

Jersey Triathlon Club

Event: Ana Leaf August Aquathlon Series – St Catherines

Location and parking: Swim from the St Caths Slip, at carpark end of breakwater, roadside parking available, public toilets nearby.

Date: Thursdays during August, commencing 6th August 2026 (three races on 6th, 13th, and 20th, with 27th as a reserve day)

Start Time: 18:00 for Short, 18:15 for Medium, 18:30 for Long

Registration and briefing: Please register between 17.30 and 18.00. There will be a briefing 5 minutes before each race start.

General: The JTC Ana Leaf August Aquathlon Series will consist of three races on Thursday evenings in August. Races will be at St Catherines.

The Short course is a 100m swim followed by a 1km run and is open to children aged between 8 and 15 (inclusive) on the day of the race (NB the maximum run guidance from the BTF is 600m for TSS (age 8), this extra distance should be made clear to parents).

The Middle course is a 300m swim followed by a 2km run and is open to TS2 and above and adults (11 and above).

The Long course is a 750m swim followed by a 4km run and is open to anyone aged 15 on the day of the race. Relay teams may enter the Long course only but will not score any league points.

SwimRun competitors will be allowed to use pull-buoys, paddles, fins, tow ropes and swim in their shoes, but they must carry all such equipment with them on the run – i.e. they will not be allowed a 'transition'. Depending on numbers, SwimRunners may be required to start shortly (10-15 seconds) after the other swimmers, but otherwise will be entered in the league as normal. The approximate start times are Short 18:00, Middle 18:15 and Long 18:30.

Wetsuits are optional, but will be compulsory for all those under 15.

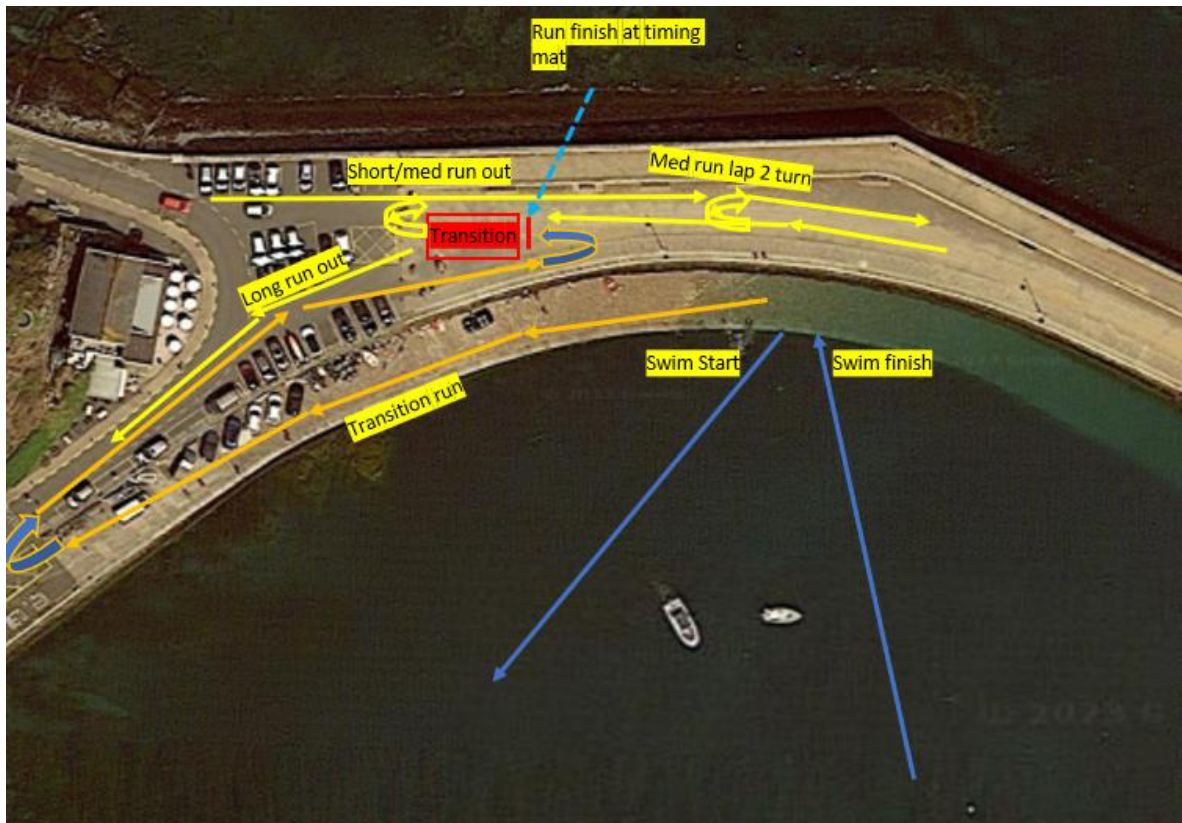
Bright coloured swim hats must be worn by all competitors. Tow floats are optional (there will be water safety cover on the water). If in difficulty whilst swimming, turn onto your back and attract the attention of a water marshal.

