



3k/5k - 17th July 2019

Background

Stamford Striders will be hosting our stage of the Peterborough Grand Prix Series 3k/5k on Weds 17th July 2019. The Juniors 3k race (ages 9-15) starts at 7pm from Exeter Gardens. The Seniors 5k (over 13's) starts at 7.30 pm on Lonsdale Road. Both races finish on Empingham Road Playing Fields. Race HQ for registration is located at Stamford Rugby Club on Hambleton Rd. The Race Director is Nick Wells and the Safety Officer is Katie Arnold. Our event has a UKA Race Permit.

Please read the following so that you arrive with a good idea of where you will be, and what you will be doing, as the briefs will bebrief!

Race Duties

Many thanks indeed for volunteering to assist us on the night. The following outlines what is involved:

Marshals 6.30 Report

Marshals will need to be at Race HQ for a Briefing and issue of Hi-Viz vests at **6.30pm sharp**. (Simon and Sue Fisher by 6pm if poss to keep their marshal areas car free!) The Race Director will have given you your marshal locations which you must be at from 6.55 until the Sweep Bike clears the course at approx 8pm. Your major role is the safety of the runners and they must follow any instructions you give. This is particularly important on Tinwell Road where runners must run on the pavement. If a runner continues to run on the road having been warned, please report them to the Race Director. They will be disqualified! In the event of a minor injury or incident, call the Safety Officer who will coordinate our response. For any major incident call 999 first. Please could all marshals remember to **bring a charged mobile phone** with them. Once released please collect any signage you pass on your way back. Marshal point briefs are attached at the very bottom for info. They will be handed out on the night

Car Parking 6.00 Report

We do not want cars parking around the local roads if possible. Car Parkers will need to direct cars onto the main Playing Field accessed from the small Empingham Road car park area. We must keep clear the access through the small car park to the field as runners will run through here. You will be assisted in this by marshals from MP 10. Please report to Race HQ by **6pm**, where you will be issued with a Hi-Viz vest.

We also have the use of Malcolm Sargent School Staff Car Park (the left hand one only). We will only use this if the playing fields are muddy. 1 Car Parker will need to direct traffic into the car park and pack them in tightly to maximise our use of the space.

Timekeepers/Recorders 6.40 Report

Two timekeepers will use the parkrun timers to record finish times of runners. One timekeeper will run the old stopwatch recording the finish times of the competitors as a back up. We then match these times up with the order of finishing recorded by a number recorder at the finish line. A runner will take the results to the Computer team in the Rugby Club. A funnel manager will keep the runners in order through the finish funnel and a random number/time recorder will occasionally note down a runners finish time, position and name so that we can have checkpoints in the results. Finally a video operator to film the finish line Can these 8 please be at the rugby club by **6.40** to collect equipment from the Race Director. Timekeepers will need to position themselves at each start line prior to the start

Registration 6.00 Report

Your job is to take the money, issue the race numbers, and check the entry form is legible! Please be at race HQ at **6pm** as runners will start arriving then.

Computer Team 6.00 Report

One person will run the 3k and one will run the 5k. You will need to enter race names and numbers (from the entry forms) into the computers, and record results against the entrants. We supply the laptops. Please also be at Race HQ at **6pm**.

Cyclist 6.30 Report

One cyclist will lead the 3k runners around the course and will then cycle the course again to check it is clear. They will then lead the 5k runners around their course (2 laps) before a final sweep when they will also release marshals from duty. Report at Race HQ at **6.30**.

Set Up / Clearance 5.00 Report

The set up team will be setting up from 5.00pm at the Rugby Club

Please could all our first aiders bring their Striders first aid kits

Contact Numbers

Race Director	Nick Wells	07708 593792
Safety Officer	Katie Arnold	TBD

So, who is doing what?

OFFICIALS:

<u>Race Director:</u>	Nick Wells / Steve Parker
<u>Volunteer Coordinator</u>	Steve Parker
<u>Race Referee:</u>	Keith Hall
<u>Safety Officer:</u>	Katie Arnold

PRE-RACE DUTIES:

Numbers show the min required for our Race Permit.

