Race Information & Event Guide

1. Registration, Race Pack Collection & Bike Checks
Race packs will be available for collection on Saturday 15 June 2019 between 10:00 – 17:30 hrs and can be collected from the Event Marquee which is located in the event space at the Les Jardins car park, the nearest access point to Les Jardin De La Mer.

If for any reason you are unable to collect your race pack on this day, please notify the event organisers in writing. You will be able to collect your race pack on the morning of the event at 05:30am from the Event Marquee and receive a short race briefing.

a) Parking
Public parking is available for competitors in the public car park at Les Jardins (access via the roundabout outside the Radisson Blue waterfront hotel) on Saturday 15 June 2019 and during the event on Sunday 16 July 2019. N.B Please note parking on Saturday 15 June 2019 will incur normal parking charges.

b) BTF – Full Memberships
If you already hold a BTF full membership licence it is essential you bring this with you to registration on Saturday, along with a form of ID, in order to collect your race pack. We can accept your registration card or a copy of your licence on your phone/ printed.

c) BTF – Day Memberships
This year the BTF day licences have been changed. If you have pre-ordered your licence when registering for the Accuro Jersey Triathlon, before Thursday 13 June 2019, you will receive your licence via email and must show this to our registration team when collecting your pack. If you do not show this to our registration team you will be required to purchase one before collecting your race pack. If you have not pre-ordered a BTF day licence we will have a limited number of these available to purchase at registration.

d) Bike Checks
Please note - It is the competitors own responsibility to ensure that their bike is road safe prior to the bike check at the Jersey Triathlon

If there are any doubts regarding the safety of bikes prior to the Jersey Triathlon then we strongly suggest that the bike is booked in with Big Maggy’s or another bike provide to arrange a full service, rather than wait until the bike check, on the day prior to the race. Athletes must bring bikes on Saturday 15 June prior to the race briefings (outlined in section 8) where Big Maggy’s will be carrying out a quick bike safety check – please note that it will be busy, so allow plenty of time. All competitors who have their bike checked will be issued a small sticker to be displayed on their bike once completed and approved. The sticker needs to be displayed on your bike in order to enter transition area on race day.

We will be adhering to the BTF Competition rules. As a minimum – bikes should have:
- Working brakes (front and rear);
- Fully inflated tyres;
- Tightly adjusted headsets and locked quick release pins;
- Handlebar stoppers secured in the end of the handlebars,
- No rattling, loose or faulty components.

Any bike that has any of these has not been checked or is deemed to be unsafe on the morning of the race will be turned away, there is no mechanic on hand to fix bikes prior to the race.
We respectfully ask that all athletes check their bike in advance to avoid the awkward situation of an official deeming a bike unsafe on the morning of the race.

2. Race Pack Contents

Competitor race packs and timing equipment is kindly sponsored by the Ports Of Jersey.

Your race pack will consist of:

- Bib number x2 (For Bike section, your bib number must be displayed on your back, for the run section your bib number must be displayed on your front).
- Timing Chip & Instructions (NB. For Team Relay entries there will be one chip per team so these must be passed on from team members).
- Swimming Cap – NB: regrettably our swimming caps are latex, should you have any allergies could we suggest you wear your own allergy free swim cap with the Jersey Triathlon swim cap on-top. It is compulsory you wear the Jersey Triathlon swim cap on-top for safety/identification purposes.
- Jersey Triathlon tri, sticker sets labels (Standard, Standard Relay, Jersey Sprint and Super Sprint) for your bike and bike helmet, following the instructions on the sticker sheet. These must be worn!
- Jersey Triathlon double number tattoo (Standard, Standard Relay, Jersey Sprint and Super Sprint) – please ensure that both numbers are placed on the upper area of each arm. If you are wearing long sleeves, the numbers should be placed on the visible area of your lower leg. Relay team’s – only the cyclist and runner should use number tattoo (one each) and they should be placed on the upper area of the left arm or left leg.
- A email copy of your BTF Day License, if you have pre-purchased this.

3. Race briefings

All briefings for the individual/team entries will take place on Saturday 15 June in the Event Marquee at the following times:

Please note it is compulsory that you attend your race briefing prior to competing. If for any reason you are unable to attend the briefing, please notify the race organisers.

