

NAME

Benfleet 15
Sunday 27th January 2008
10.30 am
Race HQ - Castle View School
Meppel Avenue, CANVEY

Dear Volunteer,

Thank you for volunteering to be a marshal for Benfleet Running Clubs annual 15 mile race. Please read the following carefully. It acts as both instructions for our first time marshals, as well as a reminder for the more experienced. It also contains important information and contact numbers to make the race itself run smoothly.

This page gives some general advice on keeping yourself comfortable while being out around the course and also a few things to think about to make the race more pleasant for the runners. The next page will include information relating to your particular job on the day and important contact numbers. Please read this carefully AND TAKE IT WITH YOU ON RACE DAY. If you have any questions do not hesitate to speak to either Sue Fuller or Lyn Hopkins at the club or ring us at any of the numbers on the next page. This also applies if for any reason you are not able to take up your position on the day. PLEASE DO NOT JUST NOT TURN UP!

CLOTHING; Do not forget that you may be standing around for several hours. Some positions on the course are fairly exposed. It may be very cold and wet so go prepared. Wear plenty of layers with a hat, scarf and gloves. Walking boots or wellies are a good idea. You may also like to take some food and a hot drink to keep you going. If you are manning a water station rubber gloves come in handy. (No pun intended.)

If your marshalling position requires you to direct runners, be very clear which direction they are to go. Talk to them and give cheerful encouragement.

If pedestrians are around, politely warn them that runners are approaching and ask that dogs could be kept under control while the runners pass. Remember to thank them!

Please ensure if you are carrying a mobile phone, it is turned on and charged up!

Last but by no means least THANK YOU.

Sue and Lyn

PTO.

Please take these instructions with you on race day

MAP POSITION

YOUR TEAM LEADER IS
PLEASE REPORT TO THEM AT
TIME

PHONE

YOUR FIRST JOB WILL BE -

YOUR NEXT JOB

THEN

WHEN THE LAST RUNNER HAS CLEARED YOUR SECTION OF THE
COURSE (THE SWEEPER WILL PASS YOU) PLEASE COLLECT ALL TAPE,
MILE MARKERS, POSTS ETC ON YOUR RETURN WALK.

PLEASE RETURN ALL EQUIPMENT TO CLIVE AT THE SCHOOL.

CONTACT DETAILS

MARSHAL CO-ORDINATORS

SUE FULLER HOME

LYN HOPKINS HOME

MOBILE

MOBILE

RACE CONTROL

CLIVE HOPKINS HOME

MOBILE

IN CASE OF EMERGENCY

If a runner becomes distressed please do all you can to assist. Offer a bin bag for warmth or carry a foil blanket if you have one, direct them to the nearest point for help (probably your team leader). If they require assistance, mark up your area for direction as best as you can and accompany them, informing the next marshal that you have left your position. If there is a serious incident and a runner is injured or ill contact the Park Ranger for evacuation and one of the St Johns personnel to liase pick up.

