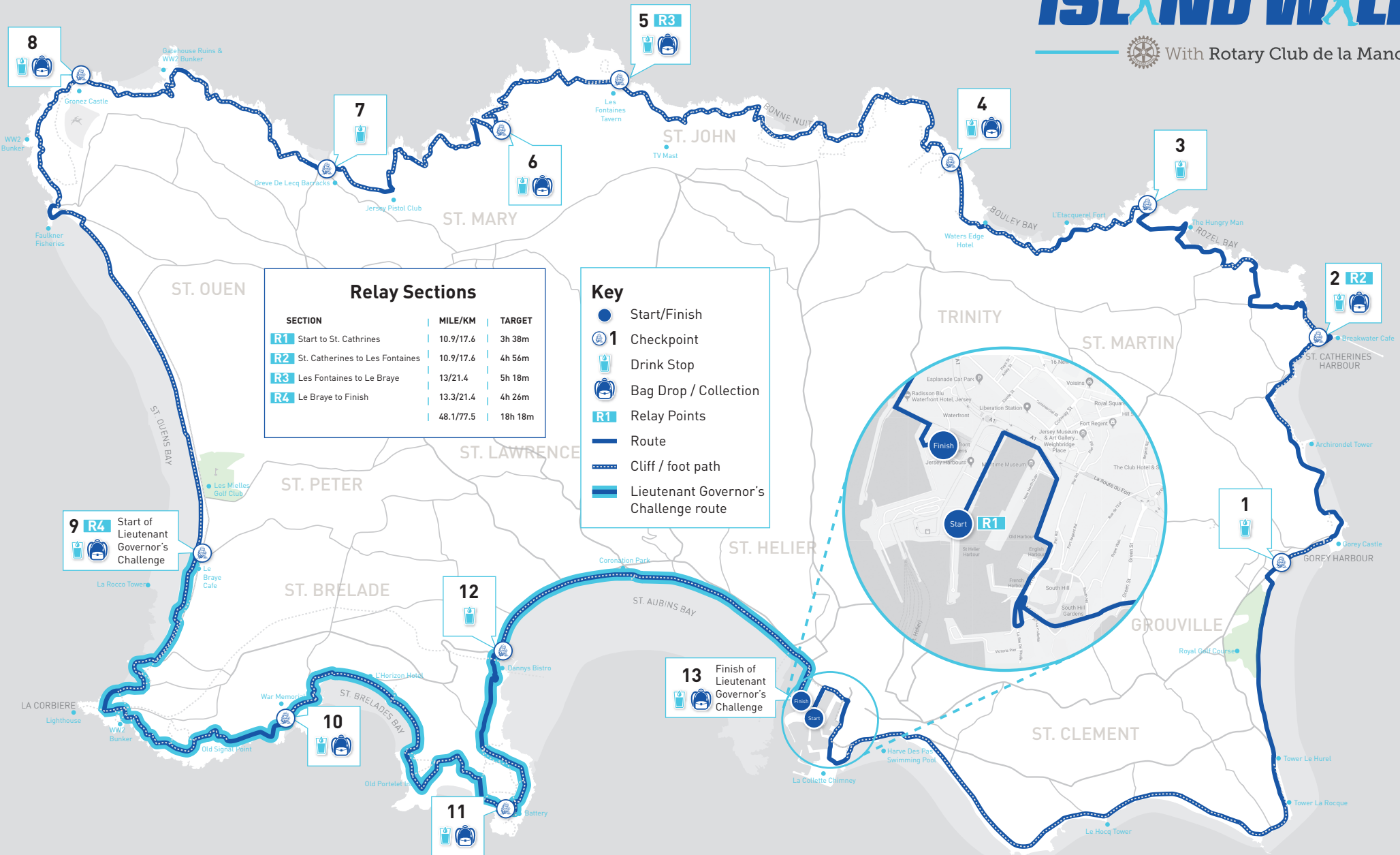


ISLAND WALK

With Rotary Club de la Manche



Relay Sections

| SECTION | MILE/KM | TARGET |
|-----------------------------------|------------------|----------------|
| R1 Start to St. Cathrines | 10.9/17.6 | 3h 38m |
| R2 St. Cathrines to Les Fontaines | 10.9/17.6 | 4h 56m |
| R3 Les Fontaines to Le Braye | 13/21.4 | 5h 18m |
| R4 Le Braye to Finish | 13.3/21.4 | 4h 26m |
| Total | 48.1/77.5 | 18h 18m |

Key

- Start/Finish
- 1 Checkpoint
- ☺ Drink Stop
- 📦 Bag Drop / Collection
- R1 Relay Points
- Route
- Cliff / foot path
- Lieutenant Governor's Challenge route

Start/Finish Area (St. Helier)

Detailed inset map of the start and finish area in St. Helier. The start is located at the Esplanade Car Park, and the finish is at the Waterfront. The route passes through the Harbour, Jersey Museum & Art Gallery, and the Waterfront area. Key landmarks include the Liberation Station, Jersey Harbour, and the Maritime Museum.

