

River relay 2022 – Instructions to changeover / finish marshals

Thank you for offering to help with running a changeover point and the race timekeeping. It is an important role and helps make the event the success it is. In case you are unfamiliar with the system, this is how it works.

Marshals

Each changeover should have at least three marshals who will fulfill the following roles:

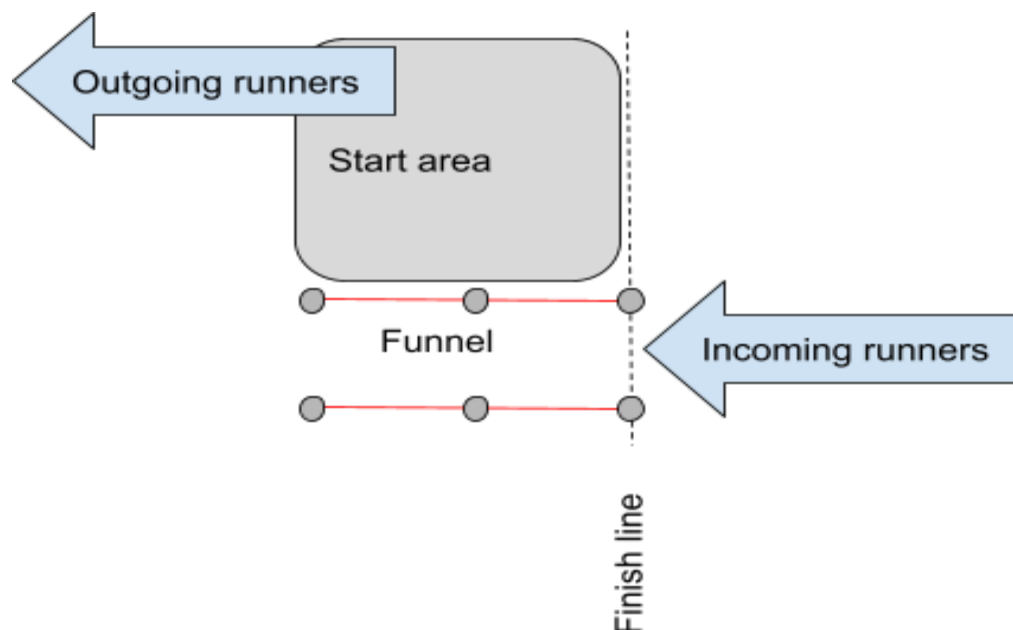
- Changeover lead - responsible for organising the changeover's smooth operation, being visible and a point of contact for runners and members of the public
- Timekeepers - maintain a local copy of race time using multiple stopwatches (suggest using a phone along with the supplied, dedicated, stopwatch) and record times of the finishing runners

All marshals should wear yellow bibs at all times.

Changeover Point

The changeover point is quite simple with the line of stakes running in the direction of travel for the runners, joined by red/white barrier tape, forming a finish funnel. Those starting the next stage should wait in the start area; Due to Covid, there are no battens to physically hand-over and runners should leave when the incoming runner for their team crosses the finish line.

Keep the incoming runners in order until you have recorded their team number and finish position.



In this example I will give the details for changeover 3 at the end of leg 3. Incoming runners will all have numbers ending in 3 which indicates they are running leg 3. Outgoing runners will all have numbers ending in 4 (for leg 4).

When the outgoing runners arrive you should mark them off on the supplied team sheets. (Don't worry about names, we are just looking at the team numbers). That way we will know how many teams actually start the leg, which enables us to know when all runners on the leg have finished.

You will have a results sheet and a stopwatch which should be showing the elapsed time from the race start. There is a basic digital stopwatch supplied for each CP *and it is advised that you also have, if possible, another* - probably using a smartphone. The way this works is that when the race starts in Boveney at 09.00 we will synchronise watches either physically at the start or by phone with the timekeepers. If it's a physical watch start then the watch will be delivered to the start of the leg you are timing. So for example a runner finishing leg 3 will be around 17 miles into the course. If his team are averaging 6 minute miles then the elapsed time showing on the watch will be $17 \times 6 = +102$ minutes = 1hr 42, so the watch time will be that added on to the 09.00 start = 10.42.

Best way to operate is the same as used in cross country events. One person holds the clipboard and records the results and the other calls them. So if the runner above was in first place, write his number (say 4443) in the number column next to position 1, and the time (10.42.00) in the time slot next to it.

If anything goes wrong (for example the watch is not delivered, the watch stops, gets turned off etc, then just make sure you get a time of some sort down so that we can correspond times later. You can for example just start a stopwatch function running on a mobile and make a note of the time you started it running.

When the runners are finished you can pack up and go home or on to the race finish at the Hawker centre. Please take photos of each results sheet and send to the results co-ordinator by either:

- **MMS / WhatsApp to 07947 515217**
- **Email to riverrelay@stragglers.org**

Please also get the physical sheets to the finish by whatever means works for you.

You will have a water carrier and cups for runners finishing (possibly starting depending on the temperature), *please ensure that you fill up the carrier beforehand and that all used cups are collected and disposed of.*

Runner Safety

You have a duty of care to ensure that all runners are safe. If a runner is unwell, use your discretion to organise a lift from another runner (if they have, say a calf injury and are limping) or if they are in need of medical attention. Perhaps someone can give them a lift to hospital, or if it seems more serious, obviously dial 999 and ask for an ambulance.

These instructions are a general overview; timekeepers with specific arrangements will be briefed individually.