Course Setup (5.00 at Rugby)	1	Nick Wells
	2	Ian Sharp
	3	Mark Alderson
	4	Sarah Babbs

At Rugby Club (Report at 6pm)

Registration	3k	1	Clare Morley
(Cash/Change/ Forms)	5k	2	Liz Makin
		3	Janine Buck
		X	Bev Lewis
Computer Inputs	3k	1	Elaine Allwood
	5k	2	Robin Ball
		X	Darren Barrett
Car Parking		1	Paula Partington
		2	Martin Candish

3 Cheryl Alibone (protect start zone)
X Stuart Hodgkinson

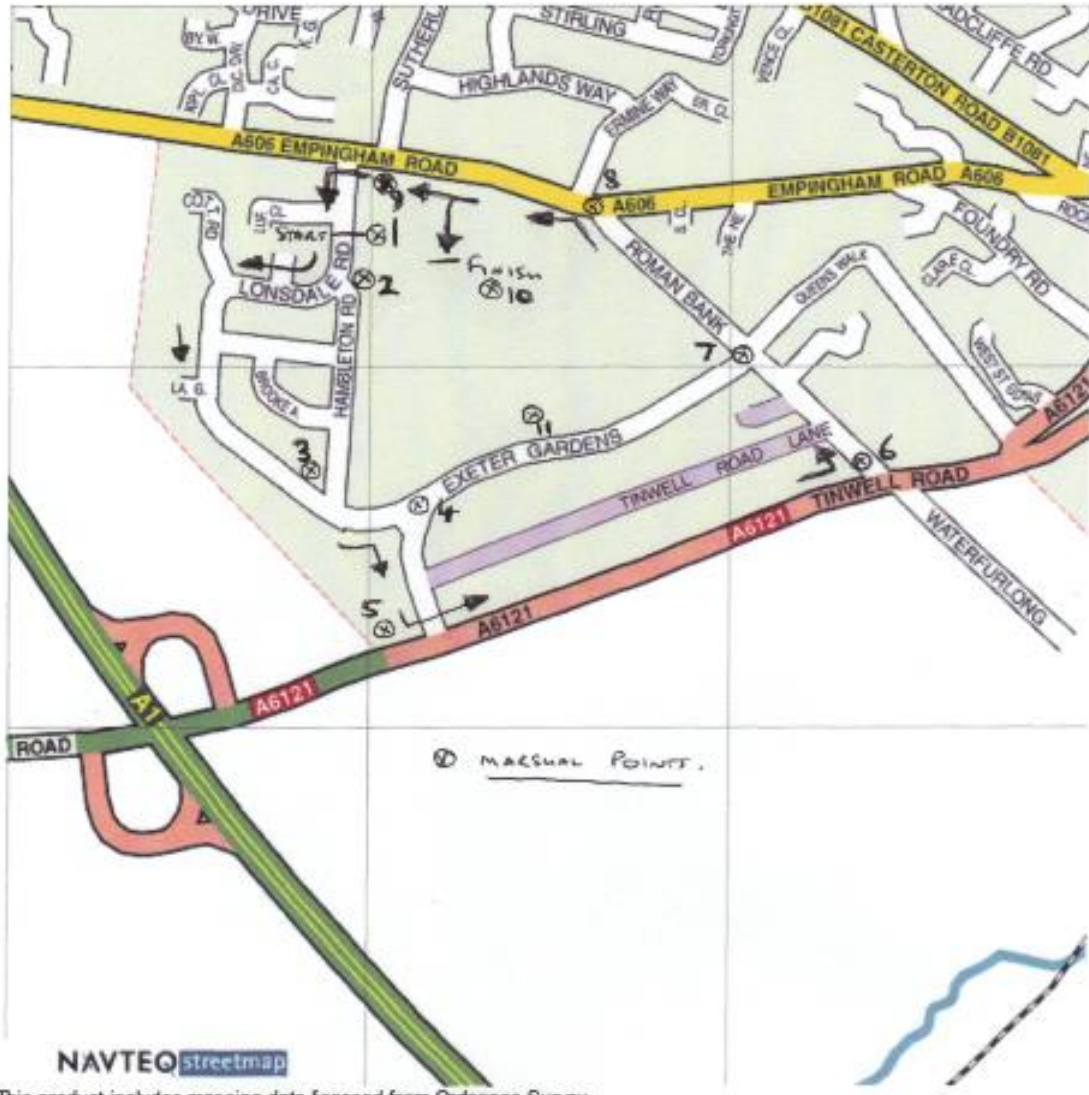
RACE DUTIES:

Marshal Points (Report at 6.30pm):

X denotes an extra marshal not required by the risk assessment but doubling up a marshal point. You may be moved on the night for any no-shows.

