

The 26th Gun Run – Sunday 8th October 2017



and



Marshals briefing



Welcome & Introductions

- Race Director – Tony Breslin
 - Marshaling – Roger Steward & Tim Allen
 - Marshal Captains : William van Dugteren, Keith Bake, Graham Westcott, Stephanie Donachie, Collin Sedeman, Tim Allen, Roger Steward

Gun Run Overview

- 21km start at 06:30, 10km at 07:15, 5km at 08:30
 - All Starts on Beach Road near Hotel School
- MyCity Buses from The Parade to the Stadium stop
- Races routes are the same – you need to memorise which race(s) come past you and from which direction
- We are using same Marshal teams this year plus a new one
 - AAC, Eerste River AC, Nantes AC, Midas Spartans AC, Edgemead Runners AC and Walmers AC
 - Where possible marshals are in same position as 2015
 - 390 Marshals
- Lead Motorcyclists (Thinkbike) and Lead category cyclists
- 2 Refreshment stations on AAC part of course
- Same Finish area on Hamiltons RFC fields

Take away's to remember - 1

- Those working at the start to meet William at 04:45 at the gantry on Beach Road near Hotel School
- WAC Ask Me's need to be in place by 05:00
- Marshal Captains by 05:30 to start ensure marshals are in place by 06:00
- All other Marshals must be in position by 06:00 and stay there
 - Races will not start if the Police cannot see all marshals in place
 - You will receive an email with your individual marshal position
 - Know who your Marshal Captain is – call if you are going to be late
- Link to all maps - <https://node.org.za/GunRun2018/>
- Make sure you know where the runners must go for each race
- Some Marshals have 2 positions or help with medals at finish
- You will receive a detailed map for your marshal position
- Road closures

Take away's to remember - 2

- Hotspots
 - Beach Road / Fritz Sonnenberg fencing to be moved between 21 and 10 and 10 runners stopped using Beach Road until 21 runners have passed – marshals 227, 228 and 229
 - Fritz Sonnenberg / Granger Bay Boulevard - cones to be re-deployed after 21 has passed junction – marshals 213 to 216
 - Granger Bay Boulevard at 10km turn – fencing to be deployed to turn 10 once 21 runners have passed 147, 148
 - York Road circle & underpass – cones to be deployed along inside lane of Helen Suzman Boulevard – 251 to 256
 - Main Road, entrances to P12 and P13 – control vehicles going in and out of these parking areas - 221,222, 236, 237
 - Beach and Beach – cones to be deployed to direct 21 and 10 into correct lanes up Beach Road - 269 to 273

