

Guernsey



NatWest International
Island Games XIX

Half Marathon Event Manual

Contents

Half Marathon Event Manual.....	1
Version Control.....	4
Course Overview	5
Course Map	5
Description.....	6
Start Times.....	7
Course Certificate.....	7
Race Licencing.....	7
Technology	8
Timing.....	8
Live Streaming & Race Footage	8
Speakers & Commentary.....	9
Before Race Day	10
Information Pack.....	10
Athlete Registration	10
Volunteer Briefing.....	10
On Race Day.....	11
Start Area.....	11
Race Day Sign In.....	11
Warming Up.....	12
Pre-Race Briefing.....	12
Start Area & Call Room Procedure.....	12
Hydration and Nutrition	13
Spectating.....	14
After the Race	15
Finish Area	15
Finish Area Map	15
Results	15
Medal Presentation & Onward Transportation.....	16
Course Set Up.....	17
Road Closures	17
Cruise Ships	18
Bollards & Planters.....	18
Barriers	18
Distance Markers.....	18
Course Take Down.....	20
Transition From/To Other Events.....	20
Contingency.....	21
Alternative Routes	21

Chip Timing.....	21
Personnel & Race Assistance	22
Overview of Roles and Responsibilities	22
Marshal Plan: Table	27
Marshal Plan: Map.....	29
Itinerary & Timings	30
Early May.....	30
Early June	30
Before Race Week	30
Race Week.....	30
Race Day.....	30
Equipment Inventory	31
Safety.....	34
Risk Assessment	34
Medical Plan	35
Fatality Procedure.....	36
Insurance	36
Race Licence	37
Certificate of Course Accuracy	37
Previous Field Sizes	37
Course Photos.....	38

Version Control

Version	Author	Notes
V0.1	Chris Gillman	First draft (23/08/19). Overview shared and agreed in principle with Geoff King and Julia Bowditch.
V0.2	Chris Gillman	Updated prior to meeting with Laurel Le Tocq (26/11/19).
V1.0	Chris Gillman	Baselined and updated following feedback from Paul Ingrouille, Geoff King, Laurel Le Tocq and Julia Bowditch (13/02/20).
V1.1	Chris Gillman	Updated in preparation for meeting with Colin Le Conte (02/03/20). Updated with new start and finish times.
V2.0	Chris Gillman	Updated for 2023 event.
V2.1	Chris Gillman	Updated following meetings with various stakeholders, including changes to race times, etc.
V3.0	Chris Gillman	Final updates prior to official release. Includes change to race start times, inventory and logistics.

Description

As per the map above, the Island Games Half Marathon course (21.0975km total distance) will be run over five 4km laps along Guernsey's St Peter Port sea front.

The race will start at La Vallette, near the bathing pools, then head northwards along the Esplanade up to the first turning point at the main town roundabout. The runners will bear right before the roundabout to loop around the Weighbridge and cut in at the North Beach pedestrian crossing. They will then run between the Liberation Monument and the Herm ticket desk and return to the Esplanade, now heading southwards.

The runners will continue to head southwards until they reach the Castle Pier, where they will bear left ninety degrees at the Slaughterhouse building. Runners will follow the standard flow of traffic to loop around the Model Yacht Pond and return the other side of the Slaughterhouse, parallel to where they entered the pier.

At the filter junction of the Castle Pier and South Esplanade, the runners will bear ninety degrees left to run south along the Esplanade, before turning back into La Vallette. In order to complete the 4km lap, the runners will continue to head south along La Vallette and turn one hundred and eighty degrees, close to the Bathing Pool Kiosk.

After five laps, the runners will continue heading northwards along La Vallette to complete an adjusted final lap. On the sixth lap, runners will be guided ninety degrees left at the junction of the Esplanade and Fountain Street to head through the traffic lights, heading westbound.

The runners will then continue up Fountain Street before making a right-hand turn at the junction of the Bordage to loop around the Market Building and on to Market Street; running past the Golden Lion and parallel to the Coop Building.

The finish line will be located opposite Sephora in Market Square. Post-race facilities will be provided here.

The men's and women's races will be run in the morning on Friday 14 July 2023.

A live tracking capability will be available to monitor athlete progress, linked to the official Island Games website. Chip timing will be used to facilitate this.

For safety purposes, the course will be run on closed roads. Logistical details are provided later in the document, explaining how this can be achieved with minimal disruption. Rather than being an inconvenience, the intention is to allow workers and commuters to go about their daily routines, whilst actively encouraging them to form part of the event itself.

Plans also consider the transition of the course to other events being held on the day.

Start Times

One of the main reasons for choosing to run on St Peter Port sea front is to maximise support for the event. The vision for the half marathon is to line the course with spectators to create a fantastic atmosphere for both runners and spectators alike.

The women's race will start at 9am. In years 2015, 2017 and 2019 the first athlete to cross the finish line did so in 1h21m, 1h19m and 1h24m respectively – and the last female athlete crossed the line in 1h54m, 1h40m and 1h37m respectively.

The men's race will start at 9.10am. In recent years, the first male runner has finished in circa 1h7m and the last finisher has completed the race in 1h30m (2015), 1h32m (2017) and 1h27m (2019).

With this in mind, athletes are expected to be on the course until 10.55am at the very latest.

Staggered start times will avoid any risk of pacing between female and male athletes.

Course Certificate

The course has been measured to IAAF/AIMS standards (Course Number 23/034). A copy of the course certificate can be found in the appendix of this document.

Race Licencing

The race has been licenced with RunBritain according to UKA competition rules, which can be found [here](#). This will ensure that all performances are registered accordingly on the Power of 10 profile for each EA-registered athlete.

Technology

Timing

Chip timing will be adopted for the race, using three timing mats and boxes.

The first will be positioned at the start of the race and will therefore record the start time and lap time for each 4km split.

The second mat will be positioned at the finish line.

Each lap time will be recorded, along with cumulative time and overall position in the field.

Timing chips will be embedded within the race numbers, which will be checked and validated for each athlete at registration.

Manual timings will be taken as a contingency in case the chip timing should fail, for any reason. As such, timekeepers will need to be stationed at the start (4km lap point) and at the finish line.

Timekeepers will be supplied with digital stopwatches.

Race clocks will be put in place at the 4km lap point and at the finish line as a visual aid to both timekeepers and athletes. These clocks will show the time from the start of the women's race only – there will not be a separate clock for the men.

