



JERSEY FRANCE CHALLENGE

Following recent meetings with organisers and authorities we have now confirmed the exact timings (as per below) to ensure we have best use of the tide on the day.

We would like to wish you all the best of luck on the day, and we hope you enjoy every minute of this adventure!

WEDNESDAY 20 JULY 2022

17:30 – 19:00

Skippers and Team Captains event briefing.

Simon O'Donoghue's office – Spring Investment Management (address below):

Spring Investment Management

1st Floor

9 Castle Street

St Helier

Jersey

(Grey Door)

Race Nation will also be in attendance. Please ensure you download the Race Nation App ahead of the meeting.

We will also be setting up a WhatsApp group for the skippers and team captains. Please ensure you download this before the meeting.

Meeting locations on the morning of the event will be discussed and skippers will use VHF Channel 8.

Team captains/skippers will collect their team's race pack during this meeting. Race packs will include swim cap for each swimmer, t-shirts and important information for the team captain.

SATURDAY 23 JULY 2022

06:30

All boats must be en-route to race start. Swimmers can be picked up from St. Catherines or St. Helier.

TEAM CAPTAINS must fill in the registration form (can be found in your team pack) in the morning and send a picture of it to race control on [07797869407](tel:07797869407) by 07:00. Coastguards need to know all of the persons on each boat.

07:00	Submit your registration form to Event HQ as per the above instructions.
07:15	All teams must arrive at the start location and be in position on the start line with all swimmers on board the boat and the first starting swimmer on La Coupe Beach, ready to begin the race. *This will be discussed in further depth in the skipper/team captain briefing.
07:20	Dementia Jersey Speech from Chairman.
07:30	RACE START – La Coupe Beach, Fliquet Bay
Approx 14:00 - 17:00	First team expected to finish on the beach South of Carteret. After completing the challenge, teams are encouraged to get back on board their support boat and make their way to the marina where they can moor up on Pontoon M and then make their way to the Yacht Club for the finisher drinks. Of course, by all means, stay around initially to cheer on finishing teams. Last teams expected to finish on the beach South of Carteret.
17:00	Final teams and boat skippers make their way to the marina and moor the boats then make their way to The Yacht Club for the finisher drinks.
17:00 onwards	Once all teams have safely finished the race, an informal finisher drinks will be held in the Yacht Club. If you are staying in Carteret, you can then make your way to the Centre Eugene Godey Youth Hostel for an evening of fun prizegiving, some food and a well-earned drink to celebrate the achievement.
19:00	PRIZE GIVING

[Swim/Boat Check In location](#)

Your skipper and team captain will organise a suitable meeting location for race morning -most boats/teams will meet at St Helier Harbour. **Meeting locations must be confirmed with Event HQ team in advance of the day.** Skippers will use VHF Channel 8.

[Minimum Kit Requirements:](#)

- All swimmers must wear the events official swim cap when in the water.

- Plenty of Food & Drink
 - o Jelly Babies
 - o Hot drinks in a flask are great
 - o Lots of fluids
- Fully Charged Mobile phone
 - Spare mobile phone or charger in case your phone battery runs out
 - Appropriate clothing for weather conditions (bring blankets and warm clothing for finish)
 - Towel x2
 - Sun cream and other on-water protection from the sun/wind/rain!
 - *Some things that are nice to have*
 - o *Vaseline or Anti Chaff cream*
 - o *Anti-mist google spray*
- Please note that there will be no toilet facilities on the boats (be prepared to use natural facilities (sea) or bring a bucket.
- Camera to capture the day!
- Passport and covid vaccination certificate

What to expect on Race Day?

Swimmers will meet their skipper at the pre-agreed location. All swimmers will board the boats apart from the race start swimmer who will be on shore at La Coupe Beach, Fliquet Bay – captains will notify Race HQ that the team are on their way to the race start. Once on the start line, there will be a speech from the Dementia Jersey Chairman and following this, swimmers will line up and when they hear the start horn they will dive into the water and begin the race.