9 R4 Start of Lieutenant Governor's Challenge

13 Finish of Lieutenant Governor's Challenge

CHECKPOINT HOURS / WALKING TARGETS

Average Pace: 3 mph (20 mins/mile) reducing to 2 mph (30 mins/mile) for stages 4 to 8

Assumes a 10 min break at each Checkpoint

| Stage | Checkpoint | Distance (Miles) | Target Time | Arrival Time | Departure Time | Checkpoint | |
|---------------------|--------------------------|------------------|-------------|--------------|----------------|------------|------------|
| | | | | | | Open Time | Close Time |
| Start | Ferry Terminal R1 | - | - | - | 03:00 | 01:00 | 03:30 |
| 1 Drinks only | Longbeach | 7.8 | 02:36 | 05:36 | 05:46 | 04:00 | 06:30 |
| 2 Bag Drop/Pick Up | St. Catherine R2 | 3.1 | 01:02 | 06:48 | 06:58 | 04:30 | 07:15 |
| 3 Drinks only | White Rock | 3.1 | 01:02 | 08:00 | 08:10 | 05:30 | 09:00 |
| 4 Bag Drop/Pick Up | Pierre de la Fetelle | 3.0 | 01:30 | 09:40 | 09:50 | 06:00 | 10:30 |
| 5 Bag Drop/Pick Up | Les Fontaines R3 | 4.8 | 02:24 | 12:14 | 12:24 | 07:00 | 12:45 |
| 6 Bag Drop/Pick Up | Devils Hole | 1.9 | 00:57 | 13:21 | 13:31 | 07:45 | 13:45 |
| 7 Drinks only | Greve de Lecq | 2.6 | 01:18 | 14:49 | 14:59 | 08:30 | 14:30 |
| 8 Bag Drop/Pick Up | Grosnez | 3.3 | 01:39 | 16:38 | 16:48 | 09:00 | 16:15 |
| 9 Bag Drop/Pick Up | Le Braye R4 | 5.2 | 01:14 | 18:02 | 18:12 | 10:15 | 18:30 |
| 10 Bag Drop/Pick Up | Beauport | 4.1 | 01:22 | 19:34 | 19:44 | 11:15 | 20:15 |
| 11 Bag Drop/Pick Up | Noirmont | 3.8 | 01:16 | 21:00 | 21:10 | 12:15 | 22:15 |
| 12 Drinks only | St Aubin | - | - | - | - | 13:00 | 23:00 |
| 13 Bag Drop/Pick Up | Finish | 5.4 | 01:48 | 22:58 | - | 11:00 | 23:45 |

Event sponsors & Supporters



- There is no need to officially check-in. Take your time to have a drink, eat or attend to those sore feet!
- Walker bags are stacked in "IN" and "OUT" piles. Remember to leave your bag in the "OUT" pile before leaving each checkpoint, so we can deliver it to the next checkpoint – look out for your personal luggage tag.
- When you are ready to continue, put your bag in the **OUT PILE** and head to the **CHECKOUT DESK**
- **ENSURE THAT MARSHALS SCAN YOUR WALKER CARD TO TRACK YOUR PROGRESS WHEN YOU CHECK OUT**
- If you do need to retire because of fatigue, or injury, **PLEASE NOTIFY AN OFFICIAL** at the Checkpoint.
- Try to maintain target pace to reach all Checkpoints before they close. **From Grosnez onwards we reserve the right to retire you from the walk.** Please don't be offended if asked to retire, but it will be in your best interests to do so.

SAFETY

- Drink plenty of fluids throughout the walk.
- Walk with someone – try not to walk alone.
- 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 a Checkpoint, or stay on the route, ask others to relay a message to Marshals and wait.

YOUR BAGGAGE

- Thanks to our friends at Jersey Post and Jersey Landrover Owners Club, we can transport your bag between Checkpoints.
- Attach your personal luggage tag to your bag.
- Just pack essentials into 1 small sized holdall/rucksack.

USEFUL NUMBERS

07700 746777 – WALK CONTROL

If you need to leave the walk between checkpoints – call this number, or text the message "RETIRE" followed by your walker number.

01534 828555 – Liberty Bus

01534 444710 – Ambulance

01534 612612 – Police

01534 445906 – Fire & Rescue Service

0900 6690011 – Weather forecast

THE RELAY

- The target pace in the chart is for main walkers – relay walkers are likely to maintain a faster pace, so just use the chart (opposite) merely as a guide.
- Check the live webpage for your team's progress: www.race-nation.com/statestreetrelay

THE END

- As you cross the finish line at the Waterfront, ensure your walker card is scanned to get the official finishing time.
- Then, head into the large marquee to get a well-earned drink. You should also be able to get a massage for those sore feet!

Please remember **THIS IS NOT A RACE** and enjoy the wonderful views along the beautiful coast of Jersey!