

St Valentine's Day 30k Master Plan 14/15 Feb 2026

On behalf of the Club many thanks to all who have volunteered to allow us to put on this, our flagship event. The 30k raises a good amount of income for us, allowing us to keep subs as low as possible, while still doing all the things that we do. More importantly, it is our chance to show how Stamford Striders do race events, and we have a great reputation to uphold. The 30k is well known as being a professionally run event, while still retaining that warm and friendly club feel. We think that comes from it being staffed by runners - we know what we would like from a great race, and so we give it to all competitors at our event. The main aim is to help all the entrants get the best race they can. It's a tough course!

Attached below are all the jobs so you can see what you are doing, and further down are more detailed briefs for marshals and water station people. If you can, please print off any briefs relevant to you. Don't worry if you can't as we will have them at the briefing on the day, but please do still **familiarise yourself with them**. Any questions beforehand, please do ask - volunteers@stamfordstriders.org. There's not much time on the day - the brief will be brief! Please do be there on time.

Anyone with a job at the school site (registration/baggage/parking) will need to be at Stamford Welland Academy by **0800** on Sunday 15th Feb. Your first point of contact is Suzanne Moon.

Anyone with a job on the course (marshals/water station people/road closure people) will need to report to the canteen at Stamford Welland Academy for a briefing and issue of kit at **0930**. Your point of contact is Nick Wells. Please do bring a charged mobile phone, and **dress up warm!** If you want to get together with other people at your location and "do something a bit different" then please do - any distraction takes the runner's mind off the pain! (Music, Fancy Dress, whatever works)

Finally, don't forget we have a party at Borderville afterwards and we would love to see you there. Bar opens at 6 and food from 7pm

Robin Ball, Chairman
Charlie Noble, Race Director

Saturday Set Up:

Please report to Welland Academy at 0900 unless previously informed to report to container

Brian Kearsey	Meet at container
Robin Ball	Meet at container
Nick Wells	
David Babbs	
Neil Beckingham	
Steve Parker	
Marcus Brown	
Linda Brown	
Nick Harding	
Liz Harding	

Ed Fancourt	Saturday runner registration 0930-1100
Suzanne Moon	Saturday runner registration 0930-1100

Keep scrolling down for Sunday posts

OFFICIALS:

<u>Race Director:</u>	Charlie Noble	07860 965999
<u>Race Referee:</u>	Gordon Geach	Grantham Running Club
<u>Safety Officer:</u>	Robin Ball	07799 717710
<u>Paramedic</u>	UK Life Med	07583 499473
<u>OIC Course:</u>	Andrew Wade	07792 404982
<u>OIC Marshals:</u>	Nick Wells	07708 593792
<u>OIC School Site:</u>	Suzanne Moon	07711 990785
<u>OIC Registrations:</u>	Ed Fancourt	07970 053044

PRE-RACE DUTIES:

Drive Course:

Put out KM Markers	1	Andrew Wade
Put out Water Stations	2	Robin Ball
	3	Steve Crooks
	4	Sean Eglin
	5	Martin Candish

In Town:

Direction Signs	1	Andrew Wade	(then course set up)
	2	Martin Candish	(then course set up)

Welland Academy

Field Set Up	1	Nick Wells	(then MP 19)
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Registration - Two people required per each station (8 in total)

1	1	Sam Mathie	(then finish line)
	2	Elaine Allwood	(then finish line)
2	1	Jen Taylor	(then finish line)
	2	Lesley Buckingham	(then finish line)
3	1	Vicky Linfoot	(then run)
	2	Jonathan Ramm	(then run)
4	1	Vanessa McKinnon	
	2	Matt Ginieres	(then Field M2)

Reg'n Troubleshooter	1	Ed Fancourt	(then Field M1)
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Meet and Greet Hosts	1	Rupert Clifton	(then run)
(Also Troubleshooters)	2	Rebecca Candy	(then run)

Car Parking

SWA

3 people required	1	OIC Nick Harding	(then Side Road Closure)
	2	Scott Linfoot	(then Lead Car)
	3	Brian Kearsey	(then Lead Car)

New College

4 people required	1	Sam Barrett	(then Side Road Closure)
	2	Steve Knight	(then Side Road Closure)
	3	Adie Stevens	(then Side Road Closure)
	4	Mark Chandler	NISA Marshal (then Side Road Closure)

BLUECOAT:

2 people required (ideally)	1	Dave Sinker	(then Side Road Closure)
	2	Neil Lakin	(then Side Road Closure)

Parking Kesteven Rd	1	Ian Hemsall	(then Side Road Closure)
	2	Bret Alibone	(then Side Road Closure)

SWA Main Entrance (for Exit)	1	Nick Wells	(Also M19)
Baggage (Throughout)	1	Cheryl Alibone	
	2	Michelle Ginieres	
	3	Liz Makin	
	4	Mark Harding	
	5	Liz Harding	

RACE DUTIES:

Marshal Points:

MP 1 / MP 18	1	William Blackmore
	x	Sarah Blackmore
MP 2 / MP 17	1	Julia Parker
	x	Adam Fenn
MP 3 / MP 16	1	Claire Willis
	2	Matt Willis
MP 4 / MP 15	1	Caragh Johnson
	2	Neil Johnson
MP5 / MP 14	1	Caroline Butcher
	2	Simon Butcher
MP 6	1	Michelle Physick
	x	Mark Physick
MP 7	1	Richard Clark
	x	Terry Cross
MP 8	1	John Shek
	2	Charlotte Hutton
MP 9	1	Karen Lane
MP 9A	1	Steve Lane
MP10	1	Mala Sun
	x	Janine Buck

MP 11	1	Jen Dancy	
	x	Jenny Marples	
MP 12	1	Steve Lamb	
MP 13	1	Ian Davidson	
MP 19	1	Nick Wells	(from field set up)
	X	Gordon Orr	
15km Halfway Clock	1	Mark Chandler	(from Road Closure)
Field Marshals	1	Matt Ginieres	
	2	Ed Fancourt	
Field entry	1	Nick Sheehan	

Water Stations:

Tolethorpe Water Station	1	Doreen Mathie	
	2	Scott Mathie	
	3	Helen Dunk	
	4	Tony Dunk	
Barbers Hill Water Station	1	Yaxley	
	2	Yaxley	
	3	Yaxley	
	4	Yaxley	
Mill Farm Water Station	1	Pip's Team	
	2	Pip's Team	
	3	Pip's Team	
	4	Pip's Team	
Pickworth Water Station	1	Will Clarke	
	2	Nicole Badcock	
	3	Stuart Hill	
	4	Richard Mardling	
Gt Casterton Water Station	1	Ann Cox	
	2	Call Robertson	
	3	Ian Hemsall	
	4	Brett Alibone	
Lead Car	1	Scott Linfoot	(from Parking)
	2	Brian Kearsey	(from Parking)

Sweeper/Tail Runner	1	Rachel Heron	(from Registration)
Photographer	1	David Babbs	

Finish Line:

Official Timekeeper	1	EMIT LTD	
Finish Line	1	Sam Mathie	(from Reg'n)
Goody Bags etc	2	Elaine Allwood	(from Reg'n)
	3	Jen Taylor	(from Reg'n)
	4	Lesley Beckingham	(from Reg'n)
PA	1	Nick Harding	(From Parking)
Presentations	1	Charlie Noble	
	2	Suzanne Moon	

Road Closures

Peterhouse Close	1	Rachel Heron	(then tail run)
Downing Crescent	1	Nick Harding	(from Parking)
Emmanuel Road	1	Stuart Hodgkinson	(from Parking. Remain)
Selwyn Road	1	Sam Barrett	(Then Emmanuel Rd)
Girton Way	1	Steve Knight	(remain for duration)
Darwin Close	1	Adie Stevens	(Then Girton)
Charles Road	1	Dave Sinker	(then CP Exit)
Pembroke Road	1	Claire Maxted	
Trinity Road	1	Neil Lakin	(then CP Exit)
Somerville Road	1	Ian Hemsall	(then Casterton WS)
Mason Drive	1	Bret Alibone	(then Casterton WS)
Fitzwilliam Road	1	Mark Chandler	(then Halfway Clock)

Closure Information Points

Tollbar Corner	1
Casterton College Corner	1
Belmesthorpe R'bout Corner	1

Ryhall Corner

1

Standby Cover:

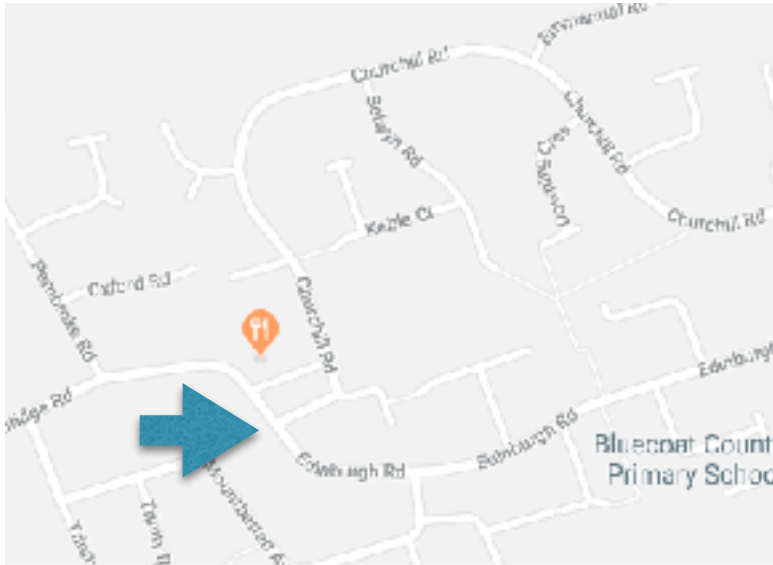
Nick Sheehan

Need Minimum 75 for all jobs without doubling up!

Marshal Point No 1 / 18

What 3 Words: obey.fear.rather

Location: T-Junction at Churchill Road where it meets Edinburgh Road (0.8km from Start/29.2km to finish). “The Chip Shop”



Number of Marshals Required in Risk Assessment: 1

Names:

In Position: 1030

Instructions:

Direct Runners down Cambridge Road staying to the Left

There will be a road closure here for the runners at the start, heading out.
On runners return, direct runners up Churchill Road keeping to the Left

When last runner has passed return to Welland Academy

Marshal Point No 2 / 17

What 3 Words: sailor.lock.rounds

Location: T-Junction at bottom of Cambridge Road where it meets Little Casterton Road (1.1km from start/28.9km to finish)



Number of Marshals Required in Risk Assessment: 1

Names:

In Position: 1030

Instructions:

Direct Runners towards Little Casterton along Little Casterton Road
instructing to keep to Left

There will be a road closure here for the runners at the start, heading out.

On runners return direct runners up Cambridge Road keeping to Left
When last runner has passed return to Welland Academy

Marshal Point No 3 / 16

What 3 Words: whiplash.will.spurtd

Location: Y Junction at end of Little Casterton Road just before Little Casterton Village (3km from start/27km to finish)



Number of Marshals Required in Risk Assessment: 2

Names:

In Position: 1030

Instructions:

Direct Runners into Little Casterton Village staying on Left

There will be a road closure here for the runners at the start, heading out. 1 marshal to assist with the road closure.

On runners return direct up Little Casterton Road towards Stamford keeping to left. When last runner passed return to Welland Academy

Be Assertive – this is a potentially dangerous junction

Marshal Point No 4

What 3 Words: park.hikes.ledge

Location: Left Junction at end of Little Casterton Village towards Tolethorpe (4km from start/26km from finish)



Number of Marshals Required in Risk Assessment: 2

Names:

In Position: 1030

Instructions:

Direct runners towards Water Station near Tolethorpe Lodge

There will be a road closure here for the runners at the start, heading out. On runners return, there will be a stop/go traffic control. Direct runners through Little Casterton keeping to the Left

Warn oncoming traffic to slow down

Be aware this is a potentially hazardous junction

After last runner has passed return to Welland Academy

Marshal Point No 5 / 14

What 3 Words: runs.instructs.bongo

Location: T-Junction at end of road from Tolethorpe (4.9km from start/ 25.1km to finish)



Number of Marshals Required in Risk Assessment: 2

Names:

In Position: 1030

Instructions:

Direct runners towards Ryhall instructing to keep on Left

There will be a road closure for runners heading out.