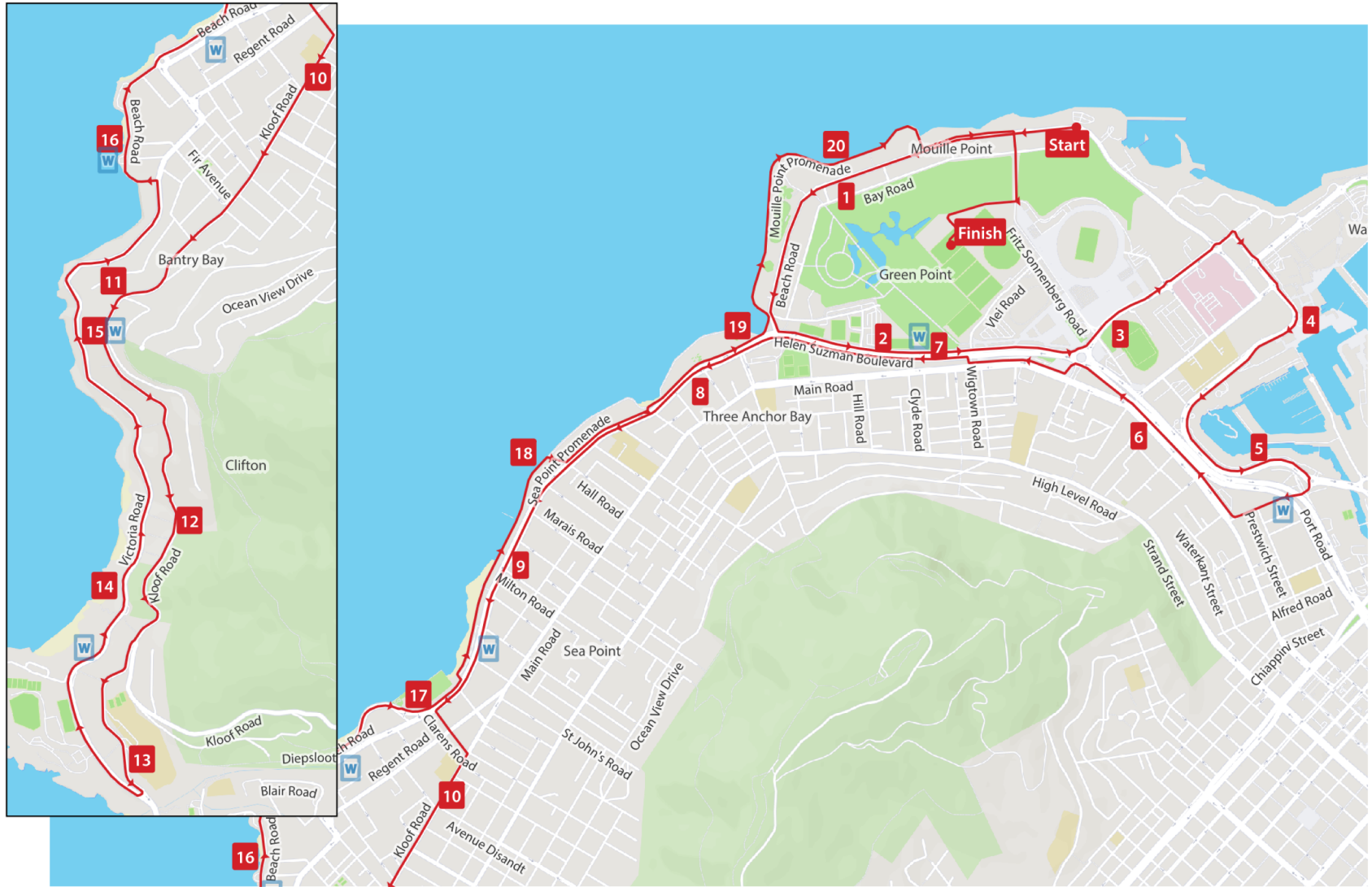
Take away's to remember - 3

- Control traffic but allow to flow when safe to – don't argue or confront motorists – use Traffic Officers for this
- Wear Crew t-shirt under Yellow Bibs and have Red Flag
- Dress warmly for early morning, especially if foggy
- Encourage and cheer runners on
- Move runners onto pavement when & where possible
- Any Emergency situation, call the VOC 021 430 7374/9
 - Please put one of these numbers in your phone
 - Be ready with the following :
 - Where is the emergency – marshal position number
 - What is your number and name
 - What is the emergency
 - Is the patient conscious, are they breathing normally
 - Can you assist them

When finished marshaling

- Return Bib and Flag to Information Desk on Hamiltons fields
- If you ran the Helpers Run, collect medal from Info Desk
- Burgers – please place orders for 10 or more at a time
 - WAC vouchers from me now
 - AAC vouchers from Info Desk
 - Order from Vendor on your voucher
 - Cold drinks at AAC Gezebo