- 15:45: Super Sprint race briefing
- 16:15: Jersey Sprint race briefing
- 16:45: Standard race briefing
- 17:15: Junior race briefing – UPDATED!
4. Transition Opening and Closing Times

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<tr>
<th></th>
<th>Open</th>
<th>Close</th>
<th>Race Start Times</th>
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</thead>
<tbody>
<tr>
<td>Standard</td>
<td>05:30</td>
<td>06:35</td>
<td>Wave 1 - 07:00 Sub: 28:00 mins</td>
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<tr>
<td></td>
<td></td>
<td></td>
<td>Wave 2 - 07:01 Over 28:00 mins</td>
</tr>
<tr>
<td>Jersey Sprint</td>
<td>05:30</td>
<td>06:35</td>
<td>07:05</td>
</tr>
<tr>
<td>Super Sprint</td>
<td>05:30</td>
<td>06:35</td>
<td>07:40</td>
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</table>

Important Notes:

1. Competitors in the Super Sprint, Jersey Sprint and Standard will not be allowed to collect their bikes until approximately 11:30am, any earlier will be at the discretion of the Senior Official.
2. Helmets must meet the minimum standards of ANSI Z90, SNELL B90, EN1078 or equivalent. Check the labelling inside the helmet, or with a local bike dealer if unsure. Officials will check this.
3. All competitors must have their helmets securely fastened before removing their bike from their transition space, and helmets are to remain fastened until you have re-racked your bike. Officials will check this.
4. All competitors will have their bike inspected before entering Transition. If it is deemed unsafe you will be turned away. Please ensure your bike is road worthy beforehand to avoid disappointment.
5. NEW! Please note the swim course has been updated for 2019. Standard will have their own course and will need to complete one single loop anti-clockwise. The standard course will be marked out with yellow swim marker buoys.
6. NEW! Please note the Jersey Sprint and Super Sprint will distances use the same course which will be marked out with green swim marker buoys. Both distances will complete one single loop anti-clockwise, Jersey sprint will do the full course, and Super Sprint will do half of Jersey Sprints course.
7. Please be aware that during the event we will have an official photographer using a drone to capture imagery from above, should you have any concerns please get in touch with the organisers.

8. Race Weekend Itinerary

Saturday 15 June 2019

10:00 Registration open / race packs available (Bike safety checks, until 14.00)
10:00 Big Maggy’s bike checks will commence
14:00 Big Maggy’s bike checks will conclude
15:45 Super Sprint race briefing
16:15 Jersey Sprint race briefing
16:45 Standard race briefing
17:15 Junior race briefing
17:30 Registration will close
Sunday 16 June 2019

05:30  Event Marquee opens  
       Registration & race pack collection opens  
05:30  Transition open for Standard, Jersey Sprint and Super Sprint  
06:35  Transition closed for Standard, Jersey Sprint and Super Sprint.  
06:35  Standard Wave 1 - Sub 28:00 mins (Red swim hats), Standard Wave 2: Over 28:00 mins (Orange swim hats), Jersey Sprint (Green hats) and Super Sprint competitors (Pink swim hats) must be in transition.  
06:44  Standard Wave 1 - Sub 28:00 mins (Red swim hats) will be escorted and counted onto the beach. Includes relay teams entered into Wave 1.  
06:45  Standard Wave 2 - Sub Over 28:00 mins (Orange swim hats) will be escorted and counted onto the beach. Includes relay teams entered into Wave 2.  
06:50  Jersey Sprint (Green swim hats) will be escorted and counted onto the beach.  
07:00  Standard Wave 1 - Sub 28:00 mins – for triathletes /relay swimmers who swim 1500m open-water in less than 30 mins.  
07:01  Standard Wave 2 - Over 28:00 mins – for triathletes /relay swimmers who swim 1500m open-water in 30-60 mins.  
07:05  Jersey Sprint Race Start (Men and Women)  
07:25  Super Sprint (Pink hats) to be counted down by Le Fregate onto the beach (via other steps)  
07:40  Super Sprint race Start (Men and Women)  
9.30 -13.00 Shower facilities available at Fitness First  
11.30 approx  Transition opens for bike collection  
13:30  Prize giving commences in the Event Marquee

6. Race Cut off Times

Due to the closure and/or management of public roads in Jersey for the event, the following cut off times will be enforced (they refer to the time that a competitor should be in transition):

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<thead>
<tr>
<th></th>
<th>Race Start Time</th>
<th>Swim Cut off Time</th>
<th>Cycle Cut off Time</th>
<th>Run Cut off Time</th>
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<tbody>
<tr>
<td><strong>Standard</strong></td>
<td>Wave 1 - 07:00</td>
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<td>09:45</td>
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<td></td>
<td>Sub: 28:00 mins</td>
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<td>Wave 2 - 07:01</td>
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<td>Over 28:00 mins</td>
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<tr>
<td><strong>Jersey Sprint</strong></td>
<td>07:05</td>
<td>08:00</td>
<td>09:45</td>
<td>11:00</td>
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<tr>
<td><strong>Super Sprint</strong></td>
<td>07:40</td>
<td>08:05</td>
<td>08:45</td>
<td>09:15</td>
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</tbody>
</table>

**Important Notes:**

1. Individuals who fail to make the Swim cut off on the Standard & Jersey Sprint course may be allowed to complete the Super Sprint Cycle and Run sections at the discretion of the Senior Official (or if feasible the safety boat will bring swimmers into shore and participants may continue the Standard race. This is left entirely at the discretion of the Senior Official on the day.

