Keswick Athletic Club : Briefing Note For Fell Race Marshals

Thank you for helping. You will play an important part in keeping competitors in this race safe, by monitoring their progress, and keeping Race Control, and other marshals, informed of the position at your checkpoint.

Please ensure that:
1 You are able to communicate with Race Control, and other marshals, either via your radio, or mobile.
2 If you are unable to establish contact with Race Control, you relay messages via another marshal.
3 You record the numbers of individual runners passing through your Checkpoint, *or* an accurate count of runners-depending on the instructions of the Race Organiser.

It is important that you do not count runners who are not taking part in the race. If in doubt, ask runners whether they are competitors.
Always keep Race Control, and other marshals informed of any difficulties.

Retirements

- Make clear to the runner concerned that they should report their retirement, and hand in their number, to Race Control.
- Inform Race Control of all retirements.

Both requirements apply to runners who fail to meet checkpoint cut off times-eg Raise on the Helvellyn race.

Injured Runners
Please refer to the First Aid Protocol for Fell Race Marshals