At the start of the race, walkie talkies will be used to ensure that timekeepers can communicate with each other to coordinate and synchronise the timing devices.

A third timing mat and box will be placed north of the Crown Pier. This will provide the announcers with real time data to support the in-race commentary.

Live Streaming & Race Footage

Mobile Cameras

Live footage of both the women's and men's races will be available from the official Island Games website. Made possible via a mobile camera.

This camera will be attached to a "roving" bicycle, which will make its way through the field throughout the race, allowing event streaming to be provided in real time.

Aerial footage of the races will be recorded using a drone. This will be supplementary to the above and will be made available once the event has finished.

Speakers & Commentary

A Public Address (PA) system will be in place to play music before the event takes place, but will predominantly be used to deliver race commentary and deliver important information throughout the event.

The lead commentator will be positioned in a commentary box at the Crown Pier, ensuring they have an uninterrupted vantage point and cover in the event of adverse weather conditions. Electricity will be provided from a generator.

There will be a co-commentator in support with the responsibility for providing insights, data and statistics as required.

As the race draws to its conclusion, additional commentary will be provided at the finish area in Market Square.

The second commentator will need to be in position from approximately 10am, ensuring they are comfortably in place to welcome the lead athletes.

Before Race Day

Information Pack

An information pack will be provided to team managers at least one month in advance of race day. It will also be made available on the official Island Games website.

During the week, the race director will be present at the Team Managers Technical Meetings to field any questions.

Athlete Registration

Team managers will be invited to register their athletes and collect the following items in advance of race day. Please note, the last opportunity to do so will be at the Team Managers Technical Meeting on Thursday 13th July:

- Race number and embedded timing chip
 - Chip to be scanned and validated, then signed off by registration assistant and athlete
 - Bibs will contain the athlete's surname and athlete number where these details have been provided in advance (cut off 05/06/23)
 - The above cannot be accommodated at late notice. In this scenario, bibs will contain the athlete number only
- Personalised sports bottles
 - It will be necessary for athletes to notify the registration assistants if they do, or do not, intend to use personalised sports bottles during the race
 - For athletes who elect to use the personalised bottles during the race, their team manager must provide the name of a team member who will dispense the bottles to their team (one person only)
 - The bottles should be made available for inspection at registration by the race referee and water station coordinator, who may ask for details of their contents
 - It is the responsibility of the elected team representative to transport and dispense the bottles on race day
- Footwear
 - Athletes must wear shoes that conform to the World Athletics Rules, which can be found [here](#)
 - Please note the difference between requirements for the road and track events

The race director will be in attendance at registration and will be available to answer any remaining questions from team managers or athletes.

Volunteer Briefing

Volunteers will be provided with a role profile containing details of their principal responsibilities on race day. Furthermore, they will be invited to attend a briefing in advance of the race. Opportunities will be available in Games week, where volunteers may pose any questions to the race director, chief marshal or head of logistics.

On Race Day

Start Area

There will be a designated area where athletes can congregate before the race. This will be located in the upper level of the café at La Vallette Bathing Pools.

The following facilities will be provided:

- Sign in desk & call room
- Sheltered changing and baggage drop
- Toilets
- Drinking water

Start Area Map



Key

Green line	Start
Red line	Course turning point
Yellow star	Location of sign in desk and facilities

Race Day Sign In

Athletes must sign into the call room, in person, at least one hour in advance of the race.

Personal bags can be left in safety at the sheltered baggage area. Baggage will be transported to the finish area during the race, ready for collection afterwards.

Warming Up

Before the start of the women's race, all athletes will have access to warm up on the course itself. However, once the women's race is under way, the course will be closed to all other competitors, officials and members of the public.

On race day, there will be no vehicular access to the Town Bus Terminus and operations will be relocated to North Beach.

Roads will be closed and traffic suspended on the South Esplanade. For the safety of athletes and spectators alike, marshals will be put in place to safeguard the area.

There will be a closed section of road at La Vallette, between the old Aquarium and the course turning point. This is approximately 90 metres in length and will be sufficient for any last-minute drills and strides.

Pre-Race Briefing

All relevant information will be provided to teams well in advance of the race. It is therefore the responsibility of the team managers and their athletes to read and understand the race day procedures and rules, all of which will be in accordance with UK Athletics (UKA) and footwear guidelines provided by World Athletics.

The race referee will reiterate the most pertinent points immediately before the race, before calling athletes to the start line.

Start Area & Call Room Procedure

Fifteen minutes before the start of the race, athletes will be required to attend the call room where they will be logged and checked by the call room referee.

It is the responsibility of the athletes to ensure they are sufficiently warmed up by this point. If they do not attend the call room for sign in and pre-race checks then they are at risk of being excluded from the race.

Five minutes before the race is due to begin, athletes will be asked to congregate outside the café at La Vallette Bathing Pools. The race referee will deliver the pre-race briefing and then ask the athletes to take their position on the line; making sure that they do not cross the line or timing mat.

The starter will check with the timekeepers that they are ready for the race to begin. They will then give the instructions for athletes to, 'Take their marks' before firing the start pistol to begin the race.

During the Race

Hydration and Nutrition

The water station will be located at the Model Yacht Pond, near the halfway point of the 4km lap. The station is denoted by a red cross on the map below.

This location allows athletes to collect drinks and dispense of them near to, or adjacent to, the water station; making it easy for assistants to reclaim personalised bottles and dispose of any waste.

Litter and recycling bins will be located at the area marked with a green cross.