HADLEIGH COUNTRY PARK RANGER - 01702 551072

ST JOHN AMBULANCE - IAN JOHNSON 07768106224

	POS	DESCRIPTION	
Meet at 9.15am Castle View School CANVEY	1	SENDING RUNNERS FORWARD TO TURN ROUND POINT TELL THEM TO KEEP RIGHT	LEE OLNEY
	2	DIRECT RUNNERS UP SLIPPERY SLABS TO FENCE WARNING THEM TO TAKE CARE	LOUIS PERRERA
	3	DIRECT RUNNERS TO LOWER PATH	TEAM LEADER YVONNE FRENCH
	3A	TURN RUNNERS BACK ALONG SEAWALL	BOB FRENCH
Meet at 10a.m. Yacht club road	4	CONTROL TRAFFIC ON YACHT CLUB ROAD AND DIRECT RUNNERS ACROSS FIELD	TEAM LEADER PETER WATSON
	5	TURN RUNNERS RIGHT ON PATH (TELL THEM TO STAY ON FOOTPATH)	ANDY WALKER
	6	CONTROL TRAFFIC IN/OUT OF CREEK ROAD . SEND RUNNERS ROUND TO STATION	GRAEME NEWMAN
	7	CONTROL TRAFFIC IN AND OUT OF STATION SET DOWN ROAD.AND KEEP RUNNERS ON PATH INSIDE BARRIER.	TEAM LEADER BRIAN LUNT
	8	CONTROL PEDESTRIANS AROUND BUS STOPS AND STATION ENTRANCE. SEND RUNNERS AROUND END OF STATION.	TONY JACOBS
	9	TURN RUNNERS RIGHT TOWARDS STATION ROAD. TELL THEM TO CROSS ROAD WHEN THEY CAN	JO BURTONSHAW
	10	TURN RUNNERS UP STATION HILL.TELL THEM TO CROSS OVER WHEN THEY CAN	LOUISA LATHAM
	11	TOP OF STATION HILL.TURN RUNNERS THRO' GATE INTO COUNTRY PARK.	BOB MCMILLAN
	12	JUST INSIDE GATE AT PATH FORK.TURN RUNNERS UP LEFT FORK	JO BARBER
	13	TURN RUNNERS DIAGONALLY DOWN FIELD	JACKIE BURNS
	13A	SWITCH RUNNERS TO TRACK BY RAILWAY	GLENN BURNS
Meet at Benfleet Station car park At10a.m	14	DIRECT RUNNERS THRO' KISSING GATE AND ACROSS DOWNS.	JOHN BORHAM
	15	HORSE GATE , DIRECT RUNNERS ACROSS DOWNS	GARY JOHNSON
	15A	BY POND, DIRECT RUNNERS ACROSS DOWNS	STEVE DEAR
	16	3 WAY SIGN - DIRECT RUNNERS ACROSS DOWNS	DEAN HIPPERSON
	17	SLIPPERY SLOPE GATE . DIRECT RUNNERS DOWN TO NEXT STILE	TEAM LEADER KARL CADMAN
	17A	3 WAY SIGN - DIRECT RUNNERS OVER STILE INTO DIP/PUDDLE	GODFREY MATHERS
	18	DIRECT RUNNERS ROUND FIELD AND ON TOWARDS CASTLE	BOB FLACK

Meet at 10a.m small car park in front of Leigh	19	BOTTOM OF CASTLE HILL, DIRECT RUNNERS ALONG FENCE - SPOTTING FIRST PAST CASTLE.	ELAINE/COLIN BLACKFORD
	20	STILE AT BOTTOM OF CASTLE PATH. TURN RUNNERS UP HILL	ANDY FRITH
	21	TOP OF HILL. SEND RUNNERS ALONG ROUGH PATH	TEAM LEADER VIC MC CLOUD
	22	END OF ROUGH PATH. DIRECT RUNNERS DOWN HILL	ANNE HOWE
	23	BOTTOM OF FIELD. SEND RUNNERS UP CASTLE DRIVE	BILL DONOVAN
Meet at 10a.m in car park behind Leigh Station Next to sea wall	24	TOP OF CASTLE DRIVE. DIRECT RUNNERS DOWN BELTON WAY TO STATION	KEN EATON
	24A	TURN RUNNERS INTO STATION FORECOURT	AMANDA MILTON
	25	DIRECT RUNNERS ACROSS STATION FORECOURT	SUE WARD
	26	CONTROL PEDESTRIANS. SEND RUNNERS ROUND STATION CORNER	JOHN CRISP
	27	KEEP RUNNERS ON PATH BY CAR PARK ENTRANCE	LINDA CRISP
	28	CONTROL TRAFFIC IN AND OUT OF TIP - SEND RUNNERS ALONG PATH	TEAM LEADER MIKE JORDAN
	29	DITTO DITTO	ERNIE JEWSON
	30	TURN RUNNERS THRO' CAR PARK TO WATER STATION AND ASSIST WATER STATION	NICK RANKIN
	30A	WHERE FOOTPATH MEETS CREEK PATH TURN RUNNERS RIGHT	JOHN CHAFFIN
	30B	MONITOR RUNNERS ON CREEK PATH	MATT PICKETT LUCY MANCER
	31	END OF CREEK ROAD. TURN RUNNERS ALONG TOWARDS MAIN ROAD	PETE WATSON JNR
	6	TURN RUNNERS LEFT ALONG ROAD (ON FOOTPATH)	GRAEME NEWMAN
	5	TURN RUNNERS ACROSS FIELD	ANDY FRITH
	4	CONTROL TRAFFIC ON YACHT CLUB ROAD - SEND RUNNERS ONTO SEAWALL.	TEAM LEADER PETER WATSON

