

Sunday 18 October

Race Information Pack



OVERVIEW

Welcome challengers. We are looking forward to seeing all runners take on the quarry on Sunday 18 October. This is our first year and due to COVID-19 it is a little different than we had originally planned. The True Grit Wetwheels Challenge is a 4.3KM run starting and finishing at the top of Ronez quarry, but with a big descent and ascent (130m in total!!) in between!

WAVES – STAGGERED STARTS

Please note that due to COVID-19, we can only have 40 runners on the course at one time. Therefore, we will be grouping runners together based on their predicted 5KM time. Please only arrive in your allocated wave time and please note you cannot change bib numbers or waves once allocated.

RACE PACK COLLECTION

Race pack collection is split over two days this year. There are specific times for each wave to collect their pack, to ensure that there are not too many people on site at any given time. Please collect your pack in your given time only from the Wetwheels table in Liberty Wharf.

The collection times are as followed:

Wednesday 14 October

11:30 – 12:30; Wave 1 only

12:30 – 13:30; Wave 2 only

13:30 – 14:30; Wave 3 only

Thursday 15 October

11:30 – 12:30; Wave 4 only

12:30 – 13:30; Wave 5 only

13:30 – 14:30; Wave 6 only

We will ensure that any queuing is safely spaced at 1m intervals and we ask that all runners adhere to the Government of Jerseys physical distancing guidelines.

RACE BIBS

All runners will be given their race number when they collect their race pack. On collection of your race number please ensure that the name written on the back of the number is yours. Please fill out the rest of the information on the back of your race number. **You must not swap bibs otherwise timings will be affected.**

You will need to safety pin your race number to the front of your t-shirt and your race number needs to be on show at all times when racing.



Please complete all details below in BLOCK CAPITALS using a ball point biro / waterproof ink. Only the **registered participants** should wear this bib number. The swapping of numbers is prohibited and dangerous.

EMERGENCY INFORMATION

YOUR SURNAME..... YOUR FORENAME.....

YOUR HOME ADDRESS.....

EMERGENCY CONTACT NAME.....

EMERGENCY CONTACT HOME PHONE..... EMERGENCY CONTACT MOBILE.....

IS ANYONE WITH YOU AT TODAY'S EVENT? YES NO

IF YES WHAT IS THEIR NAME..... THEIR CONTACT NUMBER.....

PLEASE STATE ANY MEDICAL CONDITIONS THAT WE SHOULD BE AWARE OF.....

If you have any medical conditions @ 4 1/2 gles please mark a large cross in RED on the front of this bib number

WHAT TO EXPECT ON THE DAY?

- On arrival at your allocated car park, all runners will be checked in by one of our friendly marshals.
- Once it is time, one of our marshals will escort your wave to the start line, approx. 15 minutes before start time - see timing table below.
- At the start line all runners will be lined up, physically distanced from other competitors, ready to begin the race.
- Once the horn has sounded, all runners will run **two laps** around the Concrete City before heading down the hill into The Works. Runners will then run through The Works heading down into The Pit. Runners will then start their climb back to the finish line.
- Medals will be given out at the finish line and will then runners will be asked to vacate the start/finish area back to their cars ASAP, to allow the next wave to race.
- A prize giving for winners will be organised the week following the event.

RACE AWARDS

Individuals: Fastest Female & Male

Teams: Fastest Female, Male and Mixed Team

Each team members time will be added together to create a total team time. **Please note that if you have registered as part of a team, you will not be able to win the individual award.**

PRIZE GIVING: Please note that the awards will be given out from Ravenscroft offices in St Helier the week following the event. Results will be shared on Monday 19 October and winners will be invited to collect trophies following that.

RACE DAY SCHEDULE

Wave	Car Park (CP) Arrival Time	Car Park Check in Time	Escorted to Start Line Time	Race Start	Cut Off	Off Site
Wave 1	08:30 (CP 1)	08:40 (CP 1)	08:50	09:00	09:40	09:50
Wave 2	09:40 (CP 2)	09:50 (CP 2)	09:55	10:05	10:55	11:05
Wave 3	10:50 (CP 1)	11:00 (CP 1)	11:10	11:20	12:10	12:20
Wave 4	12:05 (CP 2)	12:15 (CP 2)	12:25	12:35	13:25	13:35
Wave 5	13:15 (CP 1)	13:25 (CP 1)	13:30	13:40	14:30	14:40
Wave 6	14:25 (CP 2)	14:35 (CP 2)	14:40	14:50	15:40	15:50

Important! Arrival Times: Please arrive at your specific carpark at your allocated arrival time. It is important that you do not arrive early or late as we cannot have any crossing over of waves.

