

THE INTERTIDAL

Jersey's Low-Tide Challenge

Runner Guide 2026

Gorey to St Aubin's | Six landmarks | One tide window

START Gorey	FINISH St Aubin's	DISTANCE Approx. 24.7 km	DATE 15 August 2026
Arrive: 13:00 Briefing: 13:45 Start: 14:00	Cutoff: 18:05 Prizegiving: 18:30		

IMPORTANT

The Intertidal exists for only a few hours. Respect the coast, look after each other, and remember: **we don't create a cut-off, the sea does.**

If you only remember one thing from this guide – BE SAFE AND TAKE THE CONSERVATIVE OPTION.

We hope that The Intertidal will be around for many years to come and we want you to be as well.

This is a long document but there is a reason for it. Remember:

- 1) There is real danger on this race – we need you to help us make it a safe race.
- 2) No matter what happens, we want you to be at the end.
- 3) This is the first ever running – we are learning and love feedback but be respectful.
- 4) We want this to be the best, authentic and amazing event it can be for you!

Live Tracking - [The Intertidal 2026](#)



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Welcome

Welcome to The Intertidal — a point-to-point running adventure across Jersey's foreshore, linking six iconic coastal landmarks during the brief window when the tide exposes terrain normally hidden beneath the sea.

This is not a standard road race, and it is not a predictable trail race. The course moves through a living coastline where the surface, visibility, wind, spray and footing can all change quickly. Decision-making matters as much as fitness.

Race ethos

Run confidently, move carefully, respect the conditions, and leave the coastline exactly as you found it.

Pre-race

Bib pick-up: Rock N Road Run Co, Unit 7, Liberty Wharf, La Route de la Libération, JE2 3NY.

Time: 12:00 to 15:00

Date: Friday 14 August

Remember entrants get 10% off thanks to Rock N Road if you need last minute supplies or mandatory kit.

You will be given your race bib, which also has your drop bag tag. Please make sure that you fill in the medical information.

You will also be given your race t-shirt if you opted to get one. Sweet.

Event Overview

Date	15 August 2026
Meeting point	Long Beach Car Park, North Side
Arrival time for kit check, GPS fitting and activation	13:00 (Mandatory)
Briefing	13:45 (Mandatory)
Start location	Rhona's Slip, Gorey
Start time	14:00
Distance	Approx. 24.7 km
Low Tide	15:48
Finish location	Royal Channel Islands Yacht Club, St Aubin's
Final finisher time	18:05
Prizegiving	18:30

Race Day

The race is sold out and there are no late registrations.

1. Arrive at Long Beach Car Park with your mandatory kit including water and nutrition. There is no water available.
2. A volunteer will check you in and attach the GPS tracker to your running vest.
3. If you have a drop bag, please ensure that you have correctly attached the tag and give to the appropriate volunteer.
4. A Race Director will give the safety briefing at 13:45 at the bottom of the slip next to Rhona's Cafe. Please listen and respect other people. There may be specific information which has been updated at the last-minute regarding course, conditions or safety element.
5. The starting 'gun' will go at 2pm.
6. Visit all six landmarks in sequence as well as the mandatory safety point.
7. Collect a token from each landmark and keep them safe.
8. Finish at St Aubin's for result validation, refreshments and bag collection.

Add the following numbers to your phone:

Race team	Contact Number	Role
Sam Wilkes	+ 44 (0)7829 727737	Primary Race Director moving between land-based check points, and on the day contact for emergencies that do not require a 999 call. If you do make a 999 call when not with a race marshal, please call Sam immediately afterwards.
Mick Siouville	+ 44 (0)7797 730169	Active race director roaming with senior volunteers in the intertidal zone.
Ronnie Isherwood	+ 44 (0)7797 780100	Initially at race start and then at Race HQ finish line reviewing tracking in real-time.

Safety Cut-offs

We have been working with several organisations to ensure that The Intertidal is as safe as possible, but races of this type are never without risk.

The event starts 1 hour 45 minutes before low-tide so you will be running in the direction of the falling tide. This is to ensure the maximum window for all runners which we calculate to be **FOUR HOURS**.

The following table shows the strict cut-off times for each checkpoint. Remember these are for everyone's safety. Not enforcing them is not an option.