Tables at the water station will be laid out with the following:

- Water. Available in easily dispensable and recyclable containers (no more than 500ml).
- Personalised water bottles.
 - One per person
 - Provided to athletes before race day
 - Reusable and IG-branded
 - Athletes will be asked to personalise their bottles to make them easily identifiable. This must include their athlete number
 - Athletes are invited to keep their bottles after the event, as a souvenir

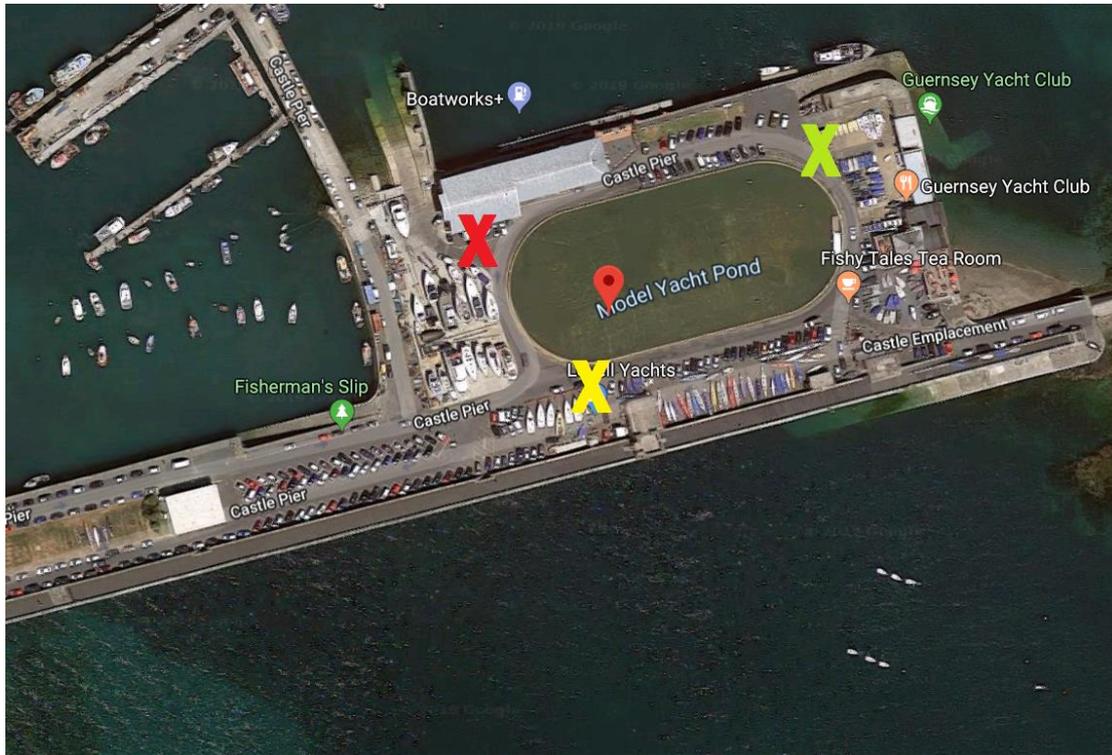
As previously mentioned, one delegate from each team will be allowed to supply drinks bottles to their athletes. It is essential that this person abides by instructions outlined by the water station coordinator, in accordance with UKA guidelines.

It will be the responsibility of each delegate to identify their athletes and provide the bottles to them.

Additional assistants will be available to collect any disregarded bottles and return them to the water station, if required. It will also be necessary for them to collect any waste and ensure this is disposed of in the appropriate manner.

In the event of a warm day, sponges will be provided in cold water buckets and made available for athletes to collect. The sponges will be stationed separately from the water station to ensure that athletes can take advantage of both options.

The location of the sponges is denoted with a yellow cross on the map below.



Key

Red cross	Water station
Green cross	Litter bins
Yellow cross	Sponges

Spectating

One of the benefits of having the race on the town seafront is that there are many excellent vantage points for spectators.

Some spectators may wish to watch the event from their places of work, or nearby eateries. However, in order to promote a supportive atmosphere, spectators will be encouraged to get as close the action as possible.

Safety barriers will be put in place to ensure people do not encroach on the course or interfere with the athletes.

It is likely that spectators will wish to cross the road on the South Esplanade in order to watch the event from the sea wall. With this in mind, marshals will be put in place to ensure safe passage across the road without endangering the safety of any athletes or officials.

Marshals will be assisted by Police and/or Civil Protection Volunteers at key positions throughout the course.

After the Race

Finish Area

A designated area will be made available for the half marathon athletes within Market Square.

The following facilities will be provided:

- Sheltered changing and baggage collection
- Medical assistance provided by St John Ambulance
 - Wet towels will be provided if the weather conditions are hot
- Toilets
- Drinking water
- Cereal bars and fruit
- Baggage collection
 - Personal bags will be transported from the start to the finish during the race (at 9.45am)
 - Once the athlete in last position has passed the water station for the final time, personalised drinks bottles will then also be transported to the finish at Market Square
 - Any bottles that are not collected from the Athlete Village by the end of the Games, will be recycled

Finish Area Map



Results

Live results will be published on the RaceResult web server and will be made available on the official Island Games website.

Final results will be verified by the Race Referee before being published on the official Island Games website and accordingly on RunBritain (Power of 10).

Medal Presentation & Onward Transportation

Post race, there will be two main options for onward transportation.

Firstly, a coach will be laid on from the junction of Fountain Street and the Bordage, a short walk from the Finish Area. This is denoted by a red cross on the map below. Availability will be limited to key officials and volunteers who are required to make their way to Footes Lane for the track and field events.



The second option is located at the White Rock, where a regular shuttle service will be available to transport athletes to the track at Footes Lane. This will afford athletes an opportunity to make use of the facilities and allow them to watch the final track and field session of the games, which is due to start at 11.15am. The medal ceremonies will also be taking place at Footes Lane, shortly after 1pm.

The location of the pick-up point is denoted by a red cross on the map below.

As the schedule is extremely tight, athletes and officials will be encouraged to proceed to the coaches as soon as reasonably possible after the race.



Course Set Up

Road Closures

Ahead of the event, the head of logistics will liaise with the police and traffic department as required to necessitate closure of the town seafront.

This will include, but is not limited to:

Request to Traffic and Highway Services

Protocol for road closures in Guernsey requires that a 'Special Event Application Form' is submitted to the above States Department, well in advance of race day.

This form contains details for all road closures and parking suspensions on the day of the event. Furthermore, it ensures that this information is communicated publicly.

As the Island Games is considered a special event, it has been agreed that this will be taken care of by the Island Games Association, in consultation with the organisers of the triathlon, cycling criterium and half marathon events.

Town Bus Terminus

As highlighted earlier in the document (see [Warming Up](#)), the request from the head of logistics will be to suspend operations at the Town Bus Terminus on race day.

As per recent contingency plans for public events such as Liberation Day; operations will temporarily be moved to the North Beach Car Park.

All bus stops on the course route will be suspended accordingly.

Taxi Rank

The entrance to the taxi rank from North Esplanade will be suspended on race day. Safety barriers will be put in place to prevent any vehicles from entering at this point.