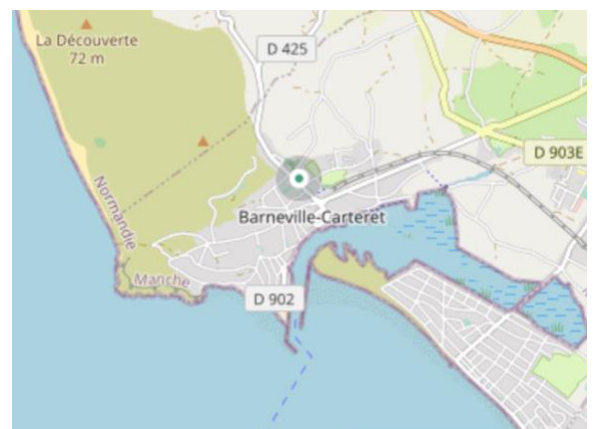
Swim teams will then rotate every hour until they reach Carteret beach. The swimmer in the water at the time will swim ashore and run through the finish flags which will be visible on the beach. Swimmers are encouraged to join their last swimmer and swim ashore to cross the finish line together, should they wish.

Boats are to stay out of the way of other finishing swimmers. Once your team has crossed the finish line, swimmers are asked to get back on board their support boat with the skippers and make their way to the pre arranged moorings on Pontoon M in Carteret marina. Following this, teams are then encouraged to make their way to The Yacht Club for the finisher drinks. Once all swimmers are finished and everyone has enjoyed a drink in the The Yacht Club, those staying overnight in Carteret can then make their way onto Centre Eugène Godey Youth Hostel for food and the prize giving at approximately 19:00.

Accommodation

Boat moorings and accommodation has been secured for all participants wishing to stay overnight in Carteret and enjoy the celebrations.

Centre Eugène Godey – Youth Hostel is located 300m from the Carteret Port is Centre Eugène Godey Youth Hostel which offers basic accommodation. The hostel includes 6 bedrooms with 4 beds, 4 bedrooms with 2 beds and also 2 dormitories with 14 beds. Price per night, including dinner and breakfast from €50.00



To confirm your accommodation and boat mooring, please book through race nation using the following link - <https://race-nation.co.uk/register/jersey-france-challenge/jersey-france-challenge>

Friends and Family

Friends and Family are welcome to join our prize giving celebration at the end but please note, everyone wanting to attend the evening celebrations at Centre Eugene Godey Youth Hostel will need to pre book through race nation using the following link - <https://race-nation.co.uk/register/jersey-france-challenge/jersey-france-challenge>

Race Nation

This event is using the Race Nation App which not only allows entrants and spectators to track their family and friends but can also accept and send message and even make a donation.

It is important that all swimmers download the Race Nation App, as we will be using their tracking feature.

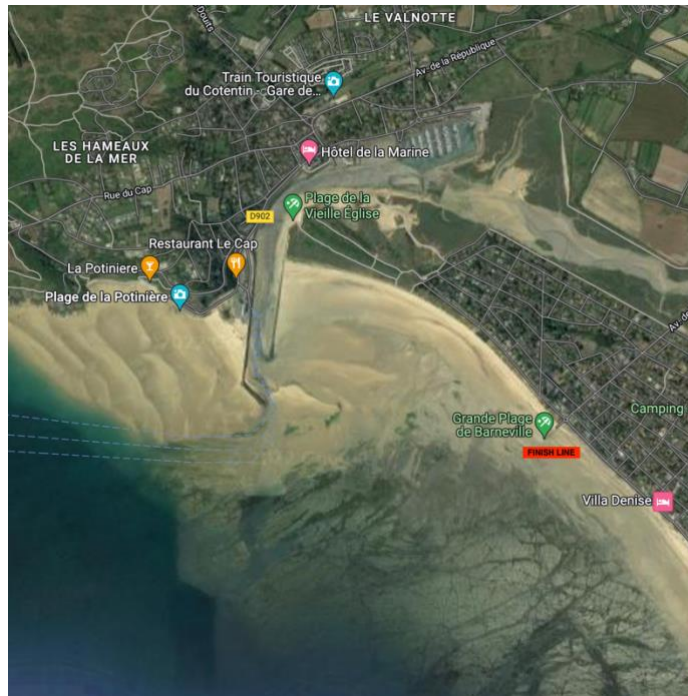
Course

Organisers have had consultations with the France, Guernsey and Jersey Coastguard.

The challenge will begin from the shores of Jersey (La Coupe Beach, Fliquet Bay) and one team member will dive straight into the sea to start the swim relay challenge. The route is approx. 14 miles/19km and upon completion of the swim, all competitors will finish on the beach just South of Carteret.