Race Start time	14:00	
Start Location	Rhona's Café	
CP1	Seymour Tower	5KM
CP1 Open time	14:00	
CP1 Close time	14:45	
CP2	La Rocque Harbour	7.25K
CP2 Close time	15:10	
CP3	Icho Tower	10KM
CP3 Open time	14:35	
CP3 Close time	15:50	
CP4	Green Island	14KM
CP4 Open time	14:50	
CP4 Close time	16:20	
CP5	Havre de Pas	17KM
CP5 Open time	15:00	
CP5 Close time	16:40	
CP6	Elizabeth Castle	20.5KM
CP6 Open time	15:15	
CP6 Close time	17:15	
CP7	St Aubin's Fort	24KM
CP7 Open time	15:30	
CP7 Close time	18:00	
Finish	Royal Channel Islands Yacht Club	24.7K
Finish Close time	18:05	

The Route

We have been deliberately vague about the distance of the race because the decisions you make will impact the route you take and the time it takes to complete.

That said, there are exclusion zones for environmental reasons and specific routes to avoid the most dangerous areas with deep gullies and rocky impasses.

Download the GPX file here: [The Intertidal](#)

The six landmarks and the safety checkpoint are listed below:

#	Landmark	WhatThreeWords	Runner note	Refreshments	
	Meeting point	ogres.shifting.shorts	Long Beach Car Park		Public toilets available.
	Start	artichokes.snuggled.library	Rhona's Slip	None	Public toilets available at Long Beach Car Park.
CP1	Seymour Tower	returning.grander.pragmatism	A Jersey icon out on the flats.	None	
CP2	La Rocque Harbour	strapless.onrush.beefed	Mandatory safety point.	None	Public toilets available.
CP3	Icho Tower	auditorium.masked.question	A solitary granite tower and a natural checkpoint.	None	
CP4	Green Island	overrated.envelopes.subsided	A classic Jersey waypoint, also known as La Motte.	Sports nutrition provided by True Food Water refills provided by Jersey Water.	Public toilets available.
CP5	Havre des Pas	bleak.rating.lighten	A brief return to civilisation as you head past the Lido.	None	Public toilets available.
CP6	Elizabeth Castle	rank.trips.historic	A signature landmark.	Bananas provided by the Channel Islands Co-operative.	Public toilets available.
CP7	St Aubin's Fort	amass.blanked.contrasting	The final CP before the finish into St Aubin's.	None	
	Finish	zipper.insists.angle	Royal Channel Islands Yacht Club	Yes	Public toilets available.

Public toilets are available near checkpoints but require you to leave the race route. This is at your own risk and if possible, let marshals know. Please bear in mind that this will be additional distance and may impact your cut offs.



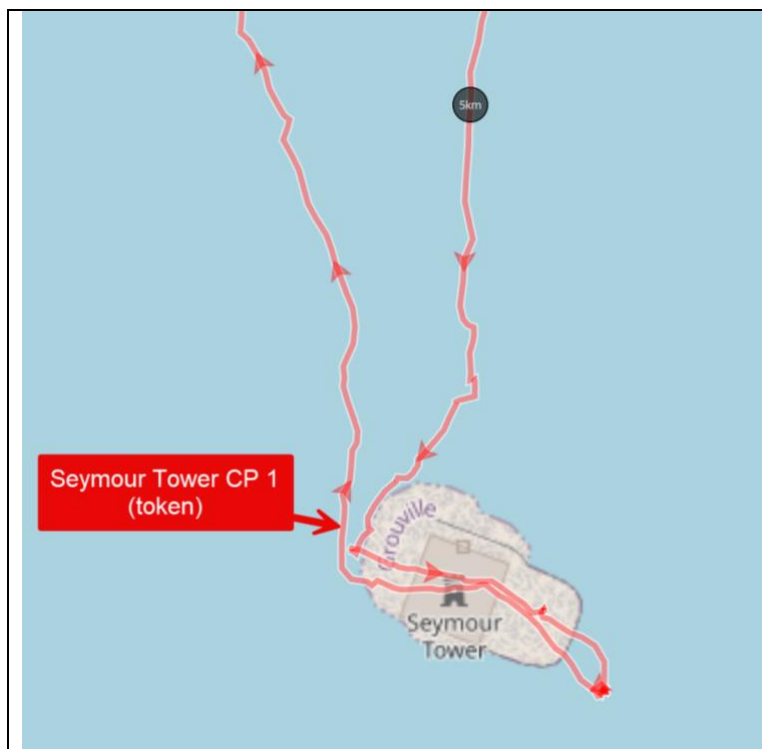
This map provides a guide but you must use common sense at all times. In between Checkpoint 1 (Seymour Tower) and Checkpoint 3 (Icho Tower) is a mandatory safety point at La Rocque Harbour (not marked on this map). This ensures that runners do not take a direct line between the two towers and will provide marshals with a chance to advise the best route to continue. The following image shows Long Beach Car Park and the start line at Rhona's:



Checkpoints

All of the following are provided as guidance and may be slightly different on race day. Marshalls will be at every checkpoint and there will be additional marshals on the course. If you require medical assistance, please speak to the nearest marshal and follow the instructions in this document.

Checkpoint 1 – Seymour Tower



From the start, you will run in a southerly direction to Seymour Tower which is just over 5 kilometres into the race. You will be running along the beach and through working oyster farms. Please be aware of your surroundings and respect others.

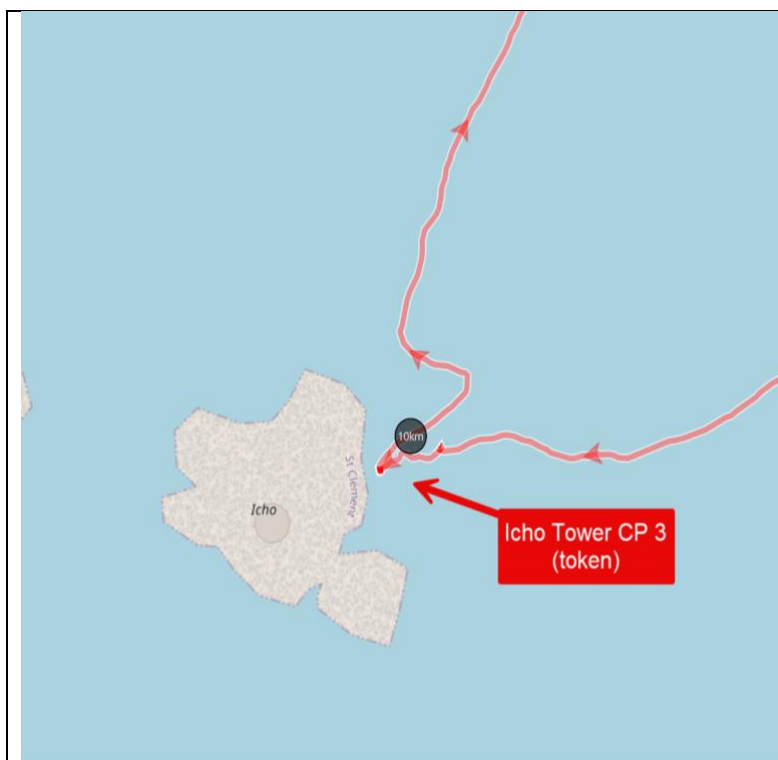
Checkpoint 2 – La Rocque Harbour (Safety Point)



From Seymour Tower, head back towards shore in the direction of the safety tower, then directly towards La Rocque Harbour.

At the end of the pier is a mandatory safety point so we can ensure that it is safe for you to continue.

Checkpoint 3 – Icho Tower



The section from La Rocque Harbour towards Icho Tower and onwards to Green Island CP is the most challenging section of the route in terms of navigation. A small number of route marking flags and marshals will be selectively positioned to aid runners where possible. The downloadable gpx route may be especially useful for this section.

Checkpoint 4 – Green Island



Green Island is just over halfway and True Food will be kindly providing sports nutrition. In addition, Jersey Water have provided refillable water facilities. Due to access constraints, the water will be in the car park. True Food may be next to the water or at Green Island itself depending on conditions and access on the day.