On runners return there will be a stop/go traffic control. Direct runners down lane towards Little Casterton

Be aware this is a potentially hazardous junction

Marshal Point No 6

What 3 Words: visa.lushly.opened

Location: Left turn at junction at end of Ryhall road from Great Casterton (5.5km from start/24.5km to finish)



Number of Marshals Required in Risk Assessment: 1

Names:

In Position: 1030

Instructions:

There will be a road closure here for the way out

Direct runners up B1176 towards Careby instructing to keep to Left

When last runner through return to Welland Academy

Marshal Point No 7

What 3 Words: sideburns.schools.flicked

Location: Minor crossroads on B1176 (8.6km from start/21.4km to finish)



Number of Marshals Required in Risk Assessment: 1

Names:

In Position: 1030

Instructions:

Direct runners up Barbers Hill towards Careby instructing to keep to Left

Warn oncoming traffic to slow down

When last runner through, return to Welland Academy

Marshal Point No 8

What 3 Words: surfer.tilt.wobbles

Location: Left Turn at Careby Bend (11.8km from start/18.2km to finish)



Number of Marshals Required in Risk Assessment: 2

Names:

In Position: 1045

Instructions:

Direct runners up hill towards Holywell keeping to the Left

Warn oncoming traffic to slow down

When last runner passed, return to Welland Academy

Marshal Point No 9

What 3 Words: jumps.nights.rhino

Location: First left turn on Careby road towards Castle Dyke by Mill Farm (12.5km from start/17.5km to finish)



Number of Marshals Required in Risk Assessment: 2

Names:

In Position: 1100

Instructions:

Direct runners around two left bends towards Castle Dyke

One marshal on first bend, second marshal on second bend

Warn oncoming traffic to slow down

After last runner has passed return to Welland Academy

Marshal Point No 10

What 3 Words: spoon.convinced.crate

Location: Sharp left turn at Castle dyke towards Pickworth (15.5km from start/14.5km to finish)



Number

of Marshals Required in Risk Assessment: 1

Names:

In Position: 1115

Instructions:

Direct runners right towards Pickworth instructing to keep on Left

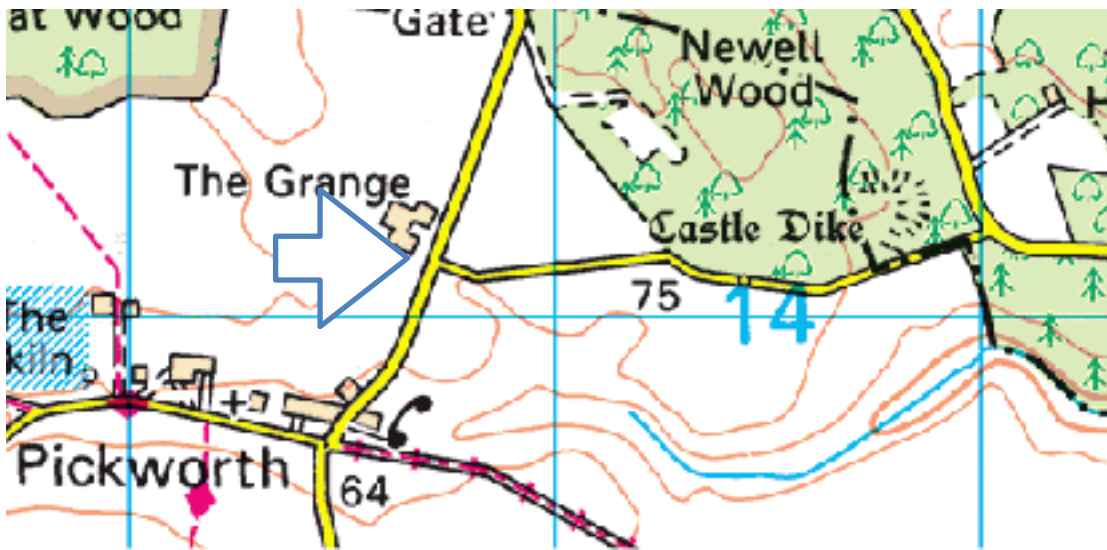
Warn oncoming traffic to slow down

When last runner has passed return to Welland Academy

Marshal Point No 11

What 3 Words: easy.boards.stud

Location: T-junction joining Pickworth road just before village and water station (16.7km from start/13.3km to finish)



Number of Marshals Required in Risk Assessment: 1

Names:

In Position: 1130

Instructions:

