



Cardiff University / Cardiff Half Marathon Course Marshal

The Event

The annual Cardiff Half Marathon is the second largest half marathon in the UK. In 2019, 27,500 runners took part on Sunday 6th October. The 13.1 mile route will take runners past Cardiff's most iconic landmarks and scenery. It will be an incredible event!

On arrival/ what to bring:

- You will be met by your Course Section Manager who will sign you in and distribute your volunteer T-shirt, bag and event accreditation, before walking you over to where you will be based and brief you on your role.
- Please come appropriately dressed for the weather, you will be outside for a number of hours. We would recommend wearing layers and where at all possible **PLEASE** wear plain trousers/jeans and comfortable shoes.
- We will be providing you with an exclusive volunteer drawstring bag that we ask you to wear/keep your personal belongings in whilst volunteering. Please bring only essential personal belongings (everything you need including food and drinks will be provided).
- **PLEASE NOTE:** Your volunteer T-shirt and accreditation must be visible at all times. Please wear your volunteer T-shirt over any other clothing at all times.
- We will provide you with a packed lunch, snacks and drinks so there is no need to bring any extra food unless you wish to do so.

Course Marshal:

You will be undertaking a vital role in managing and supporting runners as they navigate the junctions, hazards and speed bumps around the course. 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, directing and warning runners as well as 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!

- Help the Course Manger set up
- Make runners aware of the upcoming speed bumps/hazards by making some noise!
- Discourage spectators from accessing 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

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!

Race Timings:

- **The wheelchair race will start at 09:50 and the main race at 10am from outside Cardiff Castle.** Participants will cross the start line in 4 waves, a minute and a half after the previous wave of participants has crossed the starting line.
- The Course Section Manger will inform you when the first athletes are nearing your location and you will be able to see an entourage of police bikes, bicycles and cars leading the first athletes.
- Please stand in position on the course as directed by your Course Section Manager and guide the participants around your junction/area. Many of the vehicles on course will be filming live TV, so it is important that you act professionally at all times. You are not only representing the event but also Cardiff, Wales and the UK!
- The last runners will be indicated by a sweep vehicle and a line of back makers in high viz jackets that will be walking the route.
- **You will be very busy!** At the time the mass runners reach you they will be spread out but coming through in a long and thick constant stream.

Clean up:

- It is essential that we get the roads reopened as soon as possible and we are relying on your help to do this.
- As the runners start to thin out please assist with the collection of any discarded bottles/gel packets near the water station and place in the wheelie bins/recycling bags provided.
- **DO NOT** leave any bottles on the pavement, grass verge or in the middle of the road, please push any discarded bottles into the road gutter (by the double yellow lines) so they can be collected by the road sweeper.