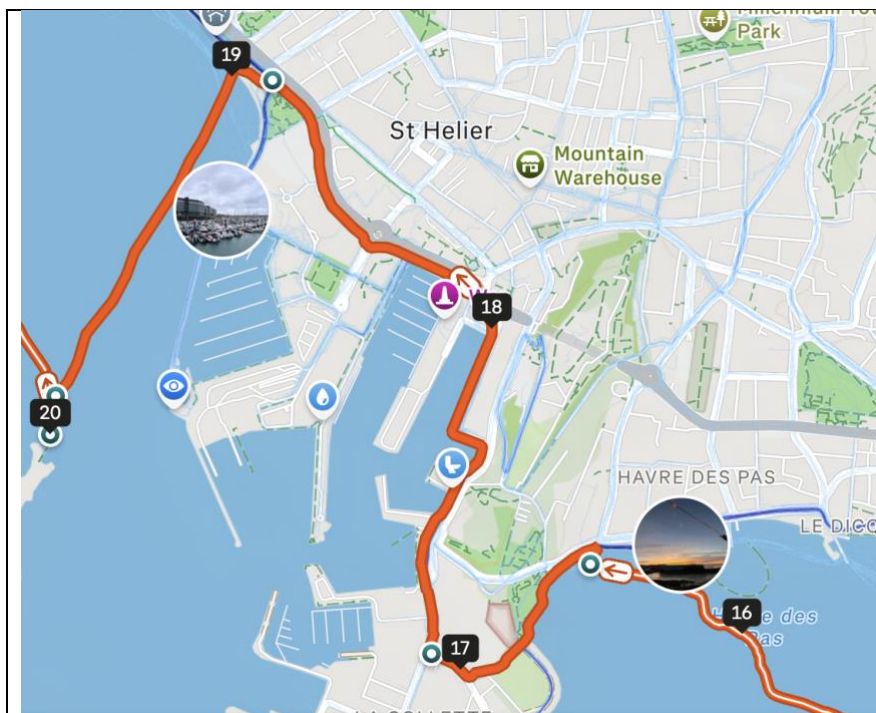
Checkpoint 5 – Havre des Pas



From Green Island to Havre des Pas is almost a straight line. Be careful of the rocky outcrops and ensure that the swimming pool remains on your right hand side as you go past it.

The exit on to the Promenade is just past the pool next to the Good Egg café. Be careful going up the slip – your legs will not be used to the land!

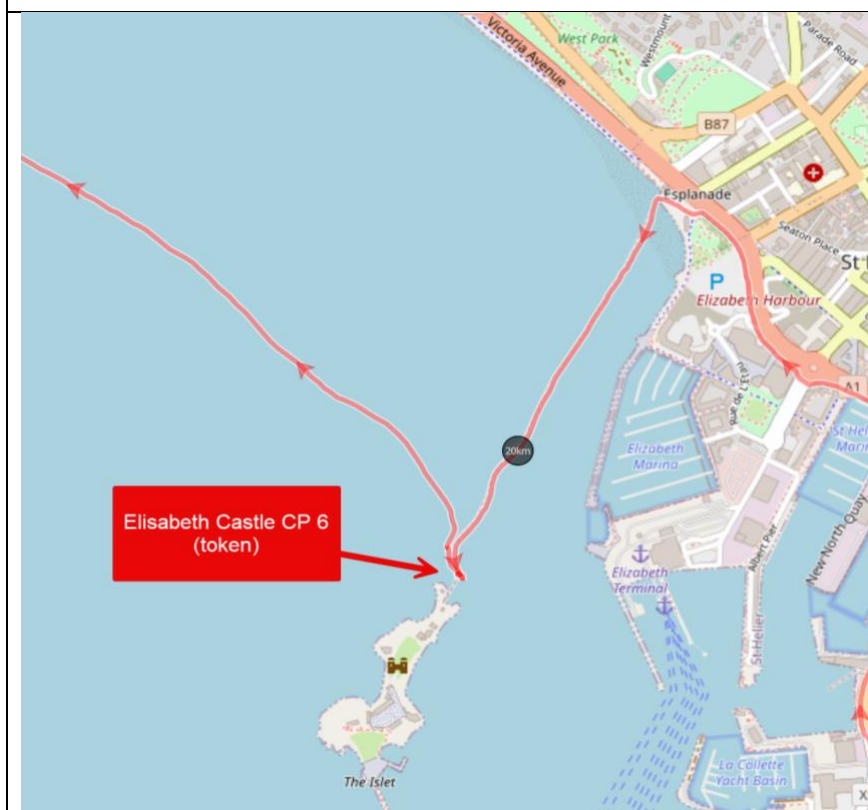
Checkpoint 6 – Elizabeth Castle



Route via St Helier and its marinas.

Following beach exit at Havre des Pas, you run approximately 2.5k on land predominantly on pavement or mixed-use paths with road crossings and vehicles.

