

## **St Valentine's Day 30k Master Plan 10/11 Feb**

On behalf of the Club many thanks to all who have volunteered to allow us to put on this, our flagship event. The 30k raises a good amount of income for us, allowing us to keep subs as low as possible, while still doing all the things that we do. More importantly, it is our chance to show how Stamford Striders do race events, and we have a great reputation to uphold. The 30k is well known as being a professionally run event, while still retaining that warm and friendly club feel. We think that comes from it being staffed by runners - we know what we would like from a great race, and so we give it to all competitors at our event. The main aim is to help all the entrants get the best race they can. It's a tough course!

**Attached below are all the jobs so you can see what you are doing, and further down are more detailed briefs for marshals and water station people. If you can, please print off any briefs relevant to you.** Don't worry if you can't as we will have them at the briefing on the day, but please do still **familiarise yourself with them**. Any questions beforehand, please do ask - [volunteers@stamfordstriders.org](mailto:volunteers@stamfordstriders.org)

Anyone with a job at the school site (registration/baggage/parking) will need to be at Stamford Welland Academy by 0800 on Sunday 11th Feb. Your first point of contact is Suzanne Moon.

Anyone with a job on the course (marshals/water station people/road closure people) will need to report to the canteen at Stamford Welland Academy for a briefing and issue of kit at 0930. Your point of contact is Nick Wells. Please do bring a charged mobile phone, and **dress up warm!** If you want to get together with other people at your location and "do something a bit different" then please do - any distraction takes the runner's mind off the pain! (Music, Fancy Dress, whatever works)

Finally, don't forget we have a party at Borderville afterwards starting at 1830 and we would love to see you there.

Robin Ball, Chairman  
Mark Harding, Race Director

## **Saturday Set Up:**

Please report to Welland Academy at 1000 unless previously informed to report to container

Brian Kearsey	Meet at container
Robin Ball	Meet at container
David Babbs	Meet at container
Mark Harding	
Nick Wells	
Paul Bailey	
Jim Grant	
Neil Lakin	
Tony Comber	
James Abrahams	
Morag	

Suzanne Moon	Saturday runner registration 0900-1100
Ed Fancourt	Saturday runner registration 0900-1100

**Keep scrolling down for Sunday posts**

## **OFFICIALS:**

<b><u>Race Director:</u></b>	Mark Harding	07977 236353
<b><u>Race Referee:</u></b>	TBC	
<b><u>Safety Officer:</u></b>	Robin Ball	07799 717710
<b><u>Paramedic</u></b>	TBC	
<b><u>OIC Course:</u></b>	Brian Kearsey	07871257315
<b><u>OIC Marshals:</u></b>	Nick Wells	07708 593792
<b><u>OIC School Site:</u></b>	Suzanne Moon	07711 990785
<b><u>OIC Registrations:</u></b>	Ed Fancourt	07970 053044

## **PRE-RACE DUTIES:**

### **Drive Course:**

Put out KM Markers	1	Brian Kearsey
Put out Water Stations	2	Matt Kefford
	3	Steve Crooks
	4	Sean Elgin

### **In Town:**

Direction Signs	1	Andy Wade	
	2	Martin Candish	(then side road closure)

### **SWA**

Field Set Up	1	Nick Wells	(then MP 19)
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Registration - Two people required per each station (8 in total)

1	1	Melissa Mason	
	2	Elaine Allwood	(then reroute)
2	1	Katie Arnold	(then finish line)
	2	Lisa Udall	(then finish line)
3	1	Gemma Scholes	
	2	Jenny Marples	(then reroute)
4	1	Richard Mardling	(then run)
	2	Julia Parker	(then tail run)
Reg'n Troubleshooter	1	Ed Fancourt	(then finish line)
Meet and Greet Hosts (Also Troubleshooters)	1	Rupert Clifton	(then run)
	2	Rebecca Candy	

### **Car Parking**

#### SWA

3 people required	1	OIC Steve Parker	(then Side Road Closure)
	2	Ian Hemsall	(then Side Road Closure)
	3	Charlotte Lacy	(then MP 2)

#### New College

4 people required	1	Philip Staley	(then Side Road Closure)
	2	Richard Clark	(then Lead Car)
	3	Charlie Noble	(then Lead Car)
	4	Liz Harding	NISA Marshal

