



islandwalk.je

Saturday 18 June 2022



LIEUTENANT GOVERNOR'S CHALLENGE

IMPORTANT INFORMATION



STAGE 3: LES FONTAINE TO LE BRAYE

The start

- Official start time: 10:00 am on Saturday 18th June 2022 from Les Fontaine.
- Registration from 7:30 am. At registration, we will scan your checkpoint card.
- All walkers 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.
- At registration, we'll confirm your personal details, and your mobile number (so we can contact 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.
- 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.
- 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

Checkpoints

- You **MUST HAVE YOUR CHECKPOINT CARD SCANNED** 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 personal checkpoint card, inform a Checkpoint Marshal so that your details are recorded and you can be issued with a replacement.
- You will pass through 3 Checkpoints at **Devil's Hole, Greve de Lecq and Grosnez**. Finishing at Le Bray. As you pass through each checkpoint please report to the registration desk and make sure that the Marshal records your walker number.
- If you wish to retire at any point please hand your checkpoint card to the Marshal and tell them that you are retiring.
- Unfortunately we need to have a closing time for Checkpoints: **Devil's Hole (closes at 1.45pm), Greve de Lecq (closes at 2.30pm) and Grosnez (4.15pm)**. More details can be found on the Walk Map. If you are unable to reach a Checkpoint before the time given you will have to retire. However, the times for closing are not onerous and everyone should be able to make them.

What to bring

- Sufficient food and drink, but remember we provide water, juice and crisps at Checkpoints. Thanks to Jersey Water, we will be able to provide large water tanks at some of them. Please bring refillable flasks and help us reduce the use of plastic.
- Spare clothes / socks / shoes or boots, 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.

Communications

- If you are carrying a mobile phone on the walk, please confirm the number at registration – it's a useful safety device.
- We will have a mobile phone at each Checkpoint to relay important information on to other Checkpoints.

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 along the route. We will use over 10,000 bottles of water alone, so please put empty ones in the recycling bags at each Checkpoint.

Transport

- Regular bus services should be running to/from St. Catherine’s. Check out www.libertybus.je for timetables (timetable subject to change beyond our control).

The end

- As you cross the finish line, please turn right into the finish marque tent to scan your walker number and finish time.

Finally ... we wish you all every success on reaching your own personal goals whether it’s to finish, or reach a particular Checkpoint - 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

GOOD LUCK!

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