Cruise Ships

No cruise ships are anticipated to arrive during the event.

Bollards & Planters

Metallic bollards and planters are in place on the northern side of the Liberation Monument at the crossing to North Beach Car Park.

These bollards will be temporarily removed on race day to ensure safe passage for the athletes.

Barriers

Safety barriers will be strategically placed along the route for three main purposes:

1. To segregate athletes from spectators
2. To impose restrictions on vehicular traffic
3. To act as directional aid for competing athletes

An inventory of safety barriers required for the event is detailed in the [Equipment Inventory](#) section.

Distance Markers

Kilometre markers will be in place throughout the course.

Each marker will show the distance in kilometres in correspondence with the athletes' lap number, as detailed in the table below.

Marker Number	Location	Lap Number & Distance (km)
1	Outside the rear door of the Ship & Crown, opposite the Boathouse	Lap 1 = 1km Lap 2 = 5km Lap 3 = 9km Lap 4 = 13km Lap 5 = 17km
2	Outside the first double doors at the Slaughterhouse as you make the turn on to Castle Emplacement	Lap 1 = 2km Lap 2 = 6km Lap 3 = 10km Lap 4 = 14km Lap 5 = 18km
3	In line with the vent on the Slaughterhouse building on the opposite side of Castle Emplacement (after the balcony)	Lap 1 = 3km Lap 2 = 7km Lap 3 = 11km Lap 4 = 15km Lap 5 = 19km
4	Start / Lap Point at La Vallette	Lap 1 = 4km Lap 2 = 8km Lap 3 = 12km Lap 4 = 16km Lap 5 = 20km

5	Mosaic at the junction of Mill Street and Market Street (97.5m from the finish line).	21km
---	---	------

Course Take Down

Transition From/To Other Events

The half marathon is scheduled to be the first event of the day on the town seafront. The day will start with the half marathon, move on to the cycling criterium and finish with the triathlon relay.

Taking this into account, the head of logistics will work with representatives from the other sports to ensure a smooth transition of set up and take down. The intention is to share equipment and minimise the effort needed to transition from sport-to-sport on race day.

Set up will start at 5.30am on the morning of the race and take down activities will begin as soon as the last finisher has crossed the line. This is not expected to be later than 10.55am.

A digital version of all three course maps, including intended layouts, can be found [here](#).

Contingency

Alternative Routes

If the proposed course should become unavailable due to unforeseen circumstances e.g. Unplanned emergency roadworks, then it may be necessary to adjust the route. In which case, any adjustments would need to be ratified by an official course measurer and the governing body.

Should this be unachievable within the timescales, then it may be necessary to use an alternative route. In this instance, the following courses should be considered:

Course	Route	Licence Number	Last Measured
GAC Autumn Half Marathon (Butterfield Half)	Point to Point: L'Eree to Town Seafront	13/207	13/06/13
GAC Easter Half Marathon	Out and Back: White Rock to Les Amarreurs (northwards), finishing at North Beach Petanque Area	13/904	24/03/13
(Unlicensed)	Footes Lane Athletic Track to Cobo (westbound), then coastal route (northbound) to Town Seafront	N/A	Would require course measurement.

Chip Timing

In the unlikely event that the chip timing equipment should fail, it will be necessary for manual results to be recorded.

Please see the [Timing](#) section for details.

In these circumstances, live data will not be published.

Personnel & Race Assistance

Overview of Roles and Responsibilities

Role	Number Required	Principal Responsibilities / Requirements
Course Measurer (Brian Holden)	1	The course measurer will be a registered member of the IAAF/AIMS Panel of International Road Course Measurers (Grade 'A' or 'B').
Race Director (Chris Gillman)	1	UKA accredited. Responsible and accountable for race organisation and safety.
Race Referee/Adjudicator (Pamela Rogers)	1	UKA accredited. <ul style="list-style-type: none">• Ensures the event is run according to the appropriate rules and safety standards• Makes final decision in the event of athlete disqualifications Delivers pre-race briefing, to include the following points: <ul style="list-style-type: none">• The course – directions and any potential hazards• Start procedure• Lap procedure• A recap of standard race rules
Call Room Referee (Malcolm Rogers)	1	Ensures athletes are set up for the race and fully compliant with UKA regulations. Including having supplied emergency contact details and any relevant medical conditions.
Starter (Pamela Rogers)	1	UKA accredited. <ul style="list-style-type: none">• Ensures quiet for the start• Ensures the timekeepers are ready and in position

		<ul style="list-style-type: none"> • Advises athletes the race and calls them to the line • Gives the command 'Take your marks' • Commences the race by sounding the gun
Finish Judge (Malcolm Rogers)	1	UKA accredited. Supports the race referee in decision making at the finish line e.g. In the event of an appeal.
Lead Commentator (Adrian Lihou)	1	<p>Must be familiar with any equipment prior to event day.</p> <p>Responsible for announcements including, but not limited to:</p> <ul style="list-style-type: none"> • Welcoming athletes and spectators to the event • General housekeeping announcements • Time countdown or delays to start • Important announcements, such as medical emergencies on course • Relevant race day information and statistics, such as positions, lap times and athlete history <p>Music may be played if appropriate during the sign in stage. To be stationed at Crown Pier.</p>
Co-Commentator (Louise Perrio)	1	Provides Lead Commentator with statistics, live results and general assistance, as required.
Start/Finish Commentator (Warwick Helps)	1	Responsible for announcements and commentary at the start and finish lines. Interviews athletes and persons of interest on an ad-hoc basis.
Registration Assistant (Refer to BetterImpact Db)	4	<p>Prepare registration sheets, race numbers and pins. Supports the Call Room Referees and athletes with race day activities.</p> <p>Display relevant information including, but not limited to:</p> <ul style="list-style-type: none"> • Race licence and certificate of course accuracy • General rules i.e. Numbers should be worn securely on the front of the athlete and not folded, cut or defaced.

