

## **Sweepers Instructions for 38th Congleton Half Marathon, 2<sup>nd</sup> October 2021**

### **Introduction**

The role of the tail runners / sweepers is a vital and very important role in ensuring the success of our 38th half marathon. The well-being of our runners and marshals is of paramount importance to us and here the sweepers have an important role to play!

### **Guidelines**

The following guidelines for you to follow:

*Please wear a hi-vis bib and carry a charged mobile phone.*

- It is essential you are fully conversant with the route and all the marshal points. To this end, route and marshal maps can be made available to you if you require them.
- It is essential all sweepers have a working mobile phone with them to enable them to communicate with the race team should they need to do so. Contact numbers are below.
- The sweepers are to start at the start of the race (9:30am) on Somerford Lane, at the back of the runners, and are to keep as close to the last runner/runners as possible (running just behind them), this will then facilitate the closure of marshal points at the earliest time. As the sweepers pass each marshal point advise them (unless an injured runner(s) is on route to that point) that they can close-down.
- The sweepers are to run together under normal circumstances. If you come across an injured runner without John present, you must contact Marshal Control immediately to report the injury. A sweeper is to stay with the injured runner until assistance arrives if the runner is unable or they are not fit enough to get to the next marshal point. If in any doubt as to their ability to get to the next point always air on the side of caution, whilst the other sweepers continue.
- When you have a runner who is injured or struggling to complete the race, please do not encourage them to walk to finish the course. Their medical needs must come first, and transport can be arranged to bring them back to Race HQ, please contact Marshal Control in this instance. To contact the first aid team directly see Scott Dundas number below.
- *When you pass each marshal point and water station, please tell them that they can finish and go!*

### **Tools Required**

- Fully charged mobile phone for communications with below.

### **Emergency Numbers:**

**Stephen Canning, Race Director: 07920 064689**

**Alison Procter (07443 535405) and Linda Fairbrother (07758 594253)**

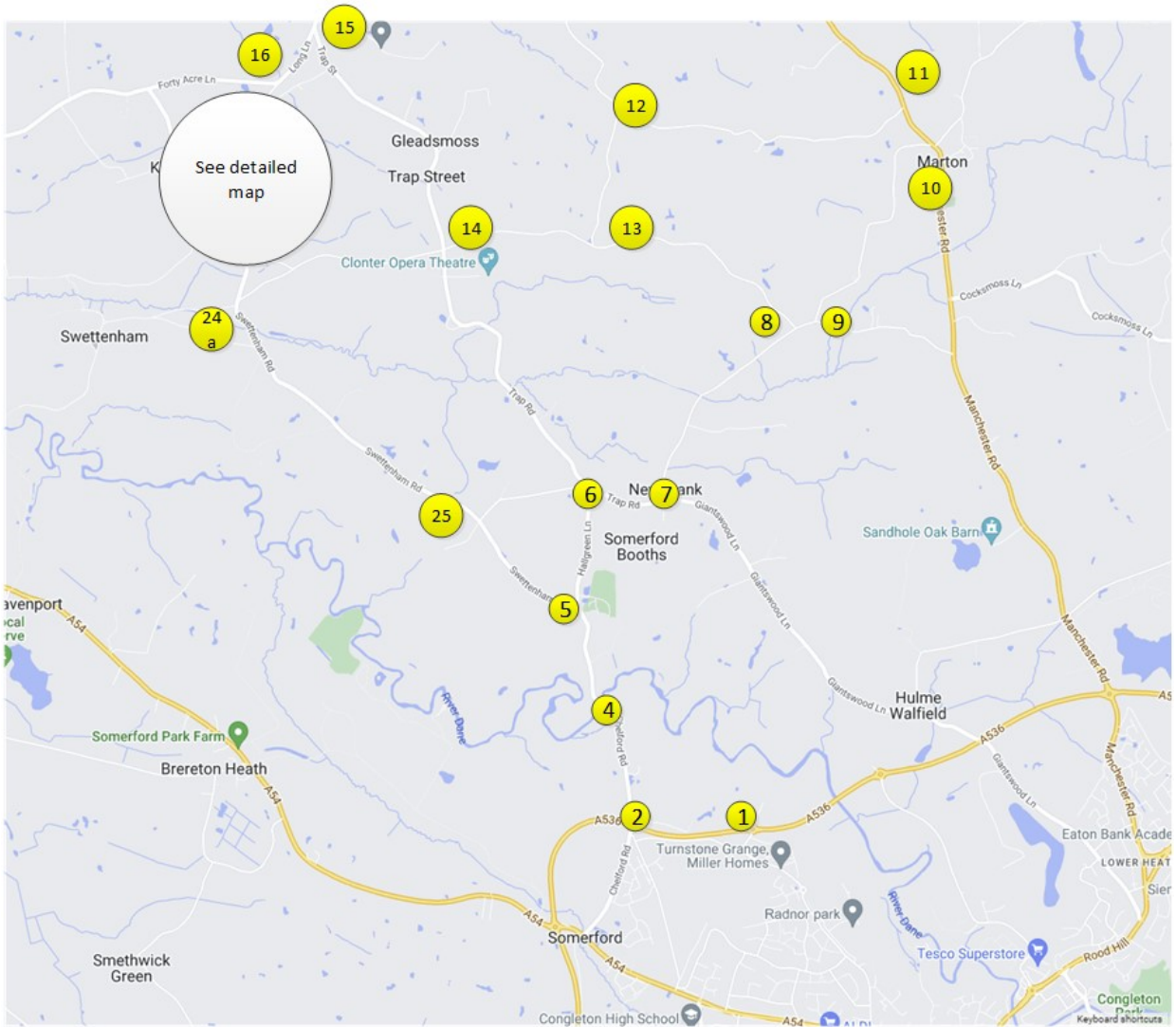
**Scott Dundas, Gator First Aid: 07516 713737**

**Amberon Traffic Mgt: Stephen Jackson 07710 098959**

On behalf of the race committee, thank you for performing this task and we hope you thoroughly enjoy the experience!

## Marshal positions Map:

# Marshal Positions



# Marshal Positions 16-20