MP 1 5k Start Lonsdale Rd	1	Bret Alibone(then MP9)
	2	Sam Barrett (then MP9)
	3	Tom Martin (from MP 11)
MP 2 Lons/Hamb North End	1	Richard Clark
	X	Sean Eglin
MP 3 Lons/Hamb South End	1	Paul Frost
	X	Shirley Frost
MP 4 Exeter Gardens Y Junc	1	Zoe Gill
	2	Gaynor Morris
MP5 Exeter/Tinwell Rd	1	Jo Ralph
	X	Liz Harding
MP 6 Tinwell/Roman	1	Stu Stevenson
	2	James Mc Closkey
MP 7 Roman/Exeter	1	Nicky Laybourn
	X	Ness Winters
MP 8 Roman/Emp Rd	1	Jenny Marples
	X	Darren Jennings
MP 9 Emp/Lonsdale	1	Bret Alibone
	2	Sam Barrett

MP10 Finish Area	1	Simon Fisher (Protect car park)
	2	Sue Fisher
MP 11 3k Start Exeter Rd	1	Tom Martin (then pos to MP1 with start sign!)



NAVTEQ streetmap
This product includes mapping data licensed from Ordnance Survey
Click [here](#) for a larger map

5k

Lead / Sweep Bike 1 Mike Chapman

Finish Line (Report by 6.40pm):

Official Timekeeper 1 Andy Wade
 X Zoe Wade

Backup Timekeeper 1 Suzanne Moon

Number Recorder 1 Matt Kefford

Funnel Manager 1 Rupert Clifton

Random Time/Place 1 Emma Sowden

Race Results 3k 1 Elaine Allwood
 5k 2 Robin Ball
 X Darren Barrett

Video 1 John Gilligan

Runner/Gopher 1 Sarah Blackmore

Spare Louise Lee (Protect Start Area)
 Graham Edwards (Protect Start Area)
 Marcus Brown
 Steve Crooks
 Matt Collier
 Sarah Wells
 Deliah Calder

Please do tell me as soon as possible if I have got you down for something you cannot do, or, if I have not got you down and you can help.

Many thanks again - this only works because you give up your time to make it work

Nick

MP 1 5k Start Point on Lonsdale Rd – 3 Marshals Required

Round up 5k Runners at start and send them South on Lonsdale Rd. Hold traffic with Police assistance!

1. The 3k Starts at 1900hrs and should be complete by 1920hrs. The Runners will not pass you.
2. The 5k Starts at 1930 and should be complete by 2000hrs. The Runners will start here.
3. Collect and wear you Marshals bib. It identifies you as a Race Official.
4. **Be alert to hazards at your marshal point and be vocal in warning runners. You may only stop runners - you cannot stop traffic**
5. There will be a lead bike and a last runner bike. Once the last runner bike has passed, please check your area is free of rubbish and return to the finish area.
6. You can have an enormous impact on each runners race. Cheer them along as they pass. Stamford Striders has probably the best reputation of any club in the quality of our marshals.
7. In the event of a serious accident phone 999. Then phone the Safety Officer
8. In the event of a minor accident or incident, phone the Safety Officer who will coordinate the response
9. Tel Safety officer Tel Race Director



MP 2 Junction of Lonsdale and Hambleton (North) – 1 Marshal Required

Send Runners along Lonsdale Rd. Caution Traffic from Hambleton Rd!

1. The 3k Starts at 1900hrs and should be complete by 1920hrs. The Runners will pass you once.
2. The 5k Starts at 1930 and should be complete by 2000hrs. The Runners will pass you twice.
3. Collect and wear you Marshals bib. It identifies you as a Race Official.
4. **Be alert to hazards at your marshal point and be vocal in warning runners. You may only stop runners - you cannot stop traffic**
5. There will be a lead bike and a last runner bike. Once the last runner bike has passed, please check your area is free of rubbish and return to the finish area.
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MP 3 Junction of Lonsdale and Hambleton (South) – 1 Marshal Required
Send Runners along Lonsdale Rd

1. The 3k Starts at 1900hrs and should be complete by 1920hrs. The Runners will pass you twice.
2. The 5k Starts at 1930 and should be complete by 2000hrs. The Runners will pass you twice.
3. Collect and wear you Marshals bib. It identifies you as a Race Official.
4. **Be alert to hazards at your marshal point and be vocal in warning runners. You may only stop runners - you cannot stop traffic**
5. There will be a lead bike and a last runner bike. Once the last runner bike has passed, please check your area is free of rubbish and return to the finish area.
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MP 4 Lonsdale / Exeter Gardens Y Junction – 2 Marshals Required

Send Runners along Exeter Gardens towards Tinwell Rd. **HAZARD** - Runners cross road!