		<p>Ensure athletes:</p> <ul style="list-style-type: none"> • Complete all required information • Take the correct number • Take pins if required
Head of Logistics (Danny Blake)	1	<p>Responsible for course set up and take down:</p> <ul style="list-style-type: none"> • Liaises with relevant parties to gain necessary access and approval • Procures equipment as required • Supervises the Set Up Assistants as required on race day • Ensures the course is set up and taken down in a timely and safe manner
Set Up Assistant (Refer to BetterImpact Db)	30	Supports Head of Logistics. Primarily to ensure the safe set up and take down of the course on race day.
Water Station Coordinator (Refer to BetterImpact Db)	1	Oversees that the water station is being run in accordance with UKA guidelines. Responsible for ensuring that Water Station Assistants, team delegates and athletes all act safely and responsibly.
Water Station Assistant, positioned at Water Station (Refer to BetterImpact Db)	6	<p>Responsible for dispensing and retrieving drinks bottles.</p> <p>Note: Numbers will be supplemented by up to one delegate per team.</p>
Water Station Assistant, positioned at Waste, Recycling and Sponge Station (Refer to BetterImpact Db)	2	Supports at Water Station. Helps to clear plastic waste, replenish tables and sponges.
Roving Bicycle (Nick Mann)	1	Facilitates provision of live footage for both the women's and men's races. Operates bicycle, allowing images and commentary to be provided in real time.

Chief Marshal (Michael Way)	1	<ul style="list-style-type: none"> Responsible for the recruitment, management and coordination of volunteers pre-race day in consultation with the Race Director Supervises all marshals on race day and ensures the volunteer plan is implemented accordingly
Marshal (Refer to BetterImpact Db)	40 (min.) 108 (max.)	<ul style="list-style-type: none"> Directs and supports athletes as required Responsible for athlete safety by managing people (primarily spectators, commuters, members of the public) at their designated station Refer to Marshal Plan for more specific locations
Head of Chip Timekeeping (Nathan Ward)	1	<ul style="list-style-type: none"> Ensures timekeeping team are supported and that protocols are being followed, in accordance with UKA standards Liaises and coordinates with manual timekeepers as necessary Accountable for timely and accurate submission of results to officials
Chip Timing Assistant (Refer to BetterImpact Db)	4	<ul style="list-style-type: none"> Creates race event file on RaceResult server Configures event based on requirements specific to the IG2023 Half Marathon Imports and manages participant data Liaises with Registration Assistants and officials as required Ensures chip timing equipment is set up and functioning as expected on race day Supports the Head of Chip Timekeeping in the timely and accurate production of results Chip Timing Assistants located at start/lap point, commentary box and finish area
Timekeeper (Alison Lihou, Kirsten Price)	2	UKA accredited. Records finishing times in accordance with UKA standards. Should be mindful of the split start times between the men's and women's races.
Timekeeper Scribe (Refer to BetterImpact Db)	2	Supports Timekeepers in recording of finishing times and ensures these are relayed to officials as required.
Lap Scorer (Refer to BetterImpact Db)	6	Keeps number of laps completed by each athlete. 2 lap scorers for each race (male and female) at the start/lap point and a further 2 stationed at the junction of Fountain Street and North Esplanade.

Finish Area Marshal (Jean Pierre Mace)	1	Responsible for ensuring the finish area is safe for athletes, officials and spectators. Making sure: <ul style="list-style-type: none"> • Athletes finish safely and continue to move through the finish funnel, away from the finish line • Assistance is provided, including alerting medical providers where necessary • Drinks and food are made available to finishing athletes • Directions are provided to onwards transport
Finish Area Assistant (Refer to BetterImpact Db)	3	Supports the Finish Area Marshal in ensuring the finish area is safe for athletes, officials and spectators. Making sure: <ul style="list-style-type: none"> • Athletes finish safely and continue to move through the finish funnel, away from the finish line • Assistance is provided, including alerting medical providers where necessary • Drinks and food are made available to finishing athletes • Directions are provided to onwards transport
Baggage Transfer Assistant (Refer to BetterImpact Db)	6	Ensures safe passage of baggage from the start area at La Vallette, to the finish area at Market Square. May also double up with Set Up Assistant role.
Drone Operator (Ross Yeates)	1	Operates the drone to provide birds eye footage of the race.
First Aiders (St John Ambulance)	8	St John Ambulances will be stationed near the Finish Area, at the bottom of Market Steps. Further medics will be stationed at key points throughout the course.
Police / Civil Protection	8	As agreed with the Guernsey Police and Civil Protection; Mark Naftel and Dave Hodge.

