

BRIGHTON AND HOVE ATHLETIC CLUB

THE BRIGHTON 10K – SUNDAY 17th NOVEMBER

The annual 10k along the seafront, organised by the club, has come around again and we are appealing to everybody to help – hopefully we can match last year's great turnout! Refreshments provided.

There are a number of areas/skills we need to cover:

- 1) Set up and take down crew for the start/finish area – physical work with an early start!
The set up has to be finished by 8 o'clock at latest, so 6 o/c start needed. Take down after the race is easier and should be done by 11:30/11:40. If anyone can do both – great and hugely appreciated, but I understand that some may not feel too enthusiastic after the early start.
- 2) Course marshals for Madeira Drive + helping with take down – report 7:30.
- 3) Unless he has already been recruiting, Richard Carter will need help at the bag drop (7.30 to 11:30).
- 4) Admin. help at information desk from 7:30 to around 10.00.

We really need to use a few people to take on “team leader” roles – so if you feel qualified (or just bossy!) please step forward. This will involve a briefing on a certain area and then implementing the plan with a handful of fellow volunteers. eg lining up runners, marshalling a stretch of road, finish line duties etc.

Additionally, weather permitting, it is planned to spend about an hour on Saturday afternoon (16th Nov) moving some barriers on Madeira Drive to speed up operations on Sunday morning – a couple of extra pairs of hands would be wonderful !

Emma Bristow has agreed to be the liaison for volunteers, please contact her accordingly at emma158@yahoo.com.

For insurance purposes, all marshals dealing directly with the race/runners should be 16, but help from 12+ can be used with water, medals etc. All helpers should be given a safety briefing which we will do via e-mail if possible, to save time on the day – please let Emma have your e-mail address and phone contact so we can register you all properly.

Hope to see you there

Keith Donno

Race Director