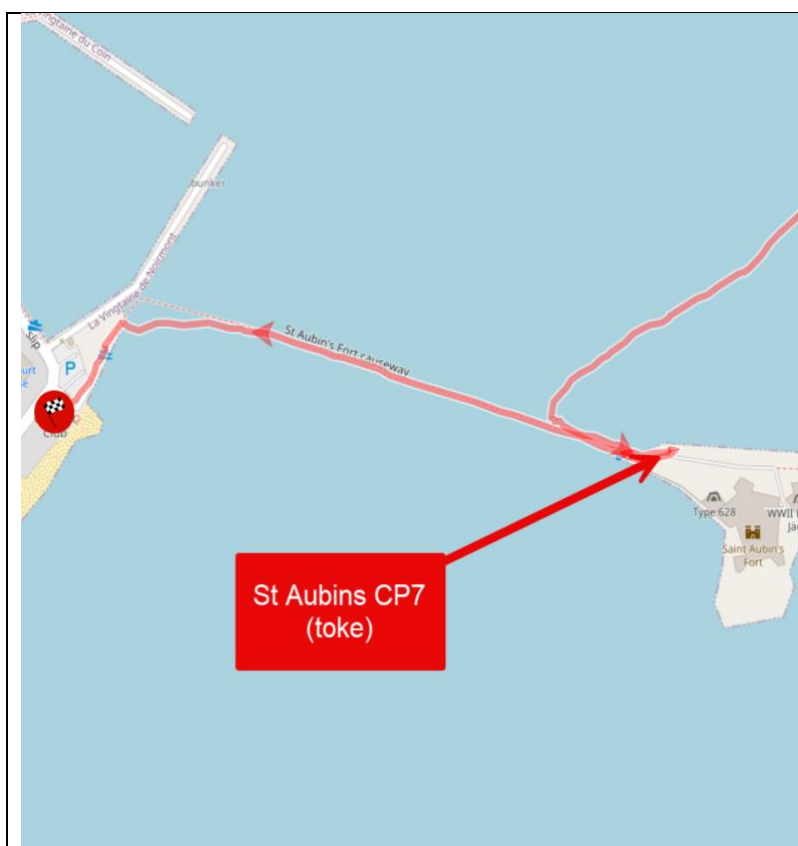
Pedestrians should be treated with caution. This is a different type of hazard awareness to the first part of the run.



When exiting past la Fregate please descend to the beach using the main slip. Marshal's will be present to guide you.

Keep an eye out for amphibious vehicles ferrying people to the castle, choose the causeway or sandy beach beside it.

Checkpoint 7 – St Aubin's Fort



When you leave Elizabeth Castle, this is your chance to run as directly as possible across the bay. The later you leave, the higher the tide. There are still hazards in St Aubin's bay so be prepared for uneven terrain, unexpected divots and holes.

Wet seaweed can make the slip leading to the fort very slippery, likewise for the causeway back to the finish line.

From the fort checkpoint, turn around and run the final victorious metres to the finish line – follow the noise and colour!

Landmark Tokens

At each landmark you will be given a wooden token:

- Collect a token from the marshals.
- Keep them all safe.
- Hand in the tokens at the end.

Time penalties

Tokens are a mandatory—and fun—part of the race. If you lose one, a 15-minute penalty will be added to your result. You'll still receive a finisher's medal, and live tracking will show your actual finish time, but the mean event organisers will list your Hall of Fame result with the penalty applied.

Mandatory Kit

A mandatory kit is in place for your safety and the safety of others. Race officials are entitled to check your kit at any time during the race. If you cannot produce the required kit, you may be withdrawn for safety.

- **Running vest**

A running vest helps you to carry water, nutrition and other mandatory kit as well as having the GPS attached to it. A running belt is not a suitable replacement as the GPS signal may be blocked.

- **Cap, hat, or bandana**

Protection from the elements

- **Survival bag or foil blanket**

In the unlikely event that something does go wrong, a safety or foil blanket will be highly visible and keep you warm until help arrives.

- **Whistle**

For attracting attention.

- **Personal nutrition**

You should have enough nutrition to make it through the race unaided.

True Food will be providing additional food at Green Island (CP3) and the Co-op have gifted bananas prior to Elizabeth Castle (CP5).