Marshal Plan: Table

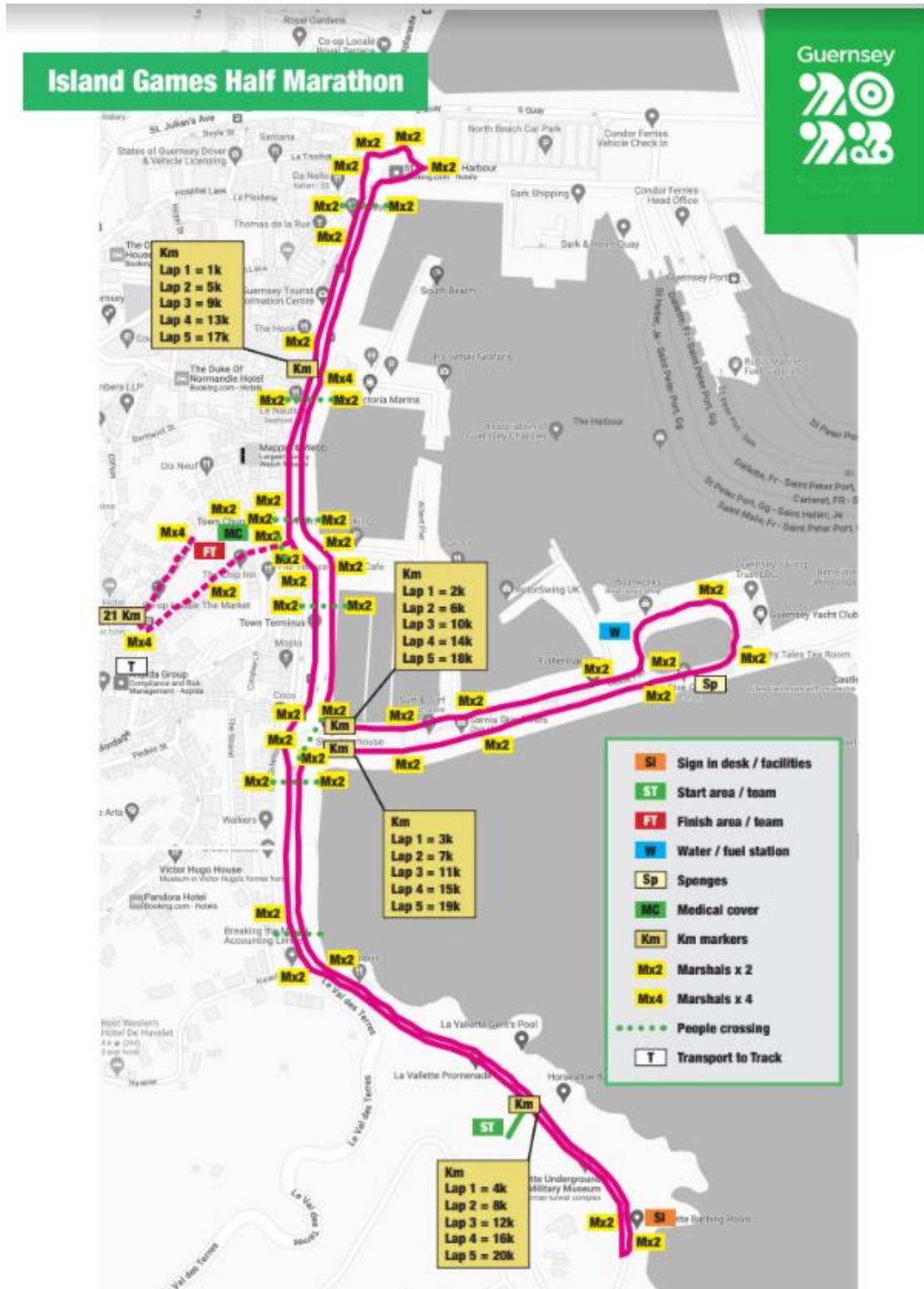
Station	Min.	Max.	Location	Notes
	1	2	Start / Lap Point at La Vallette	To manage two way traffic, set up for men's start.
		2	Turning Point at La Vallette	
1	2	2	Junction of La Vallette / Le Val Des Terres (northbound)	Area will be barriered.
1	2	2	Southernmost junction of South Esplanade / Les Echelons	
1	2	2	Crossing to Havelet (northbound)	
1	2	2	Northernmost junction of South Esplanade / Les Echelons	To cover the road junction and filter.
1	2	2	Southernmost point of Town Bus Terminus	Entrance and exit of one-way system.
1	2	2	Traffic lights at Town Bus Terminus (northbound)	
		2	Filter at Prince Albert Monument	To cover roads both sides of the monument.
		2	Junction of South Esplanade / Cornet Street	
		2	Junction of South Esplanade / Fountain Street	
1	2	2	Crossing to the Albion / Town Church (northbound)	
		2	Junction of The Quay / Quay Street	
1	2	2	Crown Pier traffic lights (northbound)	
		2	Junction of North Esplanade / North Plantation	
		2	Junction of North Esplanade / La Tourgand	
1	2	2	Traffic lights at the Weighbridge (northbound)	
1	2	2	Taxi rank entrance at North Esplanade / Le Truchot	Area will be barriered.
1	2	2	Junction of North Esplanade / Town Roundabout	Only the left lane of roundabout will be closed.
1	2	2	Town Roundabout	Closest point to any oncoming vehicular traffic.
1	2	2	Junction of Town Roundabout / St Julian's Pier	
2	4	4	Crossing from North Beach to Liberation Monument	
2	4	4	Liberation Monument	
1	2	2	Liberation Monument / North Esplanade (southbound)	
2	4	4	Crown Pier Entrance and Exit	
		2	Crown Pier traffic lights (southbound)	
1	2	2	Crossing to the Albion / Town Church (southbound)	
		2	Albert Pier entrance	

		2	Albert Pier exit	
1	2	2	Traffic lights at Town Bus Terminus (southbound)	
1	2	2	Junction of South Esplanade / Castle Pier (eastbound)	
1	2	2	Castle Pier turn 1 (eastbound)	To ensure athletes continue heading eastwards.
1	2	2	Castle Pier turn 2 (eastbound)	To ensure athletes continue heading eastwards.
1	2	2	Fisherman's Slip	Directional and for safety.
1	2	2	Model Yacht Pond (northbound)	To direct runners into the one-way system.
1	2	2	Castle Emplacement	Directional and for safety.
1	2	2	Model Yacht Pond (westbound)	To direct runners out of the one-way system.
1	2	2	Castle Pier turn 1 (westbound)	To ensure athletes continue heading westwards.
1	2	2	Castle Pier turn 2 (westbound)	To ensure athletes continue heading westwards.
1	2	2	Filter at Castle Pier / South Esplanade (southbound)	
1	2	2	Crossing to Havelet (southbound)	
		2	Junction of La Vallette / Le Val Des Terres (southbound)	
1	4	4	Traffic lights at Fountain Street	
1	2	2	Junction of the High Street / Fountain Street	
2	4	4	Junction of Fountain Street / The Bordage / The Market	
2	4	4	Finish Area	To assist athletes and officials as required.
Total	40	106		

The race will be run on closed roads, so the risk to athletes from vehicular traffic will be minimal. However, there will be a large number of pedestrians and spectators around the course; many of whom may wish to move across the path of the runners. As such, the primary role of the marshals will be to ensure the safety of athletes and public at all times.

The table above lists the estimated minimum (Min.) number of marshals required at each station. For completeness, and in the event that marshal positions are oversubscribed; the maximum (Max.) number appears in the column adjacent.

Marshal Plan: Map



Itinerary & Timings

Early May

- Team Managers to provide long list of Half Marathon athletes, enabling chipped numbers to be ordered in advance of the event

Early June

- Information Pack distributed to team managers and made available on website

Before Race Week

- Volunteer Briefing to be held in the Garenne Stand at Footes Lane

Race Week

- Race Director to attend daily Team Manager Technical Meetings to field questions
- The deadline for team managers to provide the final list of Half Marathon athletes is in the Technical Meeting on Thursday 13th July.