#### BLUECOAT:

2 people required (ideally)	1	Nick Harding	(then PA)
	2	Andrew Taylor	(then Field Marshal)
Parking Kesteven Rd	1	Christine Sharp	(then Side Road Closure)
	2	Tony Sharp	(then Side Road Closure)
SWA Main Entrance (for Exit)	1	Nick Wells	(Also M19)

Baggage (Throughout)	1	Ness Winters	
	2	Sarah Wells	
	3	Clare Arscott	
	4	Fiona Achurch	
	5	Abbie Mann	(then Cakes!)

## **RACE DUTIES:**

### **Marshal Points:**

MP 1 / MP 18	1	Lucy McClellan	
	x	Gordon Orr	
MP 2 / MP 17	1	Andy Potter	
	x	Charlotte Lacy	
MP 3 / MP 16	1	Lesley Beckingham	
	2	Neil Beckingham	
MP 4 / MP 15	1	Marcus Brown	
	2	Linda Brown	
MP5 / MP 14	1	Fiona Martin	
	2	Tom Martin	
MP 6	1	Dave Richmond	
	x	Michelle Physick	
MP 7	1	Terry Cross	
	x	Hannah Gold	
MP 8	1	Yaxley	
	2	Yaxley	
MP 9	1	Tony Dunk	
MP 9A	1	Helen Dunk	
MP10	1	Simon Fisher	
	x	Simon Carr	
MP 11	1	John Shek	(from Road Closure)
	x	Charlotte Shek	(from Road Closure)

MP 12	1	Bret Alibone	
MP 13	1	Magnus Windsor	
MP 19	1	Nick Wells	(from field set up)
15km Halfway Clock	1	Darren Barrett	(from Road Closure)
Field Marshals	1	Martin Candish	(from Road Closure)
	2	Andrew Taylor	(from Road Closure)
2024 Reroute	1	Elaine Allwood	(from Registration)
	2	Jenny Marples	(from Registration)

**Water Stations:**

Tolethorpe Water Station	1	Helen Popple	
	2	Simon Popple	
	3	Geoff Jones	
	4	Paula Short	
Barbers Hill Water Station	1	Yaxley	
	2	Yaxley	
	3	Yaxley	
	4	Yaxley	
Mill Farm Water Station	1	Sarah Babbs	
	2	Sarah Babbs Team	
	3	Sarah Babbs Team	
	4	Sarah Babbs Team	
Pickworth Water Station	1	Tim Parfitt	
	2	Stuart Hodgkinson	
	3	Richard Crocombe	
	4	Max Busby	
Gt Casterton Water Station	1	Calli Robertson	
	2	Doreen Spikings	
	3	Scott Mathie	
	4	Helen Schofield	
Lead Car	1	Richard Clark	(from Parking)
	2	Charlie Noble	(from Parking)
Sweeper/Tail Runner	1	Julie Parker	(from Registration)

Photographer 1 David Babbs

### **Finish Line:**

Official Timekeeper 1 EMIT LTD

Finish Line 1 Ed Fancourt (from Reg'n)  
Goody Bags etc 2 Sharon Plowes (from side road closure)  
3 Katie Arnold (from Reg'n)  
4 Lisa Udall (from Reg'n)

PA 1 Nick Harding (From Parking)

Presentations 1 Mark Harding  
2 Suzanne Moon

### **Road Closures**

Peterhouse Close 1 Steve Parker (from Parking)  
Downing Crescent 1 Philip Staley (from Parking)  
Emmanuel Road 1 Christine Sharp (from Parking. Remainrace)  
Selwyn Road 1 Tony Sharp (Then Emmanuel Rd)  
Girton Way 1 Martin Minchin (remain for duration)  
Darwin Close 1 Ian Hemsall (from park. Then Girton)  
Charles Road 1 Darren Barratt (then Halfway Clock)  
Pembroke Road 1 Sharon Plowes (then Finish line)  
Trinity Road 1 John Shek  
Somerville Road 1 Charlotte Shek  
Mason Drive 1 Keith Read (from parking, then field)  
Fitzwilliam Road 1 Martin Candish (From Sign set up, then Field Marshal)

