

General Notes for all Marshals / Water Stations

Please be at your marshal point / Water station in good time

Take warm, wet weather clothing with you. You may also like to take your own food and hot drinks. You may be outside for 4 hours. You will get a raffle ticket for a free bacon butty and hot drink at Welland Academy

Wear your High Viz vest. It identifies you as a race official

Be alert to hazards and warn runners accordingly. You cannot stop traffic but you can advise and direct runners. They must follow your instructions.

If you see a runner wearing headphones, please ask them to remove them. Headphones are not permitted under UKA race regulations. Please record their race number but do not try to stop them running

Take a charged mobile phone with you and note the important contact numbers. (Race Director, Safety Officer, First Aid supplier)

In the event of an incident or accident, contact the First Aid supplier. Speak slowly and clearly stating your marshal position and a description of the incident

After you have been released by the sweeper, please pick up anything that you can, that is near you and needs to be cleared away (km marker signs / direction signs etc). This will greatly help our course dismantling team. Please also collect any race associated rubbish, and return to WA

Please do come to the after race party!!!!

Encourage the Runners! Shout / Sing / Dance / Play Music

Whatever it takes to spur them on

Notes for Water Stations:

Take warm, wet weather clothing with you. You could be outside for 4 hours!

Take food and hot drinks

Collect and wear your Hi Viz bib. It identifies you as a race official.

Be alert to hazards and warn runners accordingly. You cannot stop traffic, but you can advise and direct runners. They must follow your instructions.

Be well prepared in advance. Have as many cups ready on the table as you can before the runners arrive. Have someone filling cups as they are being used off the table. Only half fill cups as most runners will only take a few sips and throw the rest away. Hold cups at arms length between thumb and forefinger for runners to take as they run through. This will save you getting wet!!

Place black dustbins further down the course so runners can throw cups into them if they wish. Clear discarded cups into bin bags once the initial rush has died down.

Dispose of empty bottles by crushing them first and replacing lids. We would be very grateful if you could dispose of them in your recycling bins at home as we have hundreds of bottles and not much space!

Be ready for the follow up van after the last runner. Load equipment onto the van along with rubbish / km markers / direction signs. Please ensure no rubbish is left.

You will have an enormous impact on a runner's race. Encourage, cheer, lift and enthuse them on their way. Make the water station your own. Play music. Whatever you do, each runner will experience it only once as they pass by!

Take a mobile phone with you and make a note of the important numbers given out at the briefing. In the event of witnessing an incident call our First Aid Supplier. Speak slowly and clearly and explain where you are and the nature of the incident.

Where you are (approx):

WS 1 Tolethorpe On Salters Lane (5km from start)

Jennifer Kearsey, Helen and Simon Pople, Ruth (Andy's sister)

WS 2 Spur Bridge Just after bridge on gravel section (10km from start)

Sally Eglin, Duncan Brock, Melissa Mason, Jayne Gibson

WS 3 Holywell By Mill Farm (13.5km from start)

Sarah Babbs, Pip Ball and the team

WS 4 Pickworth At Crossroads on the grass before Gravel road (17 km)

Jane Ash and husband, Hannah Lingered, Nikki Laybourn

WS 5 Casterton Footpath by school (22km from start)

Claire Macted, Lili Zhou, Wayne Morris and sister

Notes for Road Closure Information People

All roads will be closed and reopened by our road closure company

Road closures of side roads between the start and Little Casterton Road (1045-1115)

Your job is to explain to anyone trying to exit the side roads that there will be a slight delay until the race has passed. Most are then free to return to the school site, except the first two who position to Casterton Water Station, and 4 others who remain as marshals for the returning runners. (as detailed above)

The Tollbar-Belmesthorpe road (closed 1100-1145) and Casterton-Ryhall road (closed 1100-1200)

These are both closed by our road closure company. We have at least 1 information person at the end of each of these roads to explain to any confused drivers why it is closed, when it reopens and how to circumnavigate.