

Les Croupiers Running Club
Castles Relay 2017

17 Beacons Reservoir to Cyfartha Castle										Caution Signs		Gun Cut Off Time (min) and place		
Start 12:40				Marshalling						c/o Mshls	Route Mkrs			
Stage mileage	Location	Runners Instructions	Hazard	Start	End	Duty No	Team	No.	Duty Required					
0.00	Start: On A470 at entrance to side road, (Toilets) 400 yards past Storey Arms. LD3 8NL. Avoid parking at this very busy point.	Run on left hand side of A470 towards Merthyr	Traffic	12:25	12:45	68	Parc Bryn Bach RC	4	Assist Start Umpire to control traffic at start(with support of Flying Marshal Team)	2			66.5	
1.10	A4059 junction to Neath	<u>Continue</u> on left hand side of A470	Junction	12:35	12:55	68	Parc Bryn Bach RC	1	Marshal runners to stay on left hand side		2		67.6	
7.40	A4054 junction to CEFN COED Y CYMMER	<u>Turn left</u> , to CEFN COED Y CYMMER	Junction	13:05	13:55	39	White Rock Runners	1	Marshal runners to turn left and stay on left hand side		2	70	73.9	
8.10	Junction with Cilsanws Lane	<u>Continue</u> on left hand side of road	No pavement	13:10	14:00				No action required		2	77	74.6	
8.30	Junction signed Ponsticill/ Talybont (Opp. A465 Abergavenny)	<u>Continue</u> on left hand side of road	Junction	13:10	14:00	39	White Rock Runners	2	Marshal runners across junction (with support of a Flying Marshal Team)		2	79	74.8	
8.50	Turning for A465, signed Neath	<u>Continue</u> on left hand side of road.	Corner	13:10	14:05	39	White Rock Runners	2	Marshal runners to continue on the left hand side		1	81	75.0	
8.80	Mini roundabout	<u>Continue</u> on left hand side of road.	Roundabout	13:10	14:05	56	South West RR	1	Marshal runners to continue on the left hand side		1	84	75.3	
8.90	Junction signed Prince Charles Hospital	<u>Turn left</u> and cross to park side of road.	Junction	13:10	14:10	56	South West RR	3	Marshal runners to turn left cross to right hand side (with support of a Flying Marshal Team)		2	85	75.4	
8.91	Park entrance	<u>Enter</u> park and <u>turn sharp right</u> along right hand side of lake.	Traffic	13:10	14:10	56	South West RR	2	Marshal runners to turn right and follow right hand side of lake Erect warning sign to face traffic leaving the park	3	1	85	75.4	
9.20	At end	Stop before going down steps.	None	13:15	14:10		Changeover marshals		Marshals at <u>Main Gate</u> to direct traffic to lower car park.			87	75.7	
9.20	Finish at end of lake, adjacent to wooden steps leading to car park CF47 8RE Toilets in café	Note:The finish of this stage is about 1½ miles from the start of stage 18.											87	75.7
										4	13			

TEAM CAPTAINS MUST ENSURE THEIR MARSHALS ARE FULLY BRIEFED IN ADVANCE AND COPY THIS INFORMATION TO THEM.

D. Information for marshals

For the safety of runners it is essential that team marshals are in their allocated places by the time indicated in the route description. It is the responsibility of Team Captains to fully brief the marshals on their duties well in advance (see below), and provide the details of the stage(s) for which they are responsible. Penalties will apply if marshals leave their stations before being formally released.

D.1. The duties of marshals

The role of marshals is to ensure the safe running of the race at their allocated location. To this end marshals must be aware of the movement of traffic and the route of the runners.

Marshalling duties

- At a crossing point:

At least two marshals at each crossing point, one for each direction of the traffic. The marshals must ensure that the runners cross the road safely. When there is traffic on the road the marshals must ensure that the runners do not attempt to cross until the road is clear.

- At other locations:

The marshals must ensure that the runners follow the designated route, remaining on the side of the road as directed in the route description. A marshal must be assertive when necessary but direct runners with consideration.

- Flying Marshals:

Three teams of experienced marshals with a good knowledge of the route and hazards will travel the route. They will support and organise the team marshals at a number of locations so as to reduce the risk to runners. If you are marshalling at one of these points please cooperate fully.

- Start and Finish areas:

Marshals will also be allocated to the changeover points to assist the Start and Finish Teams. Their role is to ensure race traffic parks correctly (and not blocking private driveways), to ensure the safety of runners and to alert pedestrians of the approach of runners.

The general principles used for deciding which points require marshals are as follows:

- Roads joining from the side of the road the runners are using (normally the left).
- Any point where the runners have to cross a road.
- A bend in a road where runners may be inclined to cut the corner or cross the road.
- Any location where runners need directing onto the correct route
- Minor roads, lanes and house/business entrances joining from the route rarely pose a major hazard.

However, according to circumstances on the day, marshals must be prepared to use their initiative and marshal any location that may unexpectedly present a major hazard during the race.

D.2. Signs

CAUTION signs will be placed at each start location, finish location, each crossing point and at other locations described in the route description. The purpose of the signs is to warn traffic to take heed of runners.

D.3. A list of the responsibilities of marshals and how it all works

In sections D.4, B.15 and D.5 respectively, you will find:

- a list of all the teams indicating which stage each team marshals and how many marshals are required
- precise route details and marshalling points for each stage
- maps to help you find trickier marshalling locations.

