



islandwalk.je

Saturday 17 June 2023



# RELAY IMPORTANT INFORMATION



## The start

- Official start time: 3:00am on Saturday 17th June 2023 from Elizabeth Ferry Terminal building.
- Please arrive 45minutes before the official start time to allow yourself plenty of time to be ready for the official start at 3am.
- Walkers doing the 1st leg of the relay should start at the same time since the Checkpoints are geared to open from this start time.
- Don't forget to wear your checkpoint card around your neck and ensure that you have attached the luggage label to your bag.
- At registration, we'll confirm your personal details, and your mobile number (so we can contact you).
- Please keep noise to a minimum during the initial early hours of the walk through town and residential areas.

## Relay handovers / checkpoints

- At Relay Handovers (2. St. Catherine's, 3. Les Fontaines & 4. Le Braye), you must handover the **Checkpoint Card** to the next member of your relay team.
- You **MUST SCAN YOUR CHECKPOINT CARD** at each Checkpoint, so we can track your progress and know that every walker is safe and sound. Failure to do so may cause us to alert the rescue services who will come out looking for you.
- If you lose your team checkpoint card, inform a Checkpoint Marshal so that your details are recorded and you can be issued with a replacement. If you are not continuing with the walk, please inform a Checkout Marshal, so they can withdraw you..

## SPONSORSHIP MONEY - MOST IMPORTANT!

- With over 1,200 registered walkers, you can all help raise some serious money for local charities - you are undertaking a considerable challenge and we really would like to raise over £100,000 again this year. Please try to make the most of your sponsorship by spreading the word on social media or passing the Official Sponsor Form around family, friends and work colleagues.
- On average, we have found over the years that a large number of walkers raise in excess of £100 each. Hopefully, as part of team you can raise more money via your team's donation page, as well as you individual sponsor page.
- You can hand over your sponsorship to cashiers over the counter at Lloyds Bank in Broad Street, St Helier – just complete the bank payment slip and hand it over with your sponsorship **OR** hand it all over to us at Registration on the night.
- You can also pay money to us direct / online - our Bank details: **Lloyds Bank – Account: 59444068, sort code 30-94-61.**
- Make cheques payable to the **"Around the Island Walk Trust"** and put your walker number on the reverse.
- **Jersey residents only** - As a Jersey registered charity we may reclaim the tax applicable on **any single donation of £50 or more** made by an individual or a company under the lump sum donations scheme. If you have been a resident in Jersey for at least 3 years and pay tax, then please complete the Tax Rebate Form (R10) – the charity is the **"Around the Island Walk Trust"** – if you have queries, please visit [www.gov.je/TaxesMoney/IncomeTax/Charities/Pages/MakingDonation](http://www.gov.je/TaxesMoney/IncomeTax/Charities/Pages/MakingDonation)

## Your baggage

- We can transport your bag between Checkpoints. All relay teams should bring one small sized holdall/rucksack for their "on walk" essentials. We can only transport one small bag per team, so please ensure everything you need fits **into** your bag. **Remember** you will have to be able to lift your team bag at Checkpoints, so don't pack non-essentials.
- Ensure your team luggage label is securely attached to your bag & pass it over at Handovers for the next team member to use.

## What to bring

- Sufficient food and drink, but remember we provide water, juice and crisps at Checkpoints – Thanks to Jersey Water, we will have large water tanks at Les Fontaines, Le Braye & St. Aubin. Please bring refillable flasks & help reduce the use of plastic.
- **NB** the 1st walker will enjoy a bacon butty (or veggie equivalent) we provide at St Catherine's Checkpoint, plus a cup of tea or coffee – to reward you for the early start!
- Spare clothes / socks / shoes or boots, as well as some wet weather gear if the forecast is poor.
- Personal foot products / first aid products / sun cream and/or sun block and sun hat.
- Torch and reflector - essential for the 1st relay section in the dark even though there are pavements and streetlights.

## Team communications

- We suggest that each relay team captain co-ordinates contact details (i.e. mobile numbers), so that each team member has each other's mobile number so you are all in contact, just in case GPS coverage drops in certain remote parts of the Island.
- If you are carrying a mobile phone on the walk, please confirm the number at registration – it's a useful safety device.

## Transport

- Regular bus services should be running from Les Fontaines and Le Braye Handovers. We shall try and confirm bus times before the event. Otherwise, relay team captains could organise car shares with their teammates.

## Safety

- All walkers should **observe social distancing and only** adopt a "buddy" system of walking **with someone in your family/support bubble** for safety's sake. **As guidelines for Covid-19 develop, we shall provide walkers with updates as to appropriate steps if walking with others.**
- You must drink plenty of fluids throughout the walk - protect your head and use sunscreen or sun block.
- Look after your feet - if your feet, knees or hips are getting too painful **STOP** at the next Checkpoint. If you have to stop between Checkpoints, stay on the route, ask others to relay a message to Marshals and wait – we will send someone to you.

## Litter

- **ONLY 1 RULE ... PLEASE DO NOT DROP ANY!!** Please use disposal points at each Checkpoint and public litter bins.

**Finally ...** please remember **this is not a race** and enjoy the wonderful views along the beautiful coast of Jersey!

**Any further queries? Visit the FAQs on [islandwalk.je](http://islandwalk.je)**

# GOOD LUCK!

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