Direct runners left towards Pickworth keeping to Left

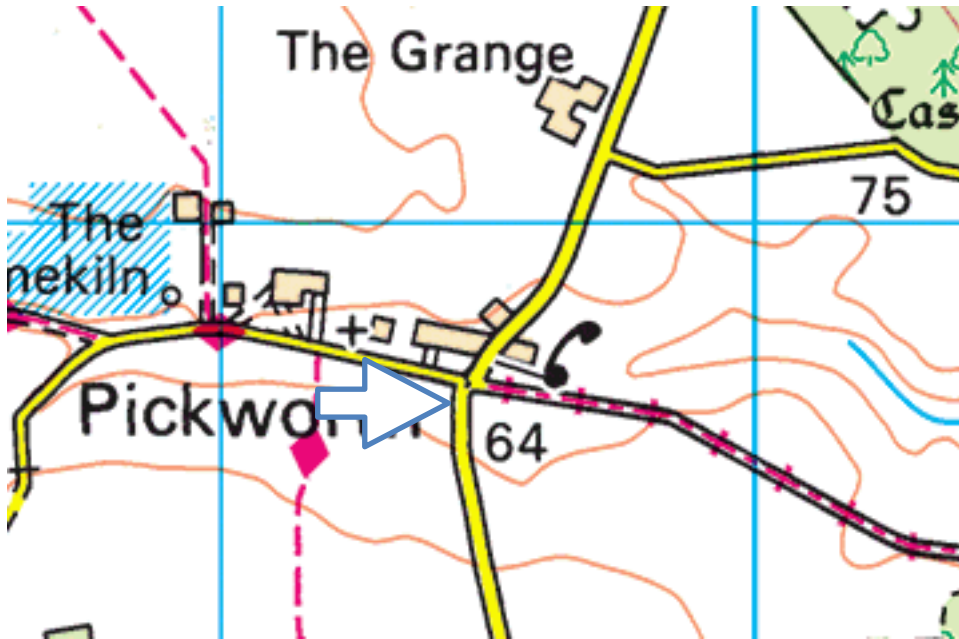
Warn oncoming traffic to slow down

When last runner passed return to Welland Academy

Marshal Point No 12

What 3 Words: tricky.legal.walked

Location: Small crossroads in Pickworth at water station (17.1km from start/12.9km to finish)



Number of Marshals Required in Risk Assessment: 1

Names:

In Position: 1030

Instructions:

Please guard the Water Station supplies until the team arrive (they are organising a road closure for the start)

Direct runners towards Great Casterton keeping to Left

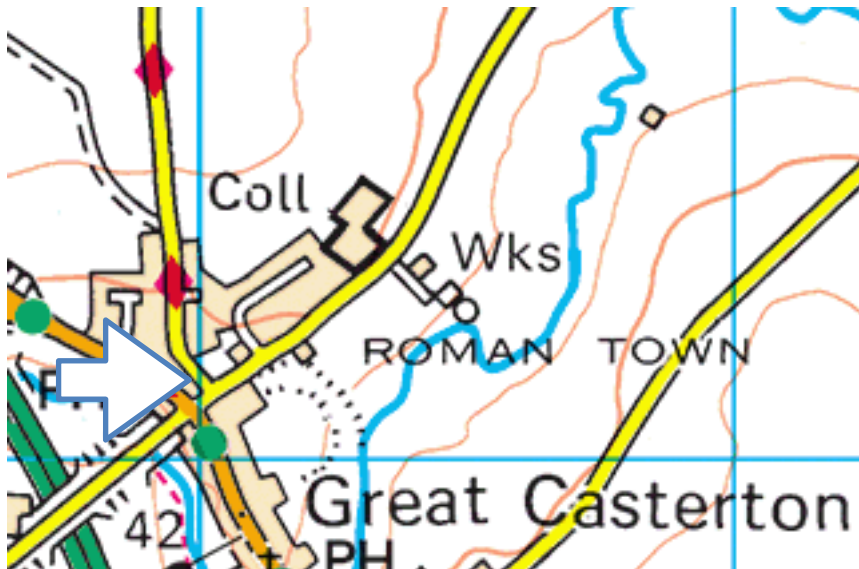
Warn oncoming traffic to slow down

After last runner has passed, help to clear up water station then return to Welland Academy

Marshal Point No 13

What 3 Words: sanded.campers.amicably

Location: T-Junction in Great Casterton near water station at Primary school (21.9km from start/8.1km to finish)



Number of Marshals Required in Risk Assessment: 1

Names:

In Position: 1100

Instructions:

Direct runners left uphill towards Casterton College keeping to left

Warn oncoming traffic to slow down

When last runner has passed, help to clear up water station then return to Welland Academy

Marshal Point No19

What 3 Words: groom.vibe.voice

Location: Queen Eleanor School Entrance

Number of Marshals Required in Risk Assessment: 1

Names:

In Position: 1200

Instructions:

Guide runners into School entrance. Watch for exiting Traffic!

