint if it is safe to do so or ask a passing runner / walker / marshal to pass on details of incident and personal details to the nearest checkpoint. If you do retire from the race between checkpoints please contact race director as soon as possible to explain the situation, we do not want to be alerting emergency services when a runner is actually sitting in a pub. If you come across a runner who is injured or in distress, you must stop and see if you can assist, contact race director or inform marshals. The route follows cliff paths and is hazardous in certain places. As organisers we will highlight potential hazards but you must be aware that there may be other hidden dangers. Do not attempt to overtake on narrow / dangerous sections, please wait until it is safe to do so and please allow faster runners to overtake when safe. If you do not feel that you can continue, please inform a marshal at the next check point /contact race director / inform other runners. Remember it may be hot or windy or wet... so please take care! There will be non-competing runners on the course who will act as sweepers they will be there to help.

### **Drop bags**

For all races you have the option of having a drop bag to transport any spare kit from the race start to the finish line such as warm items you have worn on the way to the start that you will not carry during the race. Please ensure your drop bag is clearly labelled with your name. The drop bags should be less than 10 litres in size and weigh less than 3kg (they will be weighed when collected) and only for a few items, they should also be waterproof as they will be stored outside at the finish. For the ultra-runners we will transport these bags to the

half way point (St Catherine's) so that you may access them there for additional provisions, change of clothes, and then back to the finish.

### Navigation

Course markings are placed at critical decision points where the route changes. There may be long stretches without markings when the path is straightforward. As a participant, it's your responsibility to stay alert for signs and to either familiarize yourself with the course in advance or use a GPS device loaded with the provided .gpx file for navigation guidance (this is particularly recommended if you are unfamiliar with the course or not from Jersey)

The vast majority of the route does not deviate more than a few metres from the cliff tops at all times, so as long as you can see the sea you'll be ok! However, if in doubt be sure to have the .gpx file. (located on the Trail-Fest website [page](#)) These may be subject to change if any course amendment arise, but will be finalised about a week before the race.

To download the gps click on 'actions', then click export and follow the onscreen prompts.

Please be aware that to view the gps route you will need a program / app to do this (such as Outdoors GPS / Viewranger etc.). There are many available on the Play / App store, just search for GPS or GPX apps. Make sure you do this BEFORE race day though so you can check how to upload the file and how the app works!

### **Race Retirements**

If you have to retire on the day, please make your way to the nearest checkpoint. Please do not retire or leave the course without informing a race official and texting your name and race number to the race directors (the phone number is found in the pre-race email)

### **Voluntary Retirement**

If you feel that you cannot complete the route and want to retire **ONLY DO SO AT A RACE CHECKPOINT**. When you reach the next checkpoint inform the staff there of your decision to retire. Your number will be taken and you will be marked as 'retired'. Once you have retired you should put on warm kit and remain hydrated. If you withdraw voluntarily you may be transported back to the finish when a vehicle is available (this will most likely be when the checkpoint closes). Please be aware that checkpoint staff will be busy and can only transport you once they checkpoint has closed. Other vehicles may be busy during the race, so this may entail a long wait before you are transported. Please bear in mind that if you are well and uninjured then you are not a priority while there are still runners out on the course.

Do not, under any circumstances, leave the race without informing a member of the event staff and texting your name and race number to the race director (number is found on the map). A search will be initiated if you miss checkpoints and we cannot contact you. If you are found to have left and not informed anyone you will be charged for the cost of any search and rescue operation.

### **Mandatory Retirements**

There are certain occasions where a runner may be withdrawn from the race by event staff.

Participant unable to continue. For example, this can be if a runner has become dehydrated, or appears ill or incoherent. At a checkpoint you will be assessed by the first aider present.



Their word is final in any situation such as this. If this happens it will be for your own safety and it will be for a good reason. Once you have been withdrawn you CAN NOT continue. Timed out. If you are late for any check point you will be withdrawn from the event check point staff. There are no exceptions to this rule. This is for your own safety and for that of others in the event.

Any other questions you have are most likely covered [here](#)

## **Results**

Event results will be posted on our Website and Facebook page within 48 hours of event end and will be emailed out to all competitors also.

## **Event Sponsors**

We would like to welcome [Oak Group](#) for their key sponsorship of this event and also for their support of the event.



We would also like to thank the department of the environment for letting us put this event on and also showcasing the beautiful cliff paths and coastal paths here in Jersey.

A big thank you also to everyone who will be marshalling the course to make the event a safe fun one. Thanks for your ongoing support guys I couldn't do these events without you

## **Event Contact Details**

In the event of an emergency during the event, call 999 to get help. Once the emergency has been resolved please contact myself on the number below:

All entrants must make a note of this number and carry a phone on them during the race

Paul Burrows 07797 827383 (Please only use this number in an emergency, any race related queries please email me)

Any further questions you may have can be directed to

[paul@trailmonkeyjersey.com](mailto:paul@trailmonkeyjersey.com)

We hope you enjoy the event and look forward to seeing you on 6<sup>th</sup> May.

Paul Burrows