### **Closure Information Points**

Tollbar Corner 1  
Casterton College Corner 1  
Belmesthorpe R'bout Corner 1  
Ryhall Corner 1

**Standby Cover:**

Tony Comber

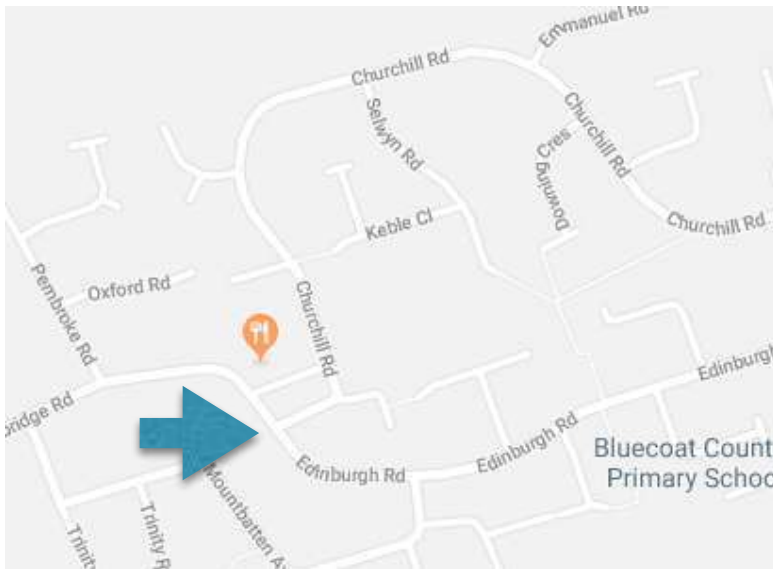
Need Minimum 80 for all jobs without doubling up!



## **Marshal Point No 1 / 18**

**What 3 Words: obey.fear.rather**

**Location:** T-Junction at Churchill Road where it meets Edinburgh Road (0.8km from Start/29.2km to finish). “The Chip Shop”



**Number of Marshals Required in Risk Assessment: 1**

**Names:**

**In Position: 1030**

**Instructions:**

Direct Runners down Cambridge Road staying to the Left

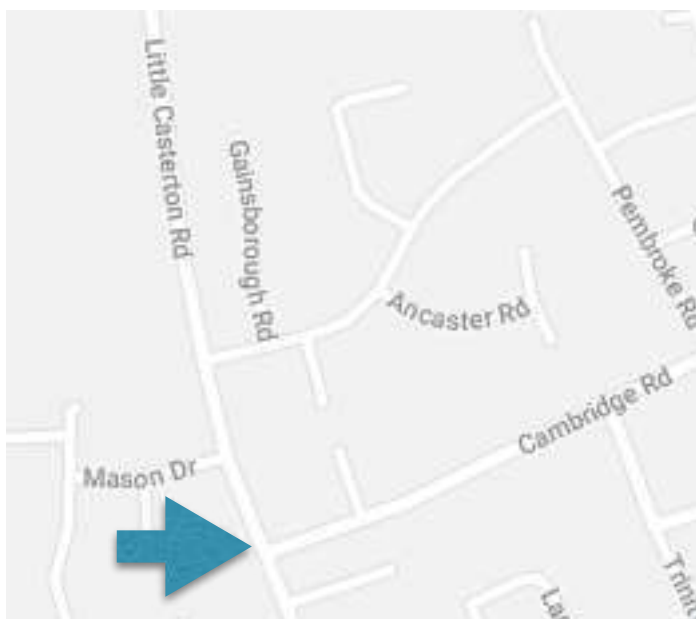
There will be a road closure here for the runners at the start, heading out.  
On runners return, direct runners up Churchill Road keeping to the Left

When last runner has passed return to Welland Academy

## **Marshal Point No 2 / 17**

**What 3 Words: sailor.lock.rounds**

**Location:** T-Junction at bottom of Cambridge Road where it meets Little Casterton Road (1.1km from start/28.9km to finish)



**Number of Marshals Required in Risk Assessment: 1**

**Names:**

**In Position:** 1030

**Instructions:**

Direct Runners towards Little Casterton along Little Casterton Road instructing to keep to Left