Race Day

Time	Activity
05:00	Safety barriers deployed in bundles to specified drop off points
05:30	Course set up
08:00	Athletes check in to Call Room at La Vallette
08:45	Female athletes report to Call Room for pre-race checks, baggage drop
08:55	Race preparation and strides complete, female athletes to start line
08:55	Male athletes report to Call Room for pre-race checks, baggage drop
09:00	Women's race starts
09:05	Race preparation and strides complete, male athletes to start line
09:10	Men's race starts
10:45	Coaches available to transport athletes to Footes Lane
11:00	Last runners cross the finish line. Course take down commences
11:15	Track and Field schedule starts at Footes Lane
12:00	Cycling Criterium Event starts in town
13:00	Half Marathon Medal Ceremonies at Footes Lane

Equipment Inventory

The table below is a detailed inventory of equipment requirements for the half marathon event.

Item	Quantity	Notes
Pre-Race Day		
UKA Race Licence	1	
Venue for Athlete Registration & Volunteer Briefing	N/A	Will make use of the facilities at La Vallette and Footes Lane.
Road closures / Police assistance for course measurement	N/A	Managed by IG Organising Committee in consultation Mark Naftel.
Course Set Up		
Commentary Box (PA System) at Crown Pier, including electrical power	1	Will also be used for cycling and triathlon events.
Gazebo at Start Area (La Vallette)	1	Needed for officials.
Portaloos at Start Area (La Vallette)	4	Minimal toilet facilities at La Vallette.
Gazebo at Finish Area (Market Square)	1	Can be used by commentary team and officials if needed.
Tables for Finish Area (Market Square)	5	6ft x 2ft tables or similar.
Chairs for Finish Area (Market Square)	20	Standard folding chair or similar.
Tables for Water Station (Model Yacht Pond)	5	6ft x 2ft tables or similar.
Chairs for Water Station (Model Yacht Pond)	20	Standard folding chair or similar.
Finish Gantry, including electrical power (Market Square)	1	Inflatable finish gantry with access to power source.
Finishing tape	2	Island Games branded. One each for first male and female finishers.

Metal safety barriers	See Link	At 2m in length, up to 2,000 barriers may be needed (see link for details).
Plastic safety tape / rope	See Link	To be used where metal barriers are not appropriate e.g. Adjacent to vehicles.
Kilometre Markers	5	Custom signs needed given lapped course.

Equipment		
Chip timing decoder at Start/Lap Point (La Vallette)	1	
Chip timing mat at Start/Lap Point (La Vallette)	1	
SIM card for decoder at Start/Lap Point (La Vallette)	1	
Chip timing decoder at Commentary Box (Crown Pier)	1	
Chip timing mat at Commentary Box (Crown Pier)	1	
SIM card for decoder at Commentary Box (Crown Pier)	1	
Chip timing decoder at Finish (Market Square)	1	
Chip timing mat at Finish (Market Square)	1	
SIM card for decoder at Finish (Market Square)	1	
Laptop and MiFi device for Head of Chip Timing (mobile)	1	
Laptop and MiFi device for Chip Timing Assistant at Finish (Market Square)	1	For data feeds to and from Exis/RaceResult.
Laptop and MiFi device for Lead Commentator (Crown Pier)	1	
LED race clock for Start/Lap Point (La Vallette)	1	With access to power source.
LED race clock for Finish Gantry (Market Square)	1	With access to power source.
Portable microphone and speakers for Start/Finish Commentator	1	

Chipped race numbers	100	To be ordered from RaceResult. Including surnames and athlete numbers.
Digital stopwatches	4	
Walkie Talkies	10	Reserved centrally. Held at event office at Beau Sejour.
Mobile video camera and MiFi device	1	GoPro or equivalent, for live streaming.
Drone with video camera	1	To be operated by third party vendor.
Personalised sports bottles	100	To be provided as part of the Athlete Pack upon arrival.
Volunteer bibs (hi-visibility)	150	To cover all volunteers and officials on the day.
Drinking water for Start Area (La Vallette)	120	Plastic bottles. Must be easy for the athletes to drink from.
Drinking water for Water Station (Model Yacht Pond)	180	Plastic bottles. Must be easy for the athletes to drink from.
Drinking water for Finish Area (Market Square)	180	Plastic bottles. Must be easy for the athletes to drink from.
Starter pistol / air horn	1	
Sponges	20	
Plastic containers for water and sponges	2	40 litre tubs.
Cereal bars for Finish Area (Market Square)	100	
Fruit for Finish Area (Market Square)	N/A	Selection of bananas, apples and oranges.
Race equipment sundries e.g. Clipboards, pens, pins	N/A	

Post Race		
Coaches from town to Footes Lane	2	Should have sufficient capacity to transport all athletes and officials.

Safety

Risk Assessment

Main Hazards:

- a) Runner accidents, collisions
- b) Exhaustion or dehydration brought about by extreme exercise
- c) Risks to other road users
- d) Spectators and crowd management

a) Runner accidents, collisions. Risk reduction:

The race will operate on closed roads.

Marshals will be deployed at key points along the course to prevent any unauthorised vehicles or persons from gaining access to the athletes.

As athletes cross the finishing line their names will be cross checked against the registration list to ensure that all athletes have been accounted for.

Safety barriers and signage will be used to protect and direct the athletes, who will be instructed to run on the left-hand side of the road at all times.

b) Exhaustion or dehydration brought about by extreme exercise. Risk reduction:

Drinks will be provided before, during and after the event:

- At the Start Area.
 - See the [Start Area](#) section for details.
- On the course (available every 4km).
 - See the [Hydration and Nutrition](#) section for details.
- At the Finish Area.
 - See the [Finish Area](#) section for details.

Shelter will be made available to athletes at the Start and Finish Areas – and medical assistance will be provided where required.

Cold sponges in water will be available for athletes to use (at their discretion) for heat management whilst out on the course.

St John will be present at the event, assisted with all necessary medical supplies, including ice packs and/or wet towels. For a list of nearby of Automated External Defibrillators (AEDs), please see the [Medical Plan](#).

Toilets are available at the Start and Finish Areas.

c) Risks to other road users. Risk reduction:

Event to be conducted on closed roads. This is further mitigated by the appropriate deployment of marshals and safety barriers.

d) Spectators and crowd management. Risk reduction:

Police and Civil Protection Volunteers will be stationed at key access and egress points. Event marshals will be deployed at all other positions along the course.

Safety barriers will be in place where athletes and spectators are at most risk.

Medical Plan

St John Ambulance will be stationed at the at the Finish Area at the bottom of the Market Steps and in addition at La Vallette, the Model Yacht Pond and the Weighbridge.