2. For Relay teams in the Standard race, if the swimmer fails to make the cut-off, the Senior Official will allow the team to continue from the cut off time (08:00), i.e. The Bike leg will start at 08:00. The same rule will apply for the Bike to Run. Where feasible the timing chip needs to be first passed to the next team member.

3. The cut off times are the time that competitors are expected to be into the Transition area.
4. Please note that cyclists and runners who have not completed the course before the allocated cut off times may find no marshals at junctions and will have to safely make their own way back to Transition. The Senior Official will make all final decisions on the day.

7. **Contingency plan for unsafe swim**

The safety of our athletes and volunteers is our primary concern. In the event of inclement weather, it is our goal to have the race if at all possible. The Race Director will monitor weather conditions closely ahead of the event and make any final decision regarding weather on the morning of the event. Please check our website www.jersey-triathlon.com- and our Facebook Page “Accuro Jersey Triathlon” for weather updates on race morning. We will post any changing information there.

Important notes:
1. The event will NOT be cancelled or postponed due to rain alone.
2. Should extreme weather or low air/sea temperature occur and make the swim course unsafe, then the race format will alter to a traditional duathlon race format i.e. run, bike, run.
   
   I. For the first run of the duathlon the Standard distance would complete two 2.5k laps on the amended course. Running the course in the reverse direction.
   
   II. Jersey Sprint and Super Sprint competitors would complete one 2.5k lap on the amended course.
   
   III. Competitors would be set off in small groups (number to be confirmed on the day) and the exact timings would be collected each time the competitor goes over the timing mats.

3. We regret that no refunds may be issued for incidents of a Force Majeure nature that affect the alteration or cancellation of the event.

8. **Reducing the use of single use plastics**

We are committed to reducing and eliminating out single use plastic as much as possible. This will be our final year of using plastic water bottles on the run course. For the 2019 event triathletes will be provided with plastic bottles of water at the water station and finish. This is due to an overstock from previous events and without being used will become waste.

Please note, plastic bottles that have been disposed of correctly within the recycling bins, will be recycled correctly.

As mentioned the organisers are committed to reducing the events single use plastic consumption as much as possible and so we are pleased to confirm the progress made in order to reduce this;

- Competitor finisher t-shirts are no longer individually wrapped in plastic, as requested by the event organisers.
- Organisers would like to kindly request competitors to dispose of their used plastics within the relevant recycling bins provided at the event. These will be clearly labelled.
- The event has partnered with Jersey Water to have a water container at the event village for the public and competitors to use throughout the event.
- Organisers would also like to kindly request competitors recycle their run lap bands, which will be sterilized and reused at future events.
- Organisers have banned any plastic straws and balloons from the event.
- Organisers will also ensure to correctly recycle any outdated plastic banners.

Behind the scenes the event is working with local organisations to, with the aim to become a carbon neutral event in 2020 and beyond.
9. Event Facilities

The Event Marquee and surrounding area will provide all the necessary facilities you require:

- Toilets
- Changing Facilities
- Bag Drop Area
- Massage Therapists: Nathan Bizouarn of Align Health Agency, Carrie Atkinson of Align Health Agency and Nerina Poole.
- Food and Drink:
  - Big Maggy’s
  - Mange Tout – Selling a range of healthy snacks/food and drink

10. Prize Giving

The Prize Giving will take place at approximately 13:30 in the Event Marquee and everyone is welcome.

<table>
<thead>
<tr>
<th>Race</th>
<th>Categories</th>
<th>Placing</th>
<th>Prizes</th>
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<tbody>
<tr>
<td><strong>Standard</strong></td>
<td>Male</td>
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<tr>
<td><strong>Jersey Sprint</strong></td>
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<tr>
<td><strong>Super Sprint</strong></td>
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<tr>
<td><strong>Standard Team Relay</strong></td>
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<td>Mixed</td>
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Trophies will be awarded to the following categories:

11. Other FAQ’s

1. Do I have to wear a wetsuit?
   If the sea temperature falls below 14 degrees, it is compulsory that you wear a wetsuit. A final reading will be taken on Saturday 15 June and we will inform all competitors on the current temperature at the registration.
2. Where do I leave my bag?
There will be a designated bag drop area located inside the Event Marquee. Please note the organisers cannot accept any liability for lost or stolen goods. The Event Organisers will do their best to keep the area as secure as possible, please do not leave any valuables.