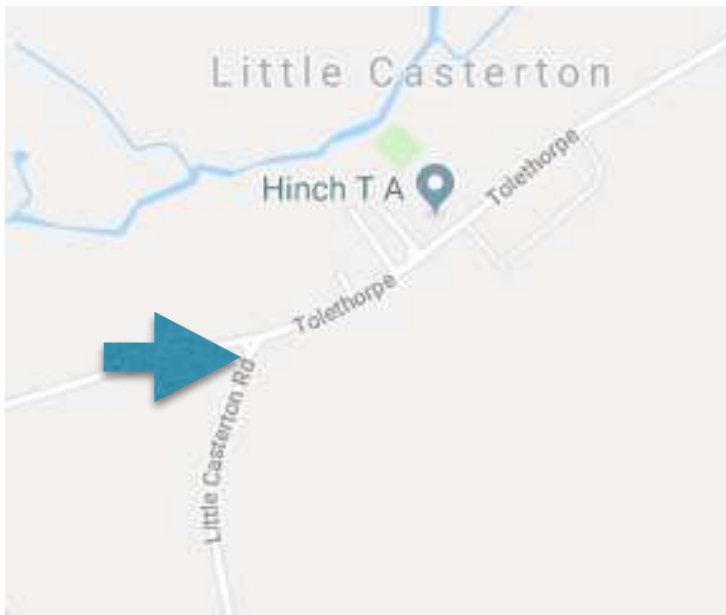
There will be a road closure here for the runners at the start, heading out.

On runners return direct runners up Cambridge Road keeping to Left  
When last runner has passed return to Welland Academy

## Marshal Point No 3 / 16

**What 3 Words: whiplash.will.spurtd**

**Location:** Y Junction at end of Little Casterton Road just before Little Casterton Village (3km from start/27km to finish)



**Number of Marshals Required in Risk Assessment: 2**

**Names:**

**In Position:** 1030

**Instructions:**

Direct Runners into Little Casterton Village staying on Left

There will be a road closure here for the runners at the start, heading out. 1 marshal to assist with the road closure.

On runners return direct up Little Casterton Road towards Stamford keeping to left. When last runner passed return to Welland Academy

Be Assertive – this is a potentially dangerous junction

## **Marshal Point No 4**

**What 3 Words: park.hikes.ledge**

**Location:** Left Junction at end of Little Casterton Village towards Tolethorpe (4km from start/26km from finish)



**Number of Marshals Required in Risk Assessment: 2**

**Names:**

**In Position:** 1030

**Instructions:**

Direct runners towards Water Station near Tolethorpe Lodge

There will be a road closure here for the runners at the start, heading out. On runners return, there will be a stop/go traffic control. Direct runners through Little Casterton keeping to the Left

Warn oncoming traffic to slow down

Be aware this is a potentially hazardous junction

After last runner has passed return to Welland Academy

## **Marshal Point No 5 / 14**

**What 3 Words: runs.instructs.bongo**

**Location:** T-Junction at end of road from Tolethorpe (4.9km from start/  
25.1km to finish)



**Number of Marshals Required in Risk Assessment: 2**

**Names:**

**In Position:** 1030

**Instructions:**

Direct runners towards Ryhall instructing to keep on Left

There will be a road closure for runners heading out.

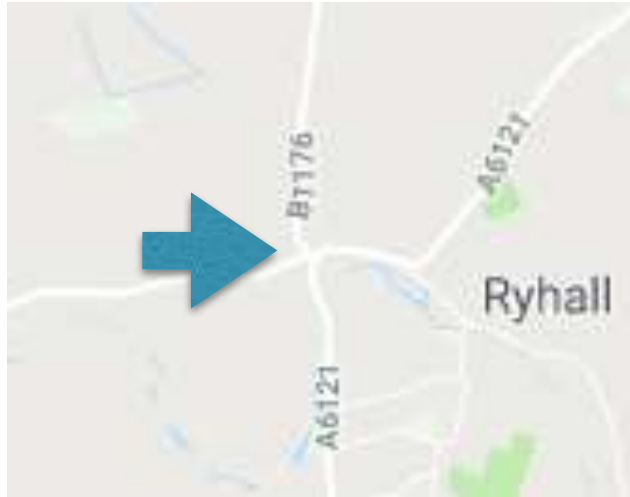
On runners return there will be a stop/go traffic control. Direct runners down lane towards Little Casterton

