



## MUSKIES MADNESS 10K – Marshall Advice and Instructions

**\*\*\*\* Marshalls Meeting 5pm at the Sports Hall, race starts 6pm \*\*\*\***

### **Important Please Read - Also please park away from the club if possible**

1. Please ensure you are wearing a “hi-visibility bib” AT ALL TIMES whilst out on the course, these are available from the club room.
2. Be aware which checkpoint number you are at or near, this will ensure fast assistance should it be required.
3. If you are in position in plenty of time, please can you check the paths nearby for any branches / obstacles and remove them if you are able.
4. Do not assume runners know which way they are heading, please direct at all times and warn of forthcoming obstacles or uneven ground.
5. Please be encouraging and supportive to all runners, lots of clapping. Be abusive to anyone with headphones!!!!
6. Advise members of the public using the footpaths or trails that there is a race going on and runners will be coming along.
6. Once the 2 tail runners, have passed you, you may stand down from your post and make your way safely back to the race start and finish area please. Please collect any tape from course and dispose of at home. Note - Be aware that the runners will be passing some marshal points 1 - 10 again on the way back.
7. And please, **DON'T FORGET YOUR MOBILE PHONE.**

### **IN CASE OF ANY MEDICAL EMERGENCIES - DIAL 999**

MINOR NON-LIFE-THREATENING EMERGENCY PHONE RACE HQ, THIS AS ST JOHNS AMBULANCE IS ON STANDBY AT KINGSTAMERTON COMMUNITY CENTRE

Marshalling Queries phone Gary on number as below: we have listed other numbers is you're unable to reach

**Gary Martin: 07954 178795**

Jimmy Newman: 07807 317693

Bryan King: 07462 121300

Stuart Riley: 07590 637750 (Paramedic at Mowhay Road)

Mark Wilcocks, entries co-ordinator positioned at MAP Sports Centre opposite Kings Tamerton Community Centre 07891 324263

Checkpoint	Direction	Description	Nominated Marshall
1	Start	Around the sports field	Kelly Brumhead / Mark Willcocks
2	↑	Down slope leading to community centre car park	Emma Forster
3	→	Turn right Roadway in front of KTCC car park	Bev White
4	←	Turn Left to run in front of MAP school	Jo Jefford and Kathy Weaver Gore
5	→	Turn right on road leading to Trevithick Road	Daz Williams
6	←	Turn Left onto Trevithick Road	Vicki Dunn and Kelly McBride
7	↑	Follow Trevithick Road to Weston Mill Hill (bottom hill – mini roundabout)	Iestyn and Bethan Harris
8	↑	Cross road at Kings Tamerton Road	Maggie Lamerton and Luke Cameron
9	↑	Follow Weston Mill Hill to Mowhay Road	Lynn Jones
10	←	Turn Left into Mowhay Road	Tracey and Ethan Cullerton + Sarah Robinson
11	↑	Follow road through village to gate on right	Gary Martin
12	→	Turn right through gate onto trail	Angie Irving
13	←	Turn left uphill using trail	Alex Lea
14	←	Turn left at top of hill and follow trail around industrial estate	Chris Whipp
15	↑	Carry straight on at path around industrial estate	Dave Powell
16	←	Turn left onto Burrington Way, keep runners on left path until they can cross safely to right hand path	Duncan and Abbie James
17	→	Turn right onto Honicknowle Lane	Rachel Lynn and Janet Lynch
18	→	Turn right and follow right path down hill	Sam Martin
19	→	Go through gap, follow footpath into Ham Woods	Jamie Martin
20	→	Follow path over footbridge	Arrow
21	↑	Go straight at path junction towards Mowhay Road	Gary Pope
22	↑	Carry on straight following Mowhay Road path	Mike Hockey
23		<b>** Drink Station **</b>	Lucy Howell + Son and Jo Arnold (Later joined by Chris Whipp and Dave Powell)
24	←	Turn left after bridge	Dean Trice
25	↑	Carry on up the hill, past cut up tree	Paul and Debbie Bennett
26	↑	Follow Ham Lane to top	Amy Day
27	→	Exit Ham lane, turn right onto Ham Drive	Lisa Light + Sarah Hawkin
28	→	Turn right into Dryburgh Crescent	Sarah-Jane and Mark Sinclair + Daughter
29	→	Turn right onto Ham Drive	Claire and Lewis Herbert
30	→	Turn right onto North Prospect Road	Bev White + Kerry Snell
31	↑	Follow North Prospect Road Weston Mill Hill	Lucy Jones
32	↑	Cross road at Wykeham Drive	Matt Grzenda
33	→	Turn right up Careswell Avenue	Cherry Powell + Marie Winnall-Hill
34	→	Turn right at top of Careswell Avenue	Steve Andrews

35	→	Continue down towards woods	Steve Andrews mate Ian
36	→	Turn right at sign, across bridge, keep left	Steve Andrews mate Dan
37	←	Take left path at tree, paths fork	Rodney Hillebrandt
38	←	Turn left back down hill, keep to left side	James Day
25	↑	Carry on down the hill, past cut up tree	Paul and Debbie Bennett
24	↑	Run past turning for the Drink Station / Bridge	Dean Trice
39	←	Exit woods, turn left up Mowhay Road	Angie Irving / Alex Lea
10	→	Right up Weston Mill Hill	Tracey and Ethan Cullerton and Sarah Robinson
9	↑	Continue up Weston Mill Hill	Lynn Jones
8	↑	Cross road at Kings Tamerton Road	Maggie Lamerton and Luke Cameron
7	↑	Follow Kings Tamerton Road to Trevithick Road (Mini Roundabout bottom hill)	Iestyn and Bethan Harris
6	→	Turn right into school	Vicki Dunn and Kelly McBride
5	←	Turn left to run up hill past school	Daz Williams
4	→	Turn right at community centre car park	Sadie Williams + Jo Jefford
3	→	Turn right Roadway in front of KTCC car park	Bev White
2	←	Head left up the slope leading to sport field	Emma Forster
1	<b>Finish</b>	Back around the field to the finish	Everyone!!!

### Start / Finish Line Marshalls / Duties

Duty	Name
Announcer	Paul Youngman
Recorder - 1	See Bryan – Dave or Jason
Time Keeper - 2	See Bryan – Dave or Jason
Funnel Marshall -1	Alison James
Funnel Marshall – 2	Heather O’Connell
Funnel Marshall – 3	Leanne Hartley
Recorder – 2	Debbie Fry **
Position Keeper – 2	Sarah Whittaker
Results Runner	Kelly Brumhead
Present Medals	Iris Whittaker + Louise and Olivia Marsland
Issue Water	Leanne Hartley’s children 14,12 and 8
Issue Chocolate Bars	Tasha Findlay and Elizabeth Buckman
Photos	Adrian Butler / Colin Light (Finish Line)
Warm Up	Miranda Ritchie
Race Director	Jimmy Newman

### HQ Duties

Duty	Name
Baggage	Gill Case and Kay Blewett + Ollie
Registrations on the day	Louise King + Kate Howard
Issuing Numbers	Heather O’Connell and Alison James
Refreshments	Julie Cook
Refreshments	Jules Davies + Margaret Hildebrandt
Tail Runners	Bryan and Louise King
Course Tester	Lee Herbert
Venue Management	Mark Willcocks