3. What parking facilities are available?
Parking is available on both Sunday 15 June and Race Day (16 June) for competitors at Les Jardins public car park via the roundabout outside the Radisson Blu Waterfront Hotel – see Transition Map.

4. When do I receive my race number and timing chip?
You will receive your race number and timing chip in your race pack when you collect this at registration. Please remember that your timing chip must go on your ankle.

5. I didn't buy a Day License when I registered, how do I get one?
You can buy a Day License for £5.00 when you collect your race pack in the Event Marquee. These will be available to purchase when collecting your race pack. Please bring cash.

6. Will water be available during the race?
There will be water tables located near the Transition area, run lap and the finish line. There will be no water available on the bike course, so it is your responsibility to keep yourself hydrated. On the Run course please dispose of empty bottles in the bins provided within 100 metres of the water station.

7. How do I find out my finishing time and when?
The results will be posted on our website within 24 hours of the event.

8. What do I do if I get a punctured tyre and have to pull out?
You are allowed to take your own kit to repair a punctured tyre. If you have to pull out of the race, please go to the nearest marshal on the course that will alert the Event Organisers and Senior Official. There will be a sweeper van on site to assist with mechanical failures and injuries.

9. How do you ensure all Super Sprint competitors complete two full laps of the Bike course?
Please kindly note it is the athletes' responsibility to count their own laps.

10. How do you ensure all Standard Distance Runners complete the correct number of laps (four laps) before crossing the finish line?
Each runner will receive a wristband (from a marshal) on completion of each full lap. Hence you must have 3 wristbands on your wrist to enter the finish straight and cross the finish line. (By crossing the finish line, you will have completed your four (4) laps)

11. How do you ensure all Jersey Sprint Distance Runners complete the correct number of laps (two laps) before crossing the finish line?
Each runner will receive a wristband (from a marshal) on completion of each full lap. Hence you must have 1 wristbands on your wrist to enter the finish straight and cross the finish line. (by crossing the finish line, you will have completed your four (2) laps)

12. If I am taking part in a Relay team, how do we manage the timing chip?
In your race pack there will be 1 timing chip per team. The timing chip is to be used as a baton and be passed from team member to team member. It is important that the chip gets transferred only in the Transition zone. Your times will be recorded from when you enter and exit Transition.

13. Are there shower facilities available?
Showers and lockers will be available at Fitness First (2-minute walk from Event Marquee). Showering facilities for competitors will be available for use between 09:30 to 13.00hrs. In order to gain access, competitors will need to show their race numbers.
14. Am I allowed to draft?
Competitors are not permitted to draft off other competitors during the cycle section of the race. The draft zone for all distances is 10m from the end of the back wheel of bike in front. Remember to keep left at all times when you are not overtaking and that if you are overtaken it is your responsibility to drop out of the overtaking cyclists draft zone or you could receive a penalty. For detailed rules on drafting please see section 5.5:  

15. Why are there different coloured swim hats?
All competitors will be given a hat colour depending on their race category and start time. You will be counted into the correct race, it is essential that you wear your correct coloured swim cap.

- **Standard Wave 1** – Red swimming cap
- **Standard Wave 2** – Orange swimming cap
- **Jersey Sprint** – Green swimming cap.
- **Super Sprint** – Pink swimming cap.
- **Junior** – Yellow swimming cap.

12. Official Charities

We are delighted to confirm that the official charities are the 2019 event is the Oscar Maclean Foundation; Silkworth Lodge; Mind Jersey and Littlefeet Environmental!

**Oscar Maclean Foundation**

Oscar Maclean (09.03.04-26.10.13) was a Proper Hero. He lived a short but action packed life, during which he managed to write a spy novel, acquire endless party invitations, numerous sports and various other achievement awards, a great bunch of friends, love of sport and all things fun, as well as demonstrate endless bravery and dignity beyond his years in the face of great adversity.

Oscar has shown an incredible fighting spirit against his deadly enemy- a Grade III Anaplastic Astrocytoma, a malignant brain tumour that eventually stole his young life away from him. But it will never succeed in stealing his wonderful memory away from any of those who knew him. For today and with every single day to come, we will try to change this world into a slightly better place by supporting worthy community causes aimed to help young Cancer patients in Jersey and their families, in Oscar’s name.