Be aware this is a potentially hazardous junction

## **Marshal Point No 6**

**What 3 Words:** visa.lushly.opened

**Location:** Left turn at junction at end of Ryhall road from Great Casterton  
(5.5km from start/24.5km to finish)



**Number of Marshals Required in Risk Assessment:** 1

**Names:**

**In Position:** 1030

**Instructions:**

There will be a road closure here for the way out

Direct runners up B1176 towards Careby instructing to keep to Left

When last runner through return to Welland Academy

## **Marshal Point No 7**

**What 3 Words: sideburns.schools.flicked**

**Location:** Minor crossroads on B1176 (8.6km from start/21.4km to finish)



**Number of Marshals Required in Risk Assessment: 1**

**Names:**

**In Position:** 1030

**Instructions:**

Direct runners up Barbers Hill towards Careby instructing to keep to Left

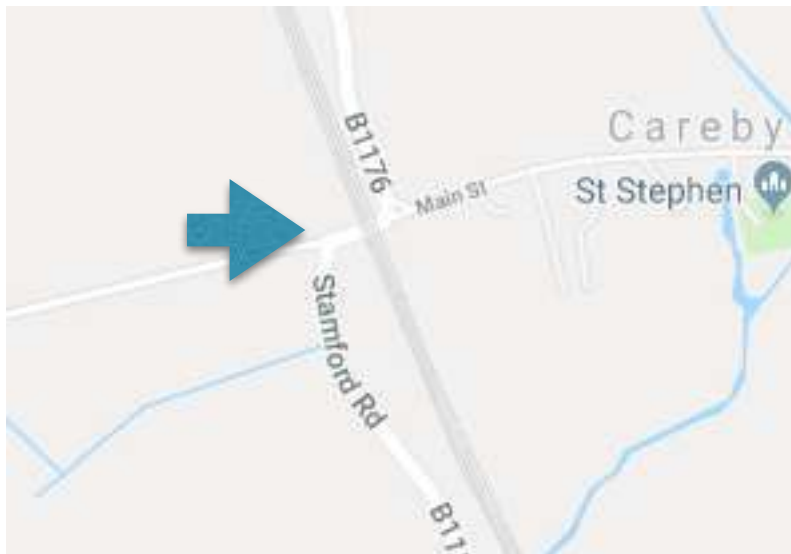
Warn oncoming traffic to slow down

When last runner through, return to Welland Academy

## **Marshal Point No 8**

**What 3 Words: surfer.tilt.wobbles**

**Location:** Left Turn at Careby Bend (11.8km from start/18.2km to finish)



**Number of Marshals Required in Risk Assessment: 2**

**Names:**

**In Position:** 1045

**Instructions:**

Direct runners up hill towards Holywell keeping to the Left