The run is partly on roads and partly on the gravel surface of the breakwater.

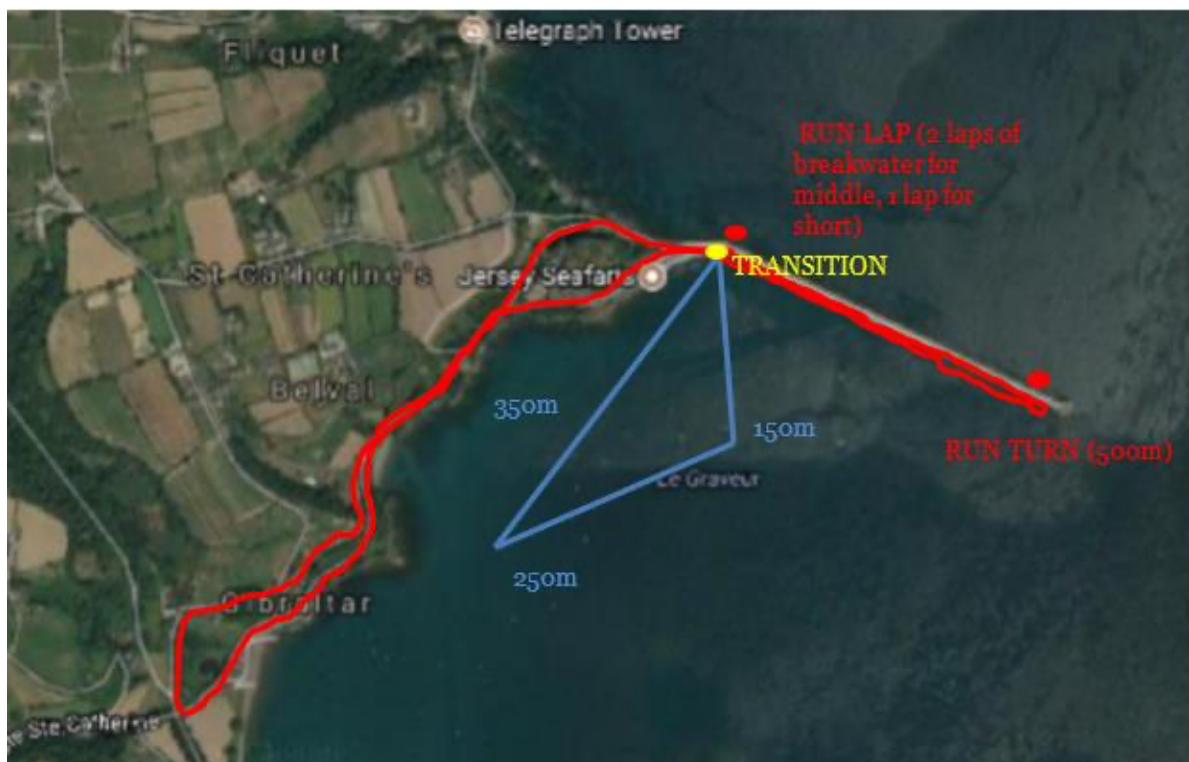
Please support all other athletes in difficulty, be courteous to the public and other road users, follow the direction of the race director & marshals, do not discard litter. Transgressors will be disqualified and will have served the Club a disservice by bringing the club into disrepute.

The Course is described below;

Transition



COURSE DESCRIPTION: St Catherines



Transition

This will be on the gravel at the café end of the breakwater and will be taped off or otherwise marked with competitors being required to leave their running kit and swimming accessories tidily.

LONG RACE

Long Swim (750m)

The start will be in the water at the slipway, with either a single lap or two laps of a triangular course (to be decided based on the conditions) . The direction of swimming (clockwise or anti-clockwise) will be determined by the Race Director on the day who will take wind and sunlight conditions into account. This will be confirmed in the pre-race briefing

Long Run (4km)

From Transition run past the Sailing Club along Rte de St Catherines, runners should keep to the left hand side of the road until ready to cross at the junction of Mont Des Ormes. Turn right up Mont des Ormes along Le Grand Cotil and down Rue Du Moulin and back along Rte de St Catherine again keeping to the left hand side of the road. Run around the rock with the direction of traffic and at the café head out on the breakwater turning clockwise at a marker (500m) near the end and then back past the monolith to Transition for a finish across the timing chip mat. NB the 500m marker used for all three courses is just after the last bench in the set of four near an alcove on the wall (five benches after the steps).

MIDDLE RACE

Middle Swim (300m)

The start will be in the water at the slipway and is one lap of the course described by the Race Director.

Middle Run (2km) – two laps of breakwater

From Transition run out along the breakwater. At a marker 500m along , turn and run back along the breakwater around another marker (near the monolith), back to the same point along the breakwater and then return to Transition for a finish across the timing chip mat.

SHORT RACE

Short Swim (100m)

The start will be in the water from the water marshal back to the slip.

Short Run (1km) – one lap

From Transition run out along the breakwater. At a marker 500m along, turn and run back along the breakwater to return to Transition for a finish across the timing chip mat.