- **Water or hydration system**

Soft flasks, bladder or bottles with minimum capacity of 500ml filled at the beginning and enough for you to feel comfortable for a long and potentially hot day. 1L is often recommended for races of this type. Jersey Water will be providing free water refills at Green Island and some checkpoints may have additional water or cola but you should not rely on this. In keeping with our sustainable ethos, we will not be using single-use plastics such as bottles and cups. Please think about bringing a reusable cup.

- **Mobile phone with sufficient battery**

You must be reachable at any time before, during and after the race. We recommend that you have your phone on LOUD as we may have to call in case of emergencies.

Each runner should save the Primary Race Directors' phone number and do not forget to start the race with the battery fully charged: **Sam Wilkes +44 (0)7829 727737**. Always keep the phone ON, airplane mode is forbidden and could result in a penalty.

- **Emergency contact information**

Unless there is an immediate threat to life, contact the Race Director first. Use common sense: emergency services may have difficulty reaching runners on beaches and within the intertidal zone, so tractors will be positioned strategically to assist with non-life-threatening incidents.

Race team	Contact Number	Role
Sam Wilkes	+ 44 (0)7829 727737	<i>Primary race director moving between land-based check points, and on the day contact for emergencies that do not require a 999 call.</i> <i>If you do make a 999 call when not with a race marshal, please call Sam immediately afterwards.</i>
Mick Siouville	+ 44 (0)7797 730169	<i>Active race director roaming with senior volunteers in the intertidal zone.</i>
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- **Any personal medication required during the event**

- **Additional suggested kit:**

- Suitable running footwear.
- Waterproof jacket if required by the forecast.
- We hope it's not inclement, but this is the British Isles in August. Best to be safe or at least look at Jersey Met.
- Cash and bank card in case of emergency ice-cream purchases.
- Suncream.

Safety and decision-making

The terrain

Expect mixed conditions including sand, shingle, rock, water gullies, promenade sections, reef structures, seaweed-covered ground and changing footing. Slow down when conditions demand it.

Conditions change with every tide, so expect wet feet and possibly water up to your thighs, but never swimming. Please use shallow crossings, go around larger rocks rather than climb, and take care where seaweed may hide sharp or uneven ground. If unsure, turn back and choose the safer route, as access for assistance may be limited.

Injuries, sickness, withdrawals (DNF)

We hope that nothing will happen which would necessitate your withdrawal but it is always a possibility.

If you choose to withdraw:

- Stop and make yourself safe.
- Contact the primary Race Director
- Inform the nearest marshal.
- Give your name, bib number and location as clearly as possible.
- Follow instructions from the race team.
- The obligation is on you to confirm to race control that you have withdrawn.

We would encourage you to join us at the Royal Channel Islands Yacht Club to celebrate with your fellow runners and supporters should you feel sufficiently well enough to do so.

Race team decisions

The race team may alter, pause, shorten or stop the event if conditions require it. Their decisions are final and are made for runner safety, environmental protection and public access.

Travel, Parking and Transport

The Intertidal is a point-to-point race: you start in Gorey and finish in St Aubin's. Please plan your race-day travel before arriving so you are not trying to solve logistics after you have finished.

We are committed to making the smallest environmental impact possible and encourage participants and supporters to do the same.

Option	Runner notes
Lift share	Reduces parking pressure and fits the event's environmental approach.
Drop-off/collection	Please avoid blocking roads or access points.
Public transport	Liberty Bus provides regular services to both the start and finish line from the central bus station in St Helier: Summer timetable and map LibertyBus operates a flat fare single ticket policy for travel on any route, anywhere around the Island. Tickets can be purchased from the driver on the bus either using cash or contactless.
On demand	Local company Evie hires cars for an hour or a day. Skip the hassle of a traditional hire car: On Demand They have kindly provided runners with 20% off all bookings for two weeks. Email support@evie.je from the email address you used to sign up requesting The Intertidal discount, and they will do the rest.
Taxi	We recommend booking in advance to avoid: Ryde : Call +44 (0) 1534 666333 or email info@ryde.je Yellow Cabs : call +44 (0) 1534 888888 or email bookings@yellowcabs.je Liberty Cabs : Call +44 (0) 1534 767700 or email bookings@libertycabs.je Domino Cabs : Call +44 (0) 1534 747047 or email bookings@dominocabs.je Citicabs : Call +44 (0) 1534 499999 or email bookings@citicabs.je Jersey Taxi App : Call +44 (0) 7829 777757 or email jersey.taxiapp@jtda.org.uk Neo Taxi : Call +44 (0) 7700 709916 or email info@NeoTaxi.uk Panda Cabs : Call +44 (0) 1534 481666 or email contactus@pandacabs.je Premium Cabs : Call +44 (0) 7797 844882 or email info@premiumcabsjersey.com
Cars	If you have to drive, please consider where you will be leaving your car and when you will be able to return to it. Take care when driving as you will have had a busy and potentially tiring day.

