

The role of the Assistant Marshals is to assist the Head Marshal

Start Time – 1pm or earlier if required for some races

Number of Marshals

The number of Marshals required will depend on the distance and complexity of the course. A marshal should be allocated to each turn around position, one for the short run, one for the medium run and one for the long run. Marshals should also be allocated to positions on the course where it may be deemed that runners could become lost, or there may be unusual circumstances, such as road crossings, trip hazards etc. If females are acting as course marshals place them in pairs, or in a position which, at a distance, is still visible to other marshals.

Issue equipment

The head marshal will issue equipment to the assistant marshals

Each course marshal is required to wear a yellow vest.

Course marshals at turn around boards will be issued with a small first aid pack

Course marshals at turn around boards will be issued with a NXC mobile phone for emergency use only.

All equipment issued must be returned at the end of the run.

Duties

Provide direction to runners

Assist in case of first aid or emergency

Each course marshal must stay in position until the last runner passes them on the home stretch.

Once the last runner has passed, course marshals walk forwards towards the finish line collecting markers / flags etc. and advising other course officials on the way.