RACE Start – La Coupe Beach, Fliquet Bay

RACE Finish – Beach South of Carteret



Event Safety

Water Support

The Coastguard will be in contact with race control via phone communication and ship to shore radio.

Medical Support

Jersey Lifeboat Association will be supporting this event by providing a lifeboat on the water with a medical provision. Where assistance is required, competitors should first contact Event HQ on [07797869407](tel:07797869407).

The Event management team will be available to contact by phone and one ship-shore radio communication.

Prizes

Courtesy of our official prize sponsor Axel Leine we have a fantastic pool of prizes up for grabs this year!

Category	Placing / Prize
Winning team to land (without a wetsuit)	1 st Place – A prize will be awarded to all the swimmers and the skipper in the team.
Winning team to land (with a wetsuit)	1 st Place – A prize will be awarded to all the swimmers and the skipper in the team.
Winning team – Extra points (details will be confirmed on the day)	1 st Place – A prize will be awarded to all the swimmers and the skipper in the team.
Winning Team – Highest fundraising team (all funds must be entered into the system by Sun 1 August by 4pm.	1 st Place – A prize will be awarded to all the swimmers and the skipper in the team.

Keep Connected

Don't forget to share your challenge journey with us and your followers! We would love to see your photography/videos leading up to race day and on the day, as well as your fundraising pages with us - we'd love to see you out there having fun.

Tag us in all your social media posts [@jerseyfrancechallenge](https://www.instagram.com/jerseyfrancechallenge)

We also encourage the use of the hashtags [#jerseyfrancechallenge](https://www.instagram.com/jerseyfrancechallenge)

Dementia Jersey

This event will raise valuable funds for Dementia Jersey. Did you know Dementia affects over 50 million people worldwide and 1,600 of those live in our little island of Jersey? Dementia Jersey exists to provide advice, support and information to the community and over the last 3 years has seen a 78% increase in the number of people seeking their support, people of all ages, their families, friends and carers.

Last year we fundraised a fantastic £12,000.00 and after a difficult year owed to COVID-19 we would love to beat last year's total amount.

Dementia Jersey, previously known as Jersey Alzheimer's Association, was formed in April 2010 and offers a valued service in Jersey providing a range of services aimed at supporting local people affected by Dementia of whatever sort, in whatever way.

Did you know Dementia affects over 50 million people worldwide, 1600 of which live in our little island of Jersey? The charity exists to provide advice, support, and information to the community as a whole and has over the last 3 years seen a 78% increase in the number of people seeking their support, people of all ages, their families, friends and carers.

As well as offering a counselling and family support service and a number of community activities, the charity provides education and awareness sessions to schools, community groups, local companies and organisations.

Anyone wanting to know about the support we offer can contact the office on 723 519 or email: info@dementia.je
Dementia Jersey, support when you need it most.

Registered with the Jersey Financial Services Commission and the Jersey Charity Commission no
42. Read more: <http://www.dementia.je>

Don't forget the highest fundraising team will receive a special prize. All funds must be entered into the system by Saturday 23rd July 2022 by 4pm to qualify! Together let's make a difference for Dementia.

FAQ's

Will there be a toilet on my boat?

Please note that there are **no toilets on the boats**. Participants must prepare to use the natural facilities (sea) and organise their own toilet (i.e. bucket)

Is the race timed? Or is it first across the line?

Yes, the time will be captured when crossing the finishing line.

Does it matter what order our team swims?

No, it doesn't matter what order your team swim in, as long as you rotate every hour.

Organisers tip: we suggest having your stronger swimmers towards the end of the race as this will be less tidally assisted.

What happens if one of our team members falls ill on the boat?

If your teammate needs medical assistance, please get your team to contact Event HQ. If they are happy to wait on the boat for the entire race, then they can cheer you on from the boat.

Can they be taken ashore? Can someone swim twice?

Yes, they can be if they need medical assistance or in an emergency. Yes, your teammates can swim more than once if they are replacing a retired swimmer.

What if our boat breaks down on the water?

Contact Event HQ and your team will be arranged to be towed back to shore. The team will need to retire from the race.

What happens if the weather is too bad to go out on the morning of the race?

Our organising team will be in contact with all team captains and skippers in the days leading up to the race and a decision will be made the day before on whether the event can go ahead. If it cannot, another date will be organised when the weather is safer for the swim.

Event Partners



Visit our website for more information: jerseyfrancechallenge.com/sponsor