1. The 3k Starts at 1900hrs and should be complete by 1920hrs. The Runners will pass you twice.
2. The 5k Starts at 1930 and should be complete by 2000hrs. The Runners will pass you twice.
3. Collect and wear your Marshals bib. It identifies you as a Race Official.
4. **Be alert to hazards at your marshal point and be vocal in warning runners. You may only stop runners - you cannot stop traffic**
5. There will be a lead bike and a last runner bike. Once the last runner bike has passed, please check your area is free of rubbish and return to the finish area.
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MP 5 Junction of Exeter Gardens and Tinwell Rd – 1 Marshal required

Send Runners East along Tinwell Rd pavement

1. The 3k Starts at 1900hrs and should be complete by 1920hrs. The Runners will pass you once.
2. The 5k Starts at 1930 and should be complete by 2000hrs. The Runners will pass you twice.
3. Collect and wear your Marshals bib. It identifies you as a Race Official.
4. **Be alert to hazards at your marshal point and be vocal in warning runners. You may only stop runners - you cannot stop traffic**
5. There will be a lead bike and a last runner bike. Once the last runner bike has passed, please check your area is free of rubbish and return to the finish area.
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MP 6 Junction of Tinwell Rd / Roman Bank – 2 Marshals Required + Cones

HAZARD - Warn Runners about sharp left turn.

1. The 3k Starts at 1900hrs and should be complete by 1920hrs. The Runners will pass you once.
2. The 5k Starts at 1930 and should be complete by 2000hrs. The Runners will pass you twice.
3. Collect and wear your Marshals bib. It identifies you as a Race Official.
4. **Be alert to hazards at your marshal point and be vocal in warning runners. You may only stop runners - you cannot stop traffic**
5. There will be a lead bike and a last runner bike. Once the last runner bike has passed, please check your area is free of rubbish and return to the finish area.
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MP 7 X Rds at Roman Bank / Exeter Gardens – 1 Marshal required

HAZARD - Runners cross road!

1. The 3k Starts at 1900hrs and should be complete by 1920hrs. The Runners will pass you once.
2. The 5k Starts at 1930 and should be complete by 2000hrs. The Runners will pass you twice.
3. Collect and wear you Marshals bib. It identifies you as a Race Official.
4. **Be alert to hazards at your marshal point and be vocal in warning runners. You may only stop runners - you cannot stop traffic**
5. There will be a lead bike and a last runner bike. Once the last runner bike has passed, please check your area is free of rubbish and return to the finish area.
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Tel Race Director



MP 8 Junction of Roman Bank/ Empingham Rd – 1 Marshal Required

Send Runners West on Empingham Rd

1. The 3k Starts at 1900hrs and should be complete by 1920hrs. The Runners will pass you once.
2. The 5k Starts at 1930 and should be complete by 2000hrs. The Runners will pass you twice.
3. Collect and wear you Marshals bib. It identifies you as a Race Official.
4. **Be alert to hazards at your marshal point and be vocal in warning runners. You may only stop runners - you cannot stop traffic**
5. There will be a lead bike and a last runner bike. Once the last runner bike has passed, please check your area is free of rubbish and return to the finish area.
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Tel Race Director



MP 9 Junction of Empingham Rd / Lonsdale Rd -2 Marshals Required

Send 5k Runners along Lonsdale Rd for second lap. Runners only pass you once

1. The 3k Starts at 1900hrs and should be complete by 1920hrs. The Runners will not pass you.
2. The 5k Starts at 1930 and should be complete by 2000hrs. The Runners will pass you once.
3. Collect and wear you Marshals bib. It identifies you as a Race Official.
4. **Be alert to hazards at your marshal point and be vocal in warning runners. You may only stop runners - you cannot stop traffic**
5. There will be a lead bike and a last runner bike. Once the last runner bike has passed, please check your area is free of rubbish and return to the finish area.
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MP 10 Empingham Fields Car Park Entrance – 2 Marshals Required

Send Runners towards finish area on second lap.

1. The 3k Starts at 1900hrs and should be complete by 1920hrs. The Runners will pass you once.
2. The 5k Starts at 1930 and should be complete by 2000hrs. The Runners will pass you twice.
3. Collect and wear your Marshals bib. It identifies you as a Race Official.
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