A doctor will be contactable and made available as required.

A list of qualified volunteers, including their contact details, will be made available to St John and the organisers ahead of race day. Walkie talkies will be used by St John and the Chief Marshal for ease of communication. In addition, each person will also carry a fully charged mobile phone.

Athletes will be required to provide details of any relevant medical conditions to the organisers ahead of race day.

AEDs are located at the Bathing Pools (Start Area), Church Square and Market Square (Finish Area).

The Island Games Medical Centre will be located at the Athlete Village (Ron Short Centre, Beau Sejour).

Fatality Procedure

In the event of an emergency during the event, start or finish:

For Race Personnel

Safety is paramount, proceed with caution only if safe to do so.

- DRSABC (Danger, Response, Shout, Airway, Breathing, Severe blood loss)
- Dial 999 and ask for ambulance service, ask for instruction on CPR if needed
- Ambulance service should provide locations of the nearest AED (defibrillator)
- If required, ask someone nearby to fetch the nearest AED (defibrillator)
- Continue CPR until ambulance arrives
- Pass any relevant information to the ambulance service
- Take a note of the competitor's race number
- Contact the race director with the race number to establish the identity of the competitor (this should also be on the back of the race number)
- Wait at location for police who will need a statement
- Pass the identity information to the police **only**

For the Race Director

- Contact the point of escalation; the Island Games Committee, if necessary
- Make no immediate comment to the media. On the advice of the Island Games Committee, it may be preferable for a statement to be made at a later time

For the Island Games Committee

It is the responsibility of the Island Games Committee to communicate officially on behalf of the event.

Insurance

Coverage is provided by the Island Games and Guernsey Athletics Club's public liability insurance.

Appendices

Race Licence

UKA Race Licence ID: 2023-45855

Certificate of Course Accuracy

coursemeasurement.org.uk

 **Certificate of Course Accuracy** 

South of England Course Number: 23/034

Race Name: Island Games Half Marathon 2023. Course Name: Island Games Half Marathon 2023.

County: Guernsey Distance: 21.0975

Date of Race: 14 Jul 2023 Measured: 5 Nov 2022 By: B Holden

Promoter: Guernsey athletics club Drop: - Separation: -

World Athletics limits for record times are - Drop: 1 m/km; Separation: 50%

This is to certify that the length of the above road race has been accurately measured by an accredited Course Measurer using World Athletics procedures approved for use in the UK. A complete record of the measurement is held by the Area Measurement Secretary. The measurement remains valid for 10 years provided no changes are made to the course. The start/finish and the route must be set out EXACTLY as defined in the measurement report. Any modification will need to be measured for a new certificate.

Signed:  Area Measurement Secretary - South of England Date: **19 Feb 2023**

(See the back of this certificate for details of validity, requirements for renewal, and other information)

Serial No: 23-224

Previous Field Sizes

2015 Men: 31
2015 Women: 25
TOTAL: 56

2017 Men: 27
2017 Women: 21
TOTAL: 48

2019 Men: 24
2019 Women: 15
TOTAL: 39

Course Photos

Start Line Area 1



Start Line Area 2



Start Line Area 3



Start Line Area 4



Turning Point Area 1



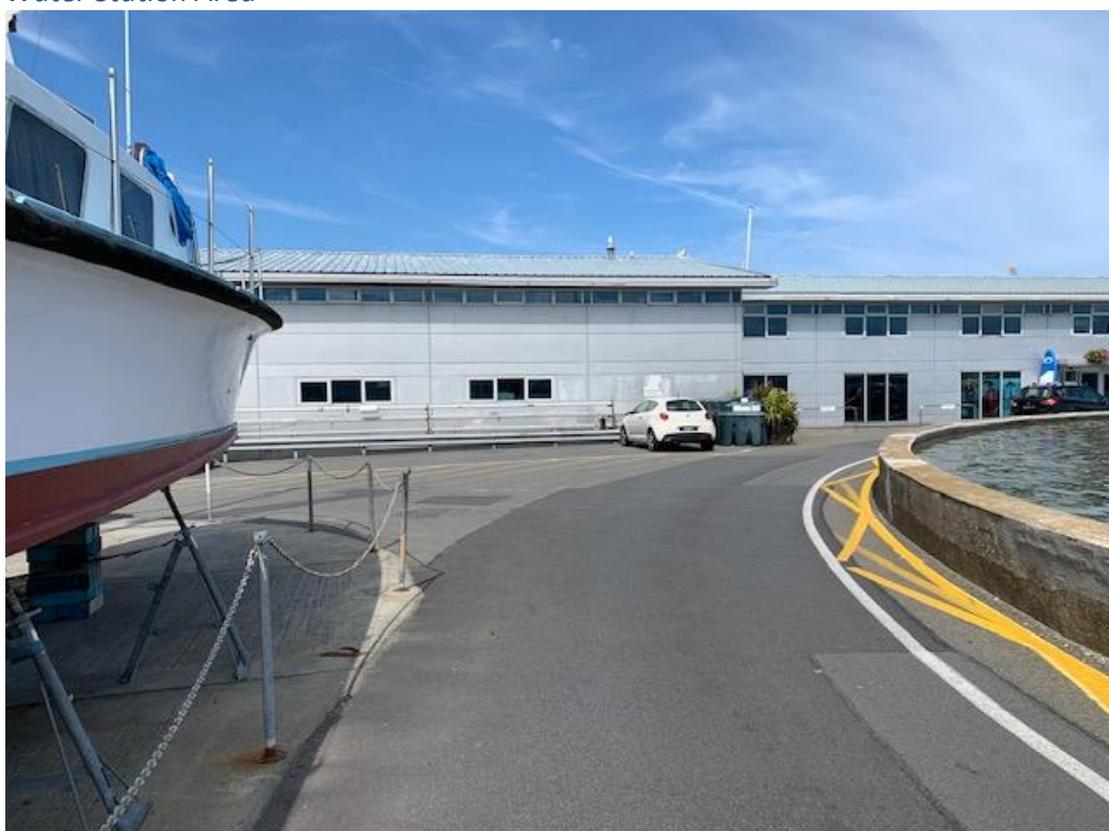
Turning Point Area 2



Turning Point Area 3



Water Station Area



Water Station - Litter Bins



Water Station - Sponges

