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## Cardiff University / Cardiff Half Marathon 2018

### *Role Description: Course Marshal*

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**Date:** Sunday 7<sup>th</sup> October 2018

**Timings:** Dependant on location (see below)

You will be undertaking a vital role in managing and supporting runners as they navigate the junctions, hazards and 17 speed bumps at one of 6 key locations around the course. With approximately 25,000 runners taking part, we are relying on you to ensure that runners are able to take the running line and get safely over the speed bumps and any hazards around the course.

We will give you all you need to make some noise and be seen, warning runners of the impending speed bump and keeping them moving and motivated! The atmosphere around the course will be electric with lots of course entertainment and spectators lining the route and you will have prime viewing spot for the race!

This role is very fluid on the day and we need you to be flexible, moving between different tasks as and when required.

Some of the tasks involved in your role are;

- Ensure all barriers are in the correct position as directed by supervisors
- Make runners aware of any upcoming speed bumps, junctions or hazards
- Discourage spectators from accessing the course
- Act as our eyes and ears around the course
- Aid runners in need of assistance, seeking medical support where necessary ( St Johns will be on site)
- Motivate and cheer on runners – they deserve it!
- Help take down your area once all the runners are through (Many hands make light work!)
- Other duties as required by supervisors

Bump Marker/Course Marshalls are based from one of 5 locations around the course:

- Location 1: Leckwith Road/Sloper Road (Approx 08.45 – 11.15)
- Location 2: Penarth Marina (Approx 08.30 – 12.15)
- Location 3: Cardiff Bay/ Docks (Approx 08.30 – 12.45)
- Location 4: Top of Lloyd George Avenue (Approx 08.45 – 13.00)

- Location 5: Newport Road/ Fitzalan Place (Approx 08.45 – 13.15)
- Location 6: Bottom of Roath Park Lake (Juboraj restaurant) (Approx 09.00 – 14.30)

You will be very busy on the day but everything you need will be waiting for you, you just need to turn up with lots of energy and enthusiasm!

As a thank you, you will get;

- Volunteer T-shirt to be worn on race day (on top of anything else you may be wearing) but yours to keep!
- Volunteer drawstring bag to wear and keep your belongings in ( yours to keep)
- Volunteer Lanyard with key information
- Food and drinks
- Training and support

By volunteering you are joining a large community of volunteers called the 'Extra Milers' who are 'Making the Diff'ERENCE' to ensure runners and spectators alike have the best experience possible on race day!

**We really could not do this without you and appreciate all your time and commitment!**