One marshal to direct runners onto and around school field lap

Requires extra help for car control

General Notes for all Marshals

- **Please be at your marshal point in good time**
- Take warm, wet weather clothing with you. You may also like to take your own food and hot drinks. You may be outside for 4 hours. You will get a raffle ticket for a free bacon butty and hot drink at Welland Academy
- Wear your High Viz vest. It identifies you as a race official
- Be alert to hazards and warn runners accordingly. You cannot stop traffic but you can advise and direct runners. They must follow your instructions.
- If you see a runner wearing headphones, please ask them to remove them. Headphones are not permitted under UKA race regulations. NB Bone conductor headphone are allowed
- Take a charged mobile phone with you and note the important contact numbers. (Race Director, Safety Officer, First Aid supplier)
- In the event of an incident or accident, contact the Safety Officer. Speak slowly and clearly stating your marshal position and a description of the incident
- After you have been released by the sweeper, please pick up anything that you can, that is near you and needs to be cleared away (km marker signs / direction signs etc). This will greatly help our course dismantling team. Please also collect any race associated rubbish, and return to WA
- Please do come to the after race party!!!!

**Encourage the Runners! Shout / Sing / Dance / Play Music
Whatever it takes to spur them on**

Race Director:	Charlie Noble	07860 965999
Safety Officer:	Robin Ball	07799 717710
OIC Marshals:	Nick Wells	07708 593792

Notes for Water Stations:

1. Take warm, wet weather clothing with you. You could be outside for 4 hours!
2. Take food and hot drinks
3. Collect and wear your Hi Viz bib. It identifies you as a race official.
4. Be alert to hazards and warn runners accordingly. You cannot stop traffic, but you can advise and direct runners. They must follow your instructions.
5. Be well prepared in advance. Have as many cups ready on the table as you can before the runners arrive. Have someone filling cups as they are being used off the table. Only half fill cups as most runners will only take a few sips and throw the rest away. Hold cups at arms length between thumb and forefinger for runners to take as they run through. This will save you getting wet!!
6. Place black dustbins further down the course so runners can throw cups into them if they wish. Clear discarded cups into bin bags once the initial rush has died down.
7. Dispose of empty bottles by crushing them first and replacing lids. We would be very grateful if you could dispose of them in your recycling bins at home as we have hundreds of bottles and not much space!
8. Be ready for the follow up van after the last runner. Load equipment onto the van along with rubbish / km markers / direction signs. Please ensure no rubbish is left.
9. You will have an enormous impact on a runner's race. Encourage, cheer, lift and enthuse them on their way. Make the water station your own. Play music. Whatever you do, each runner will experience it only once as they pass by!
10. Take a mobile phone with you and make a note of the important numbers given out at the briefing. In the event of witnessing an incident call our First Aid Supplier. Speak slowly and clearly and explain where you are and the nature of the incident.

Race Director: Charlie Noble 07860 965999
Safety Officer: Robin Ball 07799 717710
OIC Marshals: Nick Wells 07708 593792
Emergency:

Where you are (approx):

<u>WS 1</u> <u>Tolethorpe</u>	On Salters Lane (5km from start)
<u>WS 2</u> <u>Spur Bridge</u>	Just after bridge on gravel section (10km from start) what 3 words: hunk.amber.nuzzling
<u>WS 3</u> <u>Holywell</u>	By Mill Farm (13.5km from start)
<u>WS 4</u> <u>Pickworth</u>	At Crossroads on the grass before Gravel road (17 km) what 3 words: oaks.snap.ghost
<u>WS 5</u> <u>Casterton</u>	Footpath by school (22km from start)

Notes for Road Closure Information People

1 All roads will be closed and reopened by our road closure company

2 Road closures of side roads between the start and Little Casterton Road (1045-1115)— your job is to explain to anyone trying to exit the side roads that there will be a slight delay until the race has passed. Most are then free to return to the school site, unless the notes tell you otherwise

3 The Tollbar-Belmesthorpe road(closed 1100-1145) and Casterton-Ryhall road (closed 1100-1200) are both closed by our road closure company. We have at least 1 information person at the end of each of these roads to explain to any confused drivers why it is closed, when it reopens and how to circumnavigate.

4 Please collect laminated info from Nick. This has the official road closure notice and a map for helping drivers avoid the closures

5 Due to rehearsals at Toilethorpe open air theatre we have agreed access for some vehicles which will have a pass.