START AREA

John Butcher - TEAM LEADER
Janet Butcher
Bobby Oliver

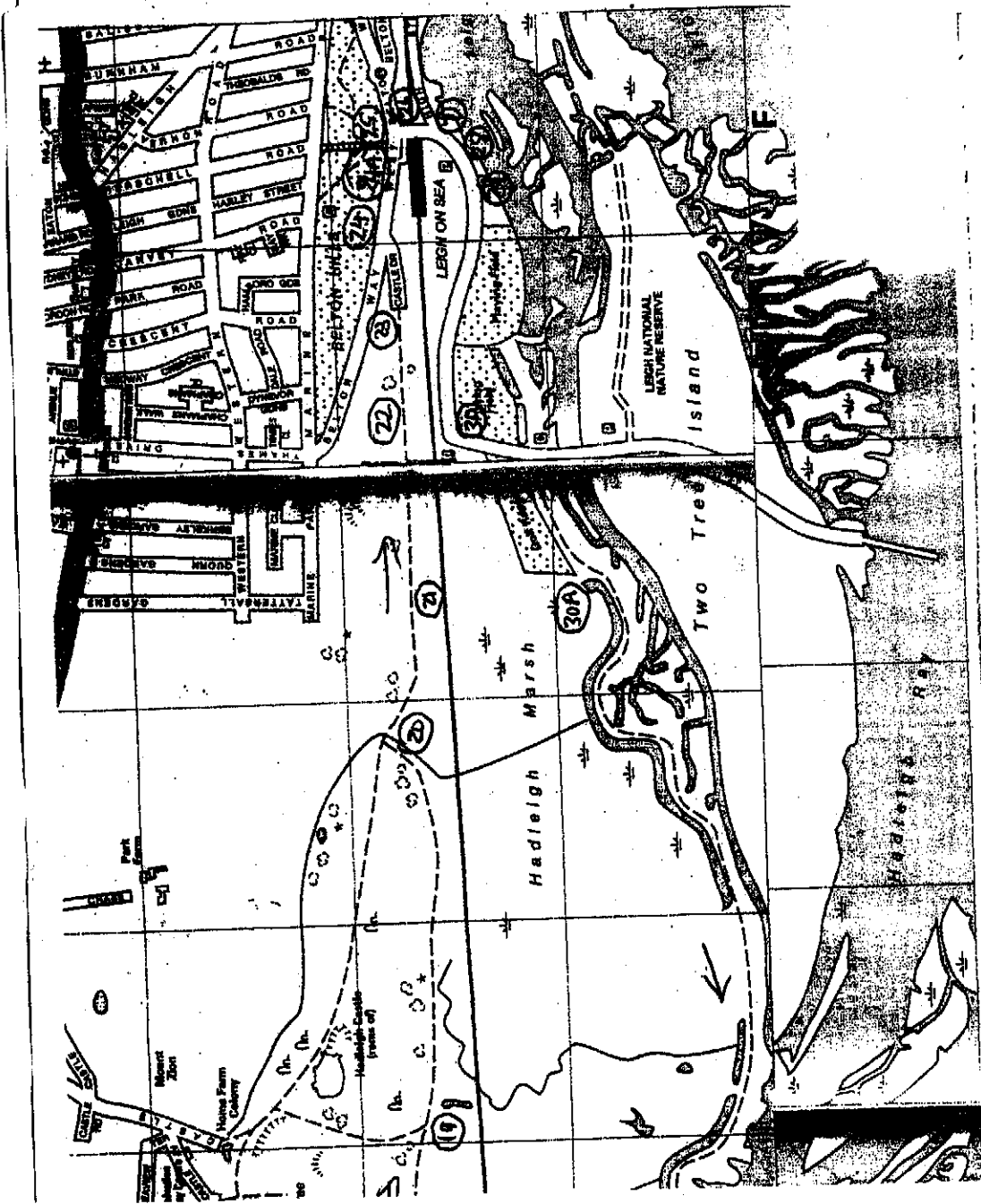
FINISH AREA

John Butcher - to mark up finish of course
Janet Butcher
George and Karen Watts

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