

**Jersey Mencap South Coast Charity Challenge - Sunday 19th May 2024**  
**15 mile sponsored walk from La Rocque Harbour to Corbiere Radio Tower.**

**Information Sheet**

Please find enclosed your walk pack:

- Your fundraising T-Shirt (if ordered)
- Envelope for sponsor money. Please write your name & mobile no on the envelope and bring to the start line.
- A numbered bag tag – please add your name & mobile number then attach to your bag.

Please remember this is a charity walk with the aim of raising vital funds and awareness for Jersey Mencap who supports people with a learning disability. Thank you for your fundraising efforts.

Your safety and well-being is paramount so please take time to read this information. If you have any questions please email [info@jerseymencap.org](mailto:info@jerseymencap.org) or call the office on 01534 866622 prior to the event.

Event day contact number is 07797 903673

**Start Time** The check in desk at La Rocque will be open from **08:30 to 09:30am**.  
**Please note that the event cannot start any earlier than 8.30am.** Our thanks to Honorary Police, TTS and all the parishes who have granted their permission.

**Travel** There is very limited parking at La Rocque so please car share, arrange a lift or use the No.1 bus which leaves Liberation bus Station at 8am, 8.30am & 9am & will arrive at La Rocque in good time for the start line. Remember your bus travel card or cash.

From the finish line, Liberty bus will be providing a courtesy bus service which will make stops at St Aubin and Liberation Station.

**QR Code** You will have received via email, your Entry confirmation from Race Nation with your Scanning Barcode. Please bring a copy of this barcode to the event. You will be required to present this (either a physical copy or on your mobile) at the start and finish line.

**Clothing** Remember to bring clothing to suit all types of weather conditions, spare clothes/socks/food/plasters/sun cream/hat and other essential items such as medication. Check the forecast and plan ahead.

**Hydration** **Please bring plenty of water/refreshments for the full event. At Jardin de la Mare and Portelet you can refill your water bottle from the Jersey Water water-refill unit.**

**Bag transfer** Attach your bag-tag to your bag. Bags should be checked in at the start line with the Land Rover Club who will transport bags to the Jardin de la Mare where you will have access to them. Remember to check your bag back in with the Land Rover club so it can be transported to the finish line. Ensure you label your bag with your name and mobile.

**Checkpoints** We have 2 official checkpoints in addition to refreshment stands:

Checkpoints & refreshments	Opens	Closes
<b>Start Checkpoint: La Rocque (no earlier than 8.30am)</b>	<b>08:30am</b>	<b>9.30am</b>
<b>Water re-fill at Jardin de la Mare (remember to bring your water bottles)</b>	<b>09:15am</b>	<b>-</b>
<b>Water re-fill at Portelet.</b>	<b>09:30am</b>	<b>-</b>
<b>Finish line: Corbiere Radio Tower. Public carpark behind Corbiere Phare restaurant.</b>	<b>11:30am</b>	<b>15:30pm</b>

Sincere thanks to our sponsors:



- Route** Remember to bring the route map which you can download from [www.jerseymencap.org](http://www.jerseymencap.org)
- Familiarise yourself with the route in advance and be aware of higher risk sections which include roads where there are no footpaths - please walk single file & face oncoming traffic. Please remember that the footpath/cycle path along The Avenue is a multi-use and busy area with cyclists, dog-walkers, walkers and runners. Take extreme care on the cliff path sections, buddy up with fellow walkers.
- Slips/trips/falls** Please do not run the course, take care and look out for fellow participants. Should injury occur, stop and if needed, seek medical support. Once practical, please contact the event co-ordinator on 07797 903673
- Bad weather** If the weather is particularly wet/windy then some walkers might prefer to go up the railway walk to avoid the cliff paths.
- Retirement** If you are retiring from the walk and unable to reach a Checkpoint before the closing time given, you will have retire. If you retire between Checkpoints, then please ring the Walk Co-ordinator on 07797 903673.
- Courtesy Bus** Liberty Bus will be offering a free service to transport walkers from the finish at Corbiere. The buses will shuttle from Corbiere making stops at St Aubin and Liberation Station. The first bus will leave at 1230 and the last one will depart at 1530,

### Safety

- Familiarise yourself with the route, bring your route map.
- Bring your QR Scanning code with you.
- Dress for the weather, Bring any medication that you might need.
- Carry your mobile phone making sure it is charged and working.
- Check in at start/finish checkpoints.
- Don't walk alone, buddy up, please do not run. Please be considerate of the countryside
- Protect yourself from the sun with a hat, sunglasses and sun cream
- Stay hydrated – bring plenty of water and snacks with you for the full 15 mile route.
- Be mindful of any traffic and roads in particular of the first section of the walk from La Rocque. On sections where there is no path, walk single file, facing the traffic.
- Along the avenue – stay alert to cyclists, runners, the petite train & other footpath users.
- Take extreme care on the cliff paths, do not run.
- At the top of Portlet common follow the cliff path down to Ouaisne, take care on this steep & rocky.
- Please dispose of any litter properly.
- We cannot provide race conditions such as timings etc.
- Should you feel unwell at any time, stop and let someone know. If needed call for emergency services. If you have to retire between checkpoints phone the walk co-ordinator on 07797 903673.

**Disclaimer: All persons participating in the walk accept that they are doing so entirely at their own risk. Neither Jersey Mencap, nor any of its officers, employees, agents or assistants, or owners of any property or land on or adjacent to the walk will accept any liability for material damage or personal injury or death sustained in conjunction with, or prior to, during, or after, the event whether caused by a negligent act, omission or wilful misconduct.**

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