

# Marshal instruction sheet - Knacker Cracker

Thank you for agreeing to marshal this race : Your role in this race is extremely important!

Please remember the following points:

If you are in charge of a water station:

- In good time, make sure that the cups are filled (only half way up!) with water. Build up a buffer of 20-30 cups - runners tend to come in waves!
- Make the mars bars/jelly babies easy to get to.

All marshals:

- Be at your marshal station at least 10 minutes before the first runner is due.
- Make sure you know where you are directing them (signs will have been put up before the race starts - scout around to make sure you are directing them in the same directions - the runners will be relying on you!)
- **Give all runners hearty encouragement!**
- When the 'wooden spoon' passes you (the official last runner), it is time to pack up.
- Please pick up any litter near your position (including all the cups if you were at a water station), put them in the black bin bag (provided) and bring it back to the finish (or put it in a bin somewhere!)
- Pick up all the signs close to your marshal position, and bring them back to the finish.

Location (+Marshal station number)

- 11.00-11.25 (Start) Foot of the Burfoot Slope
- 11.05-11.30 First road crossing
- 11.10-11.40 1st Water station, Juniper Bottom
- 11.30-12.00 Second Road crossing, Smith & Wesson
- 12.00-12.30 2nd Water station, Lookout, top of Box Hill
- 12.10-12.40 Stepping stones, River Mole
- 12.30-12.45 (Finish) Foot of the Burfoot Slope

If you need to contact the race organiser, for example to call in first-aid, please call Robert McCaffrey, race organiser, on **0774 387 9005**

Marshalling

- 1: Start
- 2: 1st road crossing
- 3: 1st water station Juniper bottom Car park
- 4: Juniper Top
- 5: Road crossing at Smith & Wesson
- 6: tight turn
- 7: Box Hill lookout (water + photographs)
- 8: Top of the steps
- 9: Stepping stones
- 1: Finish

THANKS!!!!