Warn oncoming traffic to slow down

When last runner passed, return to Welland Academy



## Marshal Point No 9

**What 3 Words: jumps.nights.rhino**

**Location:** First left turn on Careby road towards Castle Dyke by Mill Farm (12.5km from start/17.5km to finish)



**Number of Marshals Required in Risk Assessment: 2**

**Names:**

**In Position:** 1100

**Instructions:**

Direct runners around two left bends towards Castle Dyke

One marshal on first bend, second marshal on second bend

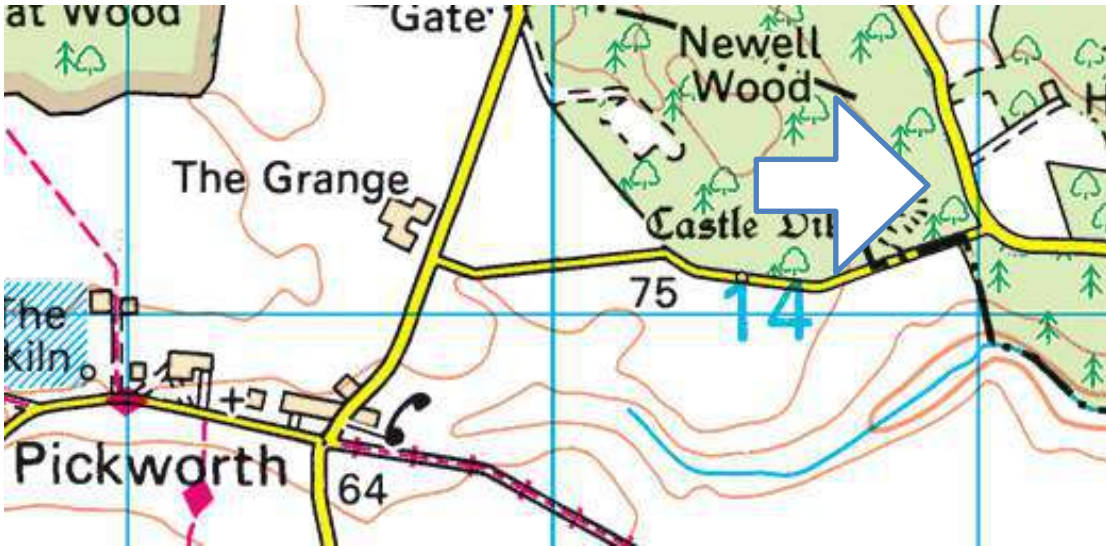
Warn oncoming traffic to slow down

After last runner has passed return to Welland Academy

## Marshal Point No 10

**What 3 Words:** spoon.convinced.crate

**Location:** Sharp left turn at Castle dyke towards Pickworth (15.5km from start/14.5km to finish)



**Number**

**of Marshals Required in Risk Assessment: 1**

**Names:**

**In Position:** 1115

**Instructions:**

Direct runners right towards Pickworth instructing to keep on Left

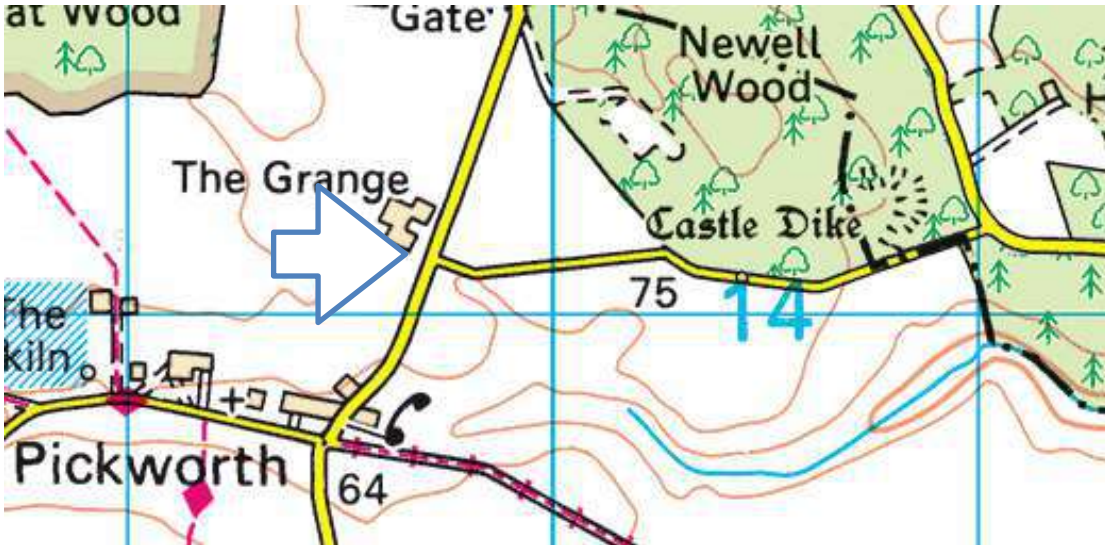
Warn oncoming traffic to slow down

When last runner has passed return to Welland Academy

## Marshal Point No 11

**What 3 Words:** easy.boards.stud

**Location:** T-junction joining Pickworth road just before village and water station (16.7km from start/13.3km to finish)



