

Mile 6 Water Station – Messuage Lane

**On arrival please contact: Rob Soames on 07800 645410
or alternatively Martin Sands on 07800 411622**

Number of volunteers: 2 Leaders and 8 Scouts

Arrival time: 09:15 prompt

Lead runner: Approx. 10:00

Last runner: Approx. 11:00

Approx. leaving time: 11:30 – wait until sweepers have passed

Parking: Road – please park responsibly. Do not obstruct runners or other road users.

Facilities: No toilets

Refreshments: Please bring own

Dress code: Scout Uniform. Clothing suitable for time of year.

Equipment to bring (optional): One marketing banner – must be fixed to fence/ground/table and not obstructing the runners or other road users.

Equipment provided at location: Station will be set up ready to distribute water – 1.5L water bottles, cups, table, recycling bin bags and black bins for waste.

Expectations and duties:

- Cups to be filled half full of water (max).
- Volunteers to stand roadside, same side as the water station, without obstructing the runner or other vehicle users, holding out half-filled cups of water for runners to take, should they wish.
- Volunteers to replenish water in cups and place on the table provided ready to distribute.
- Politely ask runners to put their empty cups in the black bins provided.
- Encourage, cheer on and support runners.
- Quiet periods please pick up cup waste and place in the black bins.
- Empty plastic bottles please place in the bags provided.
- Please keep plastic waste and cup waste separate ready for recycling.

Please report injured runners to:

Suzie Roscoe, Marshal Control 07967 151698