21km Route



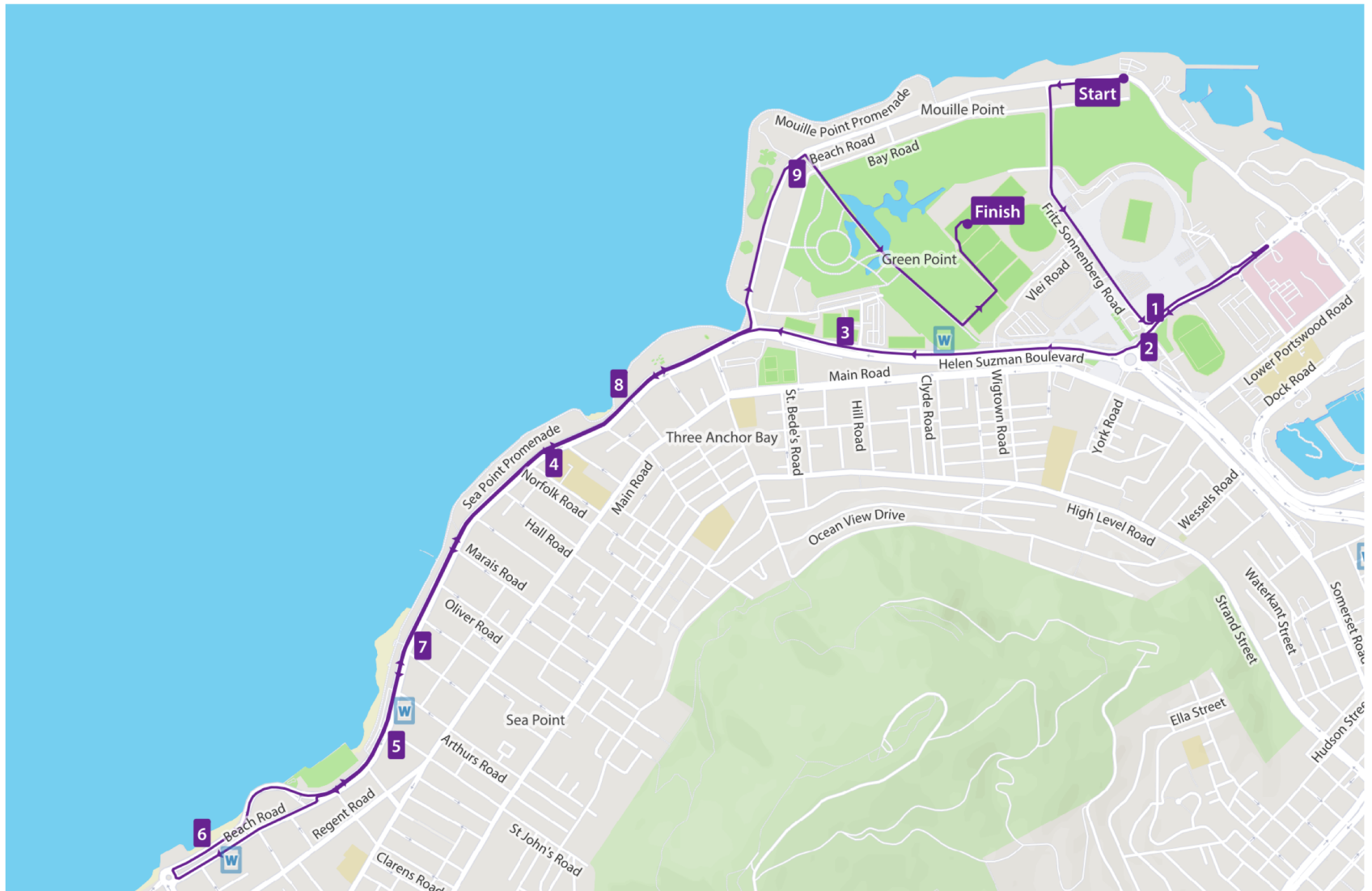
21KM RACE ROUTE

REVISION 2.0

Sunday, 14 October 2018



10km Route



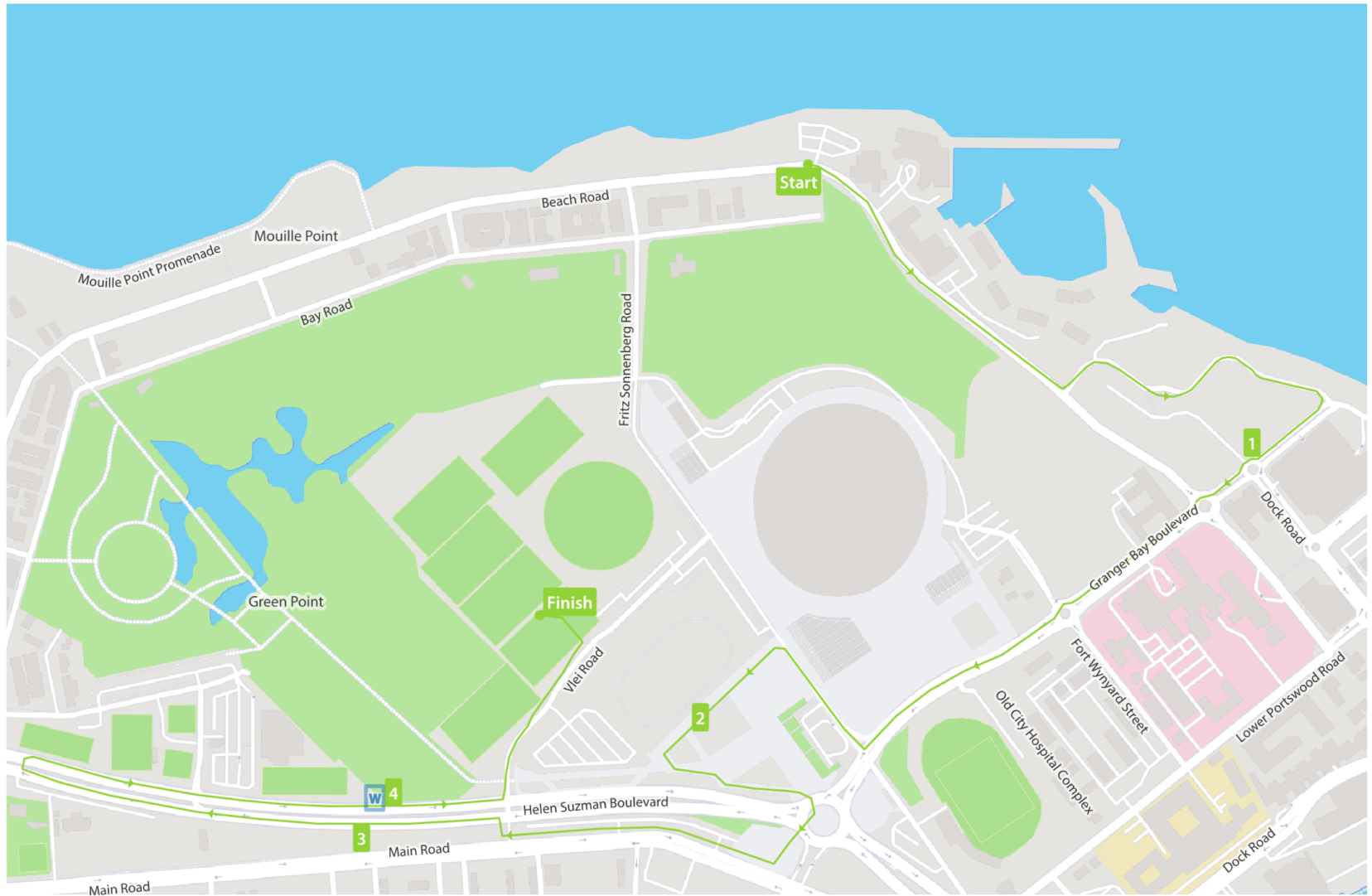
10KM RACE ROUTE

REVISION 2.0

Sunday, 14 October 2018



5km Route



5KM RACE ROUTE

REVISION 2.0

Sunday, 14 October 2018



7 Refreshment points – 2 on AAC part of race(s)



The Finish area



AAC and WAC

Thank You again for Marshalling

Please collect your T-shirt, Bib, and Flag before leaving this evening