**Number of Marshals Required in Risk Assessment: 1**

**Names:**

**In Position:** 1130

**Instructions:**

Direct runners left towards Pickworth keeping to Left

Warn oncoming traffic to slow down

When last runner passed return to Welland Academy

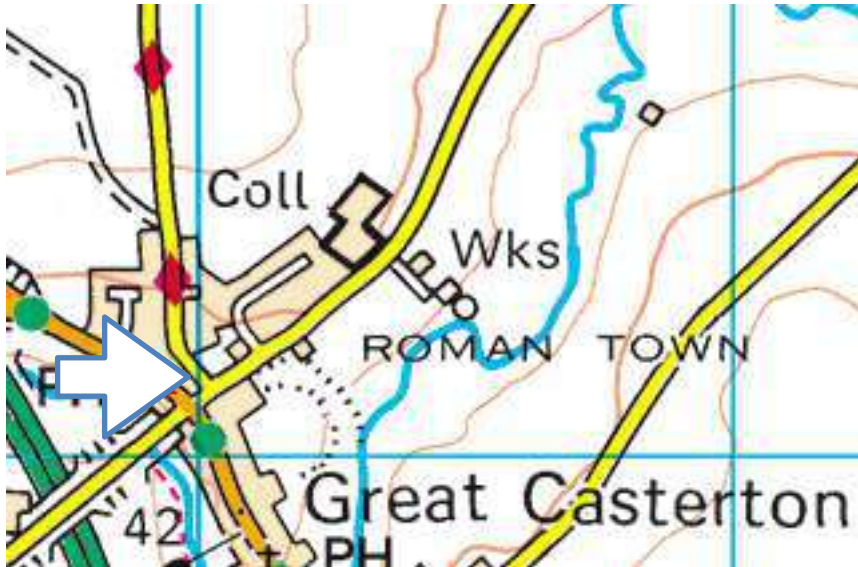




## Marshal Point No 13

**What 3 Words:** sanded.campers.amicably

**Location:** T-Junction in Great Casterton near water station at Primary school (21.9km from start/8.1km to finish)



**Number of Marshals Required in Risk Assessment:** 1

**Names:**

**In Position:** 1100

**Instructions:**

Direct runners left uphill towards Casterton College keeping to left

Warn oncoming traffic to slow down

When last runner has passed, help to clear up water station then return to Welland Academy

## **Marshal Point No19**

**What 3 Words: groom.vibe.voice**

**Location:** Queen Eleanor School Entrance

**Number of Marshals Required in Risk Assessment: 1**

**Names:**

**In Position:** 1200

**Instructions:**

Runners into School entrance. Watch for exiting Traffic!

One marshal to direct runners onto and around school field lap

Requires extra help for car control

## General Notes for all Marshals

- **Please be at your marshal point 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. NB Bone conductor headphone are allowed
- 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**

Race Director: Mark Harding 07977 236353  
Safety Officer: Robin Ball 07799 717710  
OIC Marshals: Nick Wells 07708 593792  
Emergency:

## Notes for Water Stations:

1. Take warm, wet weather clothing with you. You could be outside for 4 hours!
2. Take food and hot drinks
3. Collect and wear your Hi Viz bib. It identifies you as a race official.
4. Be alert to hazards and warn runners accordingly. You cannot stop traffic, but you can advise and direct runners. They must follow your instructions.
5. 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!!
6. 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.
7. 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!
8. 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.
9. 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!
10. 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.

**Race Director: Mark Harding                      07977 236353**  
**Safety Officer: Robin Ball                         07799 717710**  
**OIC Marshals: Nick Wells                         07708 593792**  
**Emergency:**

Where you are (approx):

<u>WS 1 Tolethorpe</u>	On Salters Lane (5km from start)
<u>WS 2 Spur Bridge</u>	Just after bridge on gravel section (10km from start) what 3 words: hunk.amber.nuzzling
<u>WS 3 Holywell</u>	By Mill Farm (13.5km from start)
<u>WS 4 Pickworth</u>	At Crossroads on the grass before Gravel road (17 km) what 3 words: oaks.snap.ghost
<u>WS 5 Casterton</u>	Footpath by school (22km from start)



## **Notes for Road Closure Information People**

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

2 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 four who position to Casterton Water Station, and 4 others who remain as marshals for the returning runners. (as detailed above)

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

4 Please collect laminated info from Nick. This has the official road closure notice and a map for helping drivers avoid the closures

5 Due to rehearsals at Tolethorpe open air theatre we have agreed access for some vehicles which will have a pass.