Parking reminders

- Allow extra time during the summer holiday period.
- Use official public car parks and observe all restrictions.
- Do not park on verges, private roads, slipways, emergency access routes or residential access points.
- Be considerate to residents, hospitality businesses and beach users.
- Specific parking recommendations and any travel advisory updates will be issued in the final race briefing.

Bag drop

A bag drop service has been kindly supported by the Rozel Shipping Company. Your bib has a tear off strip to attach to your bag which will be transferred to the finish line. Please note that in the event of a withdrawal, it is your responsibility to reclaim your bag from the end.

- Size: While there is no limit, please appreciate the volunteers and space.
- Clearly label your bag with your race number.
- Keep valuables to a minimum.
- Make sure the bag is closed securely and suitable for transport.
- Collect your bag promptly at the finish.

Spectators and supporters

Supporters are very welcome, but The Intertidal crosses working beaches, public promenades, tidal areas and environmentally sensitive foreshore. Please help us keep the event safe, friendly and sustainable.

Good places to support

- Use established public access points areas where spectators can stand without entering sensitive foreshore.
- The start and finish areas are likely to be the easiest places to support runners.
- Landmark areas may be tide-affected and may not be suitable for all spectators.
- If supporting at multiple points, allow more time than you think you need; traffic and parking can be slow.

Recommended cheering spots:

- *La Rocque Harbour*
- *Green Island*
- *Havre des Pas*
- *La Fregate slip*

Supporter do's

- Follow marshal instructions immediately and politely.
- Keep dogs under close control and away from runners.
- Take all litter home, including cups, wrappers and dog waste.
- Cheer loudly, but keep paths, slipways and access points clear.
- Check final event communications for recommended spectator locations and travel advice.

Supporter don'ts

- Do not enter restricted or environmentally sensitive areas.
- Do not walk across rock pools, reefs or fragile habitats to get a better view.
- Do not attempt to pace, shortcut with, or physically assist a runner unless instructed in an emergency.
- Do not park in a way that blocks residents, emergency services, buses, taxis, businesses or beach access.
- Do not hand runners anything that creates litter or contravenes event instructions.

Arrive early, position sensibly, cheer everyone, take your litter home, and let the race team manage the route.

Environmental responsibilities

The coastline is the star of the event. Every runner and supporter has a role in protecting it.

- Stay on the intended route.
- Respect wildlife and other foreshore users.
- Avoid disturbing rock pools, reefs, birds and marine life.
- Do not create new paths or cut corners.
- Leave no trace. If you bring it with you, take it away.

Finish line and post-race

At St Aubin's, runners will be directed through the finish area for result validation, recovery, refreshments, bag collection and any medical support required.

- Move away from the immediate finish once you have recovered.
- Collect your bag promptly.
- Use provided bins or take rubbish home.
- Thank the volunteers — they help make the event possible.
- Enjoy yourself
- The prizegiving for first male and first female will be at 18:30
- Full results will be sent

Final reminders

- Read the final pre-race email carefully.
- Check travel arrangements before race day.
- Charge your phone.
- Carry the mandatory kit.
- Respect the sea, the coastline, other runners and residents.
- Remember: we don't create a cut-off, the sea does.

Partners

It takes a village (or an island) to raise a race. This race could not have been launched without the support of the following:

- Mourant
- JE3.Com
- Rozel Shipping Company
- True Food
- Jersey Island Geopark
- ARC Metal
- Derek Hairon of Jersey Walk Adventures
- Evie
- Geo Tracks GPS Live Tracking
- Jersey Coastguard
- Jersey Government
- Jersey Heritage
- Jersey Oyster
- Lab-6
- RaceNation
- Rock N Road Run Co
- The Channel Islands Co-operative
- The Pottery Shed
- The Royal Channel Islands Yacht Club