**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 providedIn position 10:55am | **Eric Parker****Colin Sandham** | Flags and tapeFRA radioMarshals vestsFirst aid kit |
| Stream crossing ( – no RAYNET)In position 11:10am | **Paul Wright** | Marshals bibFRA radioFirst did kit and KISU shelterDibber boxes x 4 |
| Thunacar Knott (dibbers and RAYNET)In position 11:20am | **Carolyn Meyneaud****Chloe Routledge** **Hazel Robinson**+ RAYNET man - **Alan** | Dibber boxes x 3Marshals bibsFirst did kitKISU shelter/bivi bagEmergency food for runnersSpare clothesRunner counting sheets, clipboard and pens |
| Esk Hause shelter (dibbers and RAYNET)In position 11.40amCut off 12.55pm | **Sarah Jones****Cath Musetti** **Britta Sendlehoffer**+ RAYNET man - **Phil** | Dibber boxes x 2Marshals bibsFirst did kitKISU shelter/bivi bagEmergency food for runnersSpare clothesRunner counting sheets, clipboard and pens |
| Bowfell summit (dibbers and RAYNET)In position 11:50amCut off 1:35pm | **Garry Greenhow****Jon Deegan**(leave at 2pm)+ RAYNET man - **Paul**  | Dibber boxes x 2Marshals bibsFirst did kitKISU shelter/bivi bagEmergency food for runnersSpare clothesRunner counting sheets, clipboard and pensTent (if weather very poor) |
| Long Top summit on Crinkle Crags (dibbers and RAYNET radio – no RAYNET man)In position 12.:10pmCut off 2:15pm | **Stu Shuttleworth****Mike Hicks**+ RAYNET man - **Russ** | Dibber boxes x 2Marshals bibsFirst did kit and KISU shelter/bivi bagEmergency food for runnersSpare clothesRunner counting sheets, clipboard and pensTent (if weather very poor)Handheld radio |
| Pike of Blisco summit – NW most large cairn (dibbers and RAYNET)In position 12.25pmCut off 2.50pm | **Paul Dooay****Jack Wright****Jack’s girlfriend**+ RAYNET man - **Mike**  | Dibber boxesMarshals bibsFirst did kitKISU shelter/bivi bagEmergency food for runnersSpare clothesRunner counting sheets, clipboard and pensTent (if weather very poor) |
| Blea Tarn cattle grid (dibbers but no RAYNET) FRA radio providedRunners 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) | FlagsTapeDibber boxes x 2Marshals bibsFRA radioFirst 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 x2ChangeMarshals vests |
| Parking – directing and parking cars from 9am | **J P Challinor****Alexander Rothwell****Jez Lefton**+ 1 other (AAC racer) | Marshals vestsCommon senseTolerance for abuse |
| Kit check from 9.15am(in main tent) | **Michelle Crowley****Nigel Coe****Stu Shuttleworth****Steve Ashworth** **Selwyn Wright** | TablesHighlighter pensList of kit requirements |
| Disclaimer form table(in separate large ‘family size’ tent if weather wet, outside if dry) | **Ben Abdelnoor** | Marshals vestTablesDisclaimer forms and pens |
| Registration tables ( 4 in alphabetical order in main tent) from 9.15amAttaching dibbers | **Rachel Wright****Paul Tierney****Matt Reedy****Helen Duxbury** **Rich Stevens** **Sarah McCormack****Roger Smith****Ann Smith**+ SI ENTRIES MAN/WOMAN (Martin) | TablesPensEntry lists (from SI system) |
| Gates in the first 300mIn 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 vestsTape? |
| Finish – recording numbers and back up funnelling runners and cutting off dibbers | **Rachel Wright****Helen Duxbury****Ann Smith** | ScissorsDibber boxesTape 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 ODGFrom 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 500Tablechair |
| Water monitoring and collection | **Emma Duxbury, Ruby Duxbury** | Water containers, cups and table, OJ |