All marshals must comply with the following important instructions:

- For each marshalling point the time you must be at your duty point is listed in the route description. It is timed so that you **arrive 10 minutes before the lead runner**, to allow you to familiarise yourself with the location.
- The end time is an estimate of the time of the last runner. **You must not leave before the last runner**. You will know when the last runner goes by, for you will see the backup vehicle. The backup teams have been asked to ensure that any runner going at a pace less than the cut-off time is to pull out.
- If you fail to show or leave early your team will incur a penalty of 5 minutes (given to each offending marshal per stage). Information on the number of marshals required and description of duty is given in this handbook.
- Marshalling bibs are issued to each club's representative at the pre-race briefing which is held in Arfon Leisure Centre, Caernarfon. **Wear your bibs at all times whilst marshalling**. At the end of your duty give the bibs to the driver of the backup vehicle, or hand them to one of the officials at the next changeover.
- Leave the signs where they are (unless otherwise requested) because the route marking team will collect them.
- Your Team Captain must provide you with a copy of the description in advance for the stage to which you have been allocated so that you will know your marshalling responsibilities.
- Above all else, safety is your first responsibility. This may require a runner to stop on your instruction, so as to avoid a potential accident. Runners must never cross the road or a junction without your guidance. Act in a way that is clear to both runners and motorists alike.
- **Take the number of any runner who ignores your instructions and inform the Race Directors** (John Griffin 07891 453972 Phil Cook 07968 374467).
- Remember it is very hard to hear what people are saying when you are running, so make yourself understood with clear arm gestures.
- Don't get angry with road traffic and be pleasant and courteous at all times.
- If you have to ask a member of the public to stop or move, please do so politely and thank them afterwards. It is **vital that we do not upset any member of the public** as we need their support.
- If the police turn up then tell them what is going on and tell them that all police forces and local authorities have been informed and that we have a Race Licence issued by Welsh Athletics. If they have come to help then that's excellent, so just tell them where the runners will be coming from and where they will be going. Help out by indicating when a runner is approaching by shouting or waving.

Team Marshalling Duties 2017

Team No	Duty No	Competing club	Stage	No of marshals	Stage	No of marshals	
1	60	Aberdare	18	7			
2	29	Abergele Harriers	1	5			
3	5	Athletau Aberystwyth AC	6	6	Includes Water Station duties at 8.6m		
4	21	Altrincham & District AC	3	6			
5	43	Bitton RR	2	5			
6	9	Brackla Harriers	18	6			
7	40	Brecon AC	15	7			
8	3	Bridgend AC	18	5			
9	42	Bromsgrove & Redditch AC	1	4		6	2
10	24	Buckley Runners	6	3		7	4
11	37	Clevedon AC	3	7			
12	53	Chorlton Runners	10	5			
13	4	Denbigh Harriers	1	6			
14	17	Ealing Eagles	15	6			
15	41	Ellesmere Port RC	11	5			
16	1	Eryri Harriers	9	5			
17	30	Great Western Runners	7	5			
18	36	Interval Madrid	3	4			
19	20	Islwyn RC	16	5			
20	45	Les Croupiers RC	20	12			
21	12	Llswerry Runners	19	8			
22	55	Lytham St Annes	2	5			
23	13	Meirionnydd RC	6	6			
24	6	Neath Harriers	19	4	10	3	
25	63	Run4All	20	4	15	3	
26	68	Parc Bryn Bach RC	17	5			
27	49	Penarth & Dinas Runners	20	8			
28	44	Pontypridd Roadents	19	8			
29	46	Pont-y-Pwl & District Runners	15	7			
30	10	Port Talbot Harriers AC	13	6			
31	2	Prestatyn RC	7	3	8	2	
32	58	Sale Harriers	5	6			
33	22	Salford Harriers AC	1	7			

Team No	Duty No	Competing club	Stage	No of marshals	Stage	No of marshals
34	23	San Domenico RC	19	6		
35	57	Sarn Helen Club	16	5		
36	15	Serpentine RC	14	5		
37	56	South West RR	17	6		
38	7	Stragglers	10	7		
39	27	Stroud & District AC	14	6		
40	48	Team Bath AC	10	6		
41	28	TROT's	1	6		
42	16	Vale Royal AC	12	5	13	1
43	66	West Cheshire AC	8	5		
44	39	White Rock Runners	17	5		
45	32	Winchester & District AC	3	5		
46	33	Wirral AC	4	7		
47	18	Bitton RR (Ladies)	16	7		
48	8	Chorlton Runners (Ladies)	3	4		
49	31	Ealing Eagles RC (Ladies)	5	6		
50	11	Les Croupiers RC (Ladies)	20	9		
51	19	Llisbury Runners (Ladies)	16	4		
52	14	Run4All (Ladies)	4	5		
53	50	Sale Harriers (Ladies)	13	6		
54	65	Team Bath AC (Ladies)	4	5		
55	54	Chorlton Runners Vets	9	4		
56	38	Les Croupiers (Vets)	20	3		
57	61	Serpentine RC (Vets)	13	6		
58	25	South West RR (Vets)	2	7		
59	67	Stragglers RC (Vets)	12	6		
60	35	Swansea Harriers(Vets)	7	7		
61	47	Telford Harriers (Vets)	5	6		
62	26	Burges Salmon LLP	8	6	Water station duties at 4.8m and 7.9m	
63	52	Environment Agency Harriers	8	3	Water station duties at 1.75m	
64	62	Natural resources Wales	10	4		
65	51	South Wales Police	7	4	20	4
66	59	Turner Broadcasting	14	5		