**Langdale Fell Race helpers list 2017**

**Tent erection**

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| Put tent up Friday am | Friday millionnaires | Tent, muscles, intelligence |

**Course marshals**

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| Flagged and rerouted section through fields - FRA radio provided  In position 10:55am | **Eric Parker**  **Colin Sandham** | Flags and tape  FRA radio  Marshals vests  First aid kit |
| Stream crossing ( – no RAYNET)  In position 11:10am | **Paul Wright** | Marshals bib  FRA radio  First did kit and KISU shelter  Dibber boxes x 4 |
| Thunacar Knott (dibbers and RAYNET)  In position 11:20am | **Carolyn Meyneaud**  **Chloe Routledge**  **Hazel Robinson**  + RAYNET man - **Alan** | Dibber boxes x 3  Marshals bibs  First did kit  KISU shelter/bivi bag  Emergency food for runners  Spare clothes  Runner counting sheets, clipboard and pens |
| Esk Hause shelter (dibbers and RAYNET)  In position 11.40am  Cut off 12.55pm | **Sarah Jones**  **Cath Musetti**  **Britta Sendlehoffer**  + RAYNET man - **Phil** | Dibber boxes x 2  Marshals bibs  First did kit  KISU shelter/bivi bag  Emergency food for runners  Spare clothes  Runner counting sheets, clipboard and pens |
| Bowfell summit (dibbers and RAYNET)  In position 11:50am  Cut off 1:35pm | **Garry Greenhow**  **Jon Deegan**  (leave at 2pm)  + RAYNET man - **Paul** | Dibber boxes x 2  Marshals bibs  First did kit  KISU shelter/bivi bag  Emergency food for runners  Spare clothes  Runner counting sheets, clipboard and pens  Tent (if weather very poor) |
| Long Top summit on Crinkle Crags (dibbers and RAYNET radio – no RAYNET man)  In position 12.:10pm  Cut off 2:15pm | **Stu Shuttleworth**  **Mike Hicks**  + RAYNET man - **Russ** | Dibber boxes x 2  Marshals bibs  First did kit and KISU shelter/bivi bag  Emergency food for runners  Spare clothes  Runner counting sheets, clipboard and pens  Tent (if weather very poor)  Handheld radio |
| Pike of Blisco summit – NW most large cairn (dibbers and RAYNET)  In position 12.25pm  Cut off 2.50pm | **Paul Dooay**  **Jack Wright**  **Jack’s girlfriend**  + RAYNET man - **Mike** | Dibber boxes  Marshals bibs  First did kit  KISU shelter/bivi bag  Emergency food for runners  Spare clothes  Runner counting sheets, clipboard and pens  Tent (if weather very poor) |
| Blea Tarn cattle grid (dibbers but no RAYNET) FRA radio provided  Runners must cross through the gate and go down the path – not the road! | **Steve Ashworth**  **Rowan Ashworth**  **Tom Ashworth**  **Rich Stevens**  (on the way up please flag the section through the campsite up to the bottom of the zig zag path) | Flags  Tape  Dibber boxes x 2  Marshals bibs  FRA radio  First aid kit  Runner counting sheets, clipboard and pens |

**Registration and race start**

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| Parking – at gate collecting money from 9am | **Gary Thorpe**  **Colin Sandham**  £3 per car | Buckets x2  Change  Marshals vests |
| Parking – directing and parking cars from 9am | **J P Challinor**  **Alexander Rothwell**  **Jez Lefton**  + 1 other (AAC racer) | Marshals vests  Common sense  Tolerance for abuse |
| Kit check from 9.15am  (in main tent) | **Michelle Crowley**  **Nigel Coe**  **Stu Shuttleworth**  **Steve Ashworth**  **Selwyn Wright** | Tables  Highlighter pens  List of kit requirements |
| Disclaimer form table  (in separate large ‘family size’ tent if weather wet, outside if dry) | **Ben Abdelnoor** | Marshals vest  Tables  Disclaimer forms and pens |
| Registration tables ( 4 in alphabetical order in main tent) from 9.15am  Attaching dibbers | **Rachel Wright**  **Paul Tierney**  **Matt Reedy**  **Helen Duxbury**  **Rich Stevens**  **Sarah McCormack**  **Roger Smith**  **Ann Smith**  + SI ENTRIES MAN/WOMAN (Martin) | Tables  Pens  Entry lists (from SI system) |
| Gates in the first 300m  In position 10.50am | **Michelle Crowley**  **Rachel Wright** | Marshals vests |
| RAYNET Base cover | **Peter** |  |

**Results and race finish**

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| Road/ field junction – ESSENTIAL!  (runners easily obstructed by cars leaving and pedestrians) | **Paul Wright**  **Roger Smith**  +1 other | Marshals vests  Tape? |
| Finish – recording numbers and back up funnelling runners and cutting off dibbers | **Rachel Wright**  **Helen Duxbury**  **Ann Smith** | Scissors  Dibber boxes  Tape and rods |
| Results  (SI ENTRIES used this year)  No stickers!! | + SI ENTRIES MAN/WOMAN (Steve) |  |
| Help Dan with prizes 2.45pm ODG | **Michelle Crowley** |  |
| Pie distribution at ODG  From 1pm | **Michelle Crowley** collect pies Ambleside at 11.30am and distribute at ODG from 1.15pm – 2pm  **Paul Tierney** 2 – 3pm  (in shifts from 1.15 – 3.30pm) | Pies x 500  Table  chair |
| Water monitoring and collection | **Emma Duxbury, Ruby Duxbury** | Water containers, cups and table, OJ |