PARKING

Each wave has a designated car park for parking and check in. It is important that you park at your allocated time and in the correct car park as we cannot have more than 40 people in an area at any given time. If you are getting dropped off to the event, please be dropped off at the correct car park for your wave, as this is where the check in area will be. Both car parks will have friendly marshals in high vis vests and a small marquee at entrance. After you have been checked in at your allocated car park, a friendly marshal will escort your wave to the start line.

Car Park 1

If you are in Waves 1, 3 or 5 you will be parking in car park 1. This car park is located on the road opposite Les Fontaines Tavern. Please see map.

Car Park 1

Key:
 Walking route to race start
 Race Start
 Entrance to Car Park



Car Park 2

If you are in Waves 2,4 or 6 you will be parking in car park 2. This car park is located on the right-hand side of La Rue de Sorel near the motorcar track. Please see map.

Car Park 2

Key:
 Walking route to race start
 Race Start
 Car Park Entrance



The Course

We ask all of you to familiarize yourselves with the course map ahead of the challenge on Sunday 18 October. The course will be signed with directional arrows and there will be marshals around the course to cheer you on and help you stay on track.

Runners will start at the start/finish line, head towards the Concrete City, where they will **do two laps** before heading down into The Works. They will then make their way even deeper into the quarry into The Pit before starting the climb back up to the start/finish line.



IMPORTANT ENTRY / RACE INFO

1. Final course and distance are subject to shape of the quarry in the build-up to the event.
2. No refunds are given for non-attendance of the event; however, entries may be deferred to 2021 event with good notice and for genuine injury reasons.
3. Race t-shirts must be worn on race day
4. Medals will be presented to all finishers on the finish line
5. The course covers a wide aspect of terrain like rocks, shallow water and mud. Participants should take care at all times. **Please avoid large puddles as there may be rocks hidden underneath.**
6. Please consider good nutrition and hydration before, during and after the race.



KIT REQUIREMENTS

1. Every competitor must wear closed toe shoes during the race (old trainers are perfect).
2. We recommend all competitors wear light weight running gear and bring warm clothes to change into once back at cars.

COVID-19 CONSIDERATIONS

Please do not attend the race pack collection or race if you are feeling unwell.

- Any competitors that have been off-island within the last two weeks must be able to present a negative test result and not be displaying any COVID-19 symptoms.
- Any competitor who may be experiencing any symptoms on the day or have experienced in the last 14 days **must not attend the race** and to notify event organisers immediately.
- Check out our local guidelines on COVID-19 Government of Jersey
- Ensure that 1m physical distancing at all times in Jersey.
- Minimize interactions with other competitors, please do not share food items as this could cause the virus spread.
- Do not touch any crowd control barriers on the start and finish lines.
- The details of all competitors, staff and volunteers will be required for track and tracing purposes.
- Runners must stick to their given wave times.
- **WATER:** Please bring your own water with you. We are unable to offer this to challengers due to COVID-19.
- **BAG DROP** Please do not bring any bags with you to the start line. We are unable to offer a bag drop service this year due to the potential risk of spreading COVID-19 between the bags. Please arrive at the start line ready to run, leaving all bags and jackets etc. in cars.
- **SPECTATORS:** Please note that we are not allowed to let spectators into the event due to COVID-19 and safety. We have a team of awesome marshals who will be cheering you on!

FUNDRAISING

This event is raising money for Wetwheels Jersey. Wetwheels Jersey provides the opportunity for disabled people, including those with profound and complex disabilities, to access the sea in a safe, stimulating and rewarding way on board specially built, fully accessible powerboat.

To reward your amazing fundraising efforts, we have some great prizes up for grabs:

- If you raise over £100, you will be entered into a prize draw with the chance to win a 2hr South Coast boat trip on the Wetwheels Jersey boat for up to 10 people!
- If you raise over £25, you will be entered into a prize draw with the chance to win a coasteering voucher for 2, kindly donated by Absolute Adventure.
- There are also 3 free entries for next year's event, when the obstacles return, up for grabs!

We would like to say a massive thank you to our sponsors Ravenscroft and Carey Olsen for their continued support.

THANK YOU and GOOD LUCK!