A 2015 project that we aim to deliver is the funding of a children's Community Liaison Officer, who will be based at the Hospital. The Liaison Officer will be co-ordinating vital support for children with cancer and other chronic illness and their families - practical, financial and emotional. At present, some of these functions are fulfilled by different charities and departments, but the appointment of a single officer who will coordinate the entire support structure for a family will mean that parents will be able to focus on their child at the time when they need it most, instead of spending hours on the phone calling various charities, states departments or other service providers. Please help us by showing your support in memory of this gorgeous little boy.
Silkworth Lodge

Silkworth Lodge was opened 2002 by The Families in Recovery Trust which is a Jersey registered charity and part of The Silkworth Charity Group.

We offer residential rehabilitation for men and women who are affected by drug and alcohol addiction.

Chemical dependency is particularly prevalent in Jersey. Alcohol consumption is twice that of the UK and one of the highest in Europe. Excessive use of alcohol and drugs places families and relationships under great stress.

Nobody sets out to become an alcoholic or drug addict and it is not a problem of morals or will power. It is a very powerful and confusing illness which destroys a person from the inside and also all those surrounding them.

Silkworth Lodge has proven to be a much needed establishment that helps people to come to terms with their addiction and puts them on the road to recovery. We provide a tailor made programme of treatment which helps the client to rebuild these relationships, regain their self esteem and most of all, enables them to integrate back into society on a new footing.

Mind Jersey

Mind Jersey is an independent local charity that provides support to people living with mental illness. Our vision is of a society that promotes and protects good mental health for all, and that treats people with experience of mental illness fairly, positively and with respect.

Although affiliated with Mind in the UK, Mind Jersey retains its independence, both financially and operationally. All money raised by Mind Jersey stays in Jersey for the benefit of Island residents. Our affiliation ensures that we meet Mind’s quality standards of governance and service delivery, follow best practice models of involving local people in their community – people who have had experience of mental illness – and provide good quality services. This can only be a good thing, demonstrating that we are a serious organisation that works professionally, has a stable management structure and well supported and appropriately trained and skilled staff.

Littlefeet Environmental

To promote coastal and marine conservation on the Island of Jersey through weekly shoreline cleanups, educational and public seminars and collaboration with other conservation charities/organizations in Jersey. Through shoreline cleanups we are able to collect data on the state of coastal pollution, strandings, skate and ray populations through egg case collection and educate the public on the importance of coastal protection both for the benefits of our Island but also on a global scale.

13. Event Sponsors

Thank you to all of our sponsors for their valuable support.

Our title sponsor – Accuro

Accuro's mission is to care for and protect families and their wealth for the long-term. We do so by attracting and developing exceptional people.
We operate a multi-jurisdictional Trust and Family Office business that works in partnership with international families holding cross-border assets. Our highly personalized services incorporate a flair for entrepreneurial decision-making with a clear understanding of our clients’ needs.

As an owner-managed business, free of private equity, we pursue a longstanding conflict free strategy that is aligned with our clients' long-term objectives.

Established over 40 years ago, the business has grown to administer and oversee US$10 billion of financial and non-financial assets.

In Jersey, we are regulated by the Jersey Financial Services Commission and we are a member of the Jersey Association of Trust Companies and Jersey Finance.

For more information please visit Accuro’s website [www.accurofiduciary.com](http://www.accurofiduciary.com).

In addition –

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<tr>
<th>Race Pack and Timing Equipment Sponsor</th>
<th>PORTS OF JERSEY YOUR ISLAND GATEWAY</th>
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<tr>
<td>Event Management</td>
<td>3DEvents</td>
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<td>Event Brand and Design</td>
<td>B Strategic Branding for Ambitious Leaders</td>
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<td>Finish and Gantry Sound</td>
<td>STAGE2 PRODUCTIONS</td>
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<tr>
<td>Bike Partner</td>
<td>BIG MAGGY'S</td>
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14. Contact Details

Email: info@jersey-triathlon.com

Tel: +44 (0)1534 505926

For urgent enquiries on Saturday 15 June and Sunday 16 June, please contact us on 07797 869 407. Alternatively, you can speak to us face to face in the event marquee on site (view the transition map on our website for the location of the event marquee).

15. Course Maps
See following pages

Standard Route
Jersey Sprint Route

Super Sprint Route
Start, Finish and Transition Map

1. Transition Area
2. Timing and PA
3. Public Access
4. EVENT MARQUEE: Bag Drop, Changing, Massage, Registration, T-shirt Collection, Prize-giving
5. Bike Checks, Food and Beverages
6. Water Station
7. Competitor Parking

16/06/2019
jersey-triathlon.com