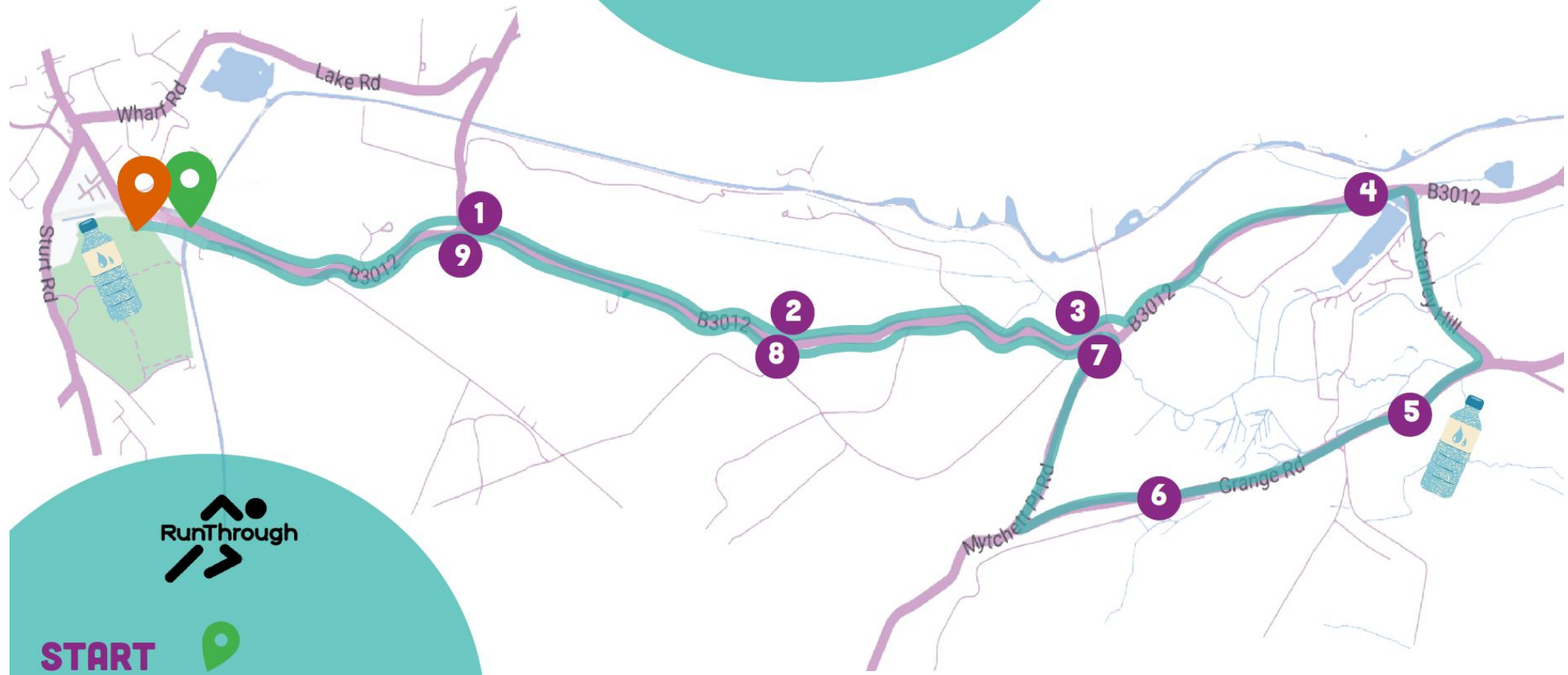




ROUTE MANAGEMENT PLANS

10KM & 5KM

10KM

A stylized black icon of a runner with the text 'RunThrough' above it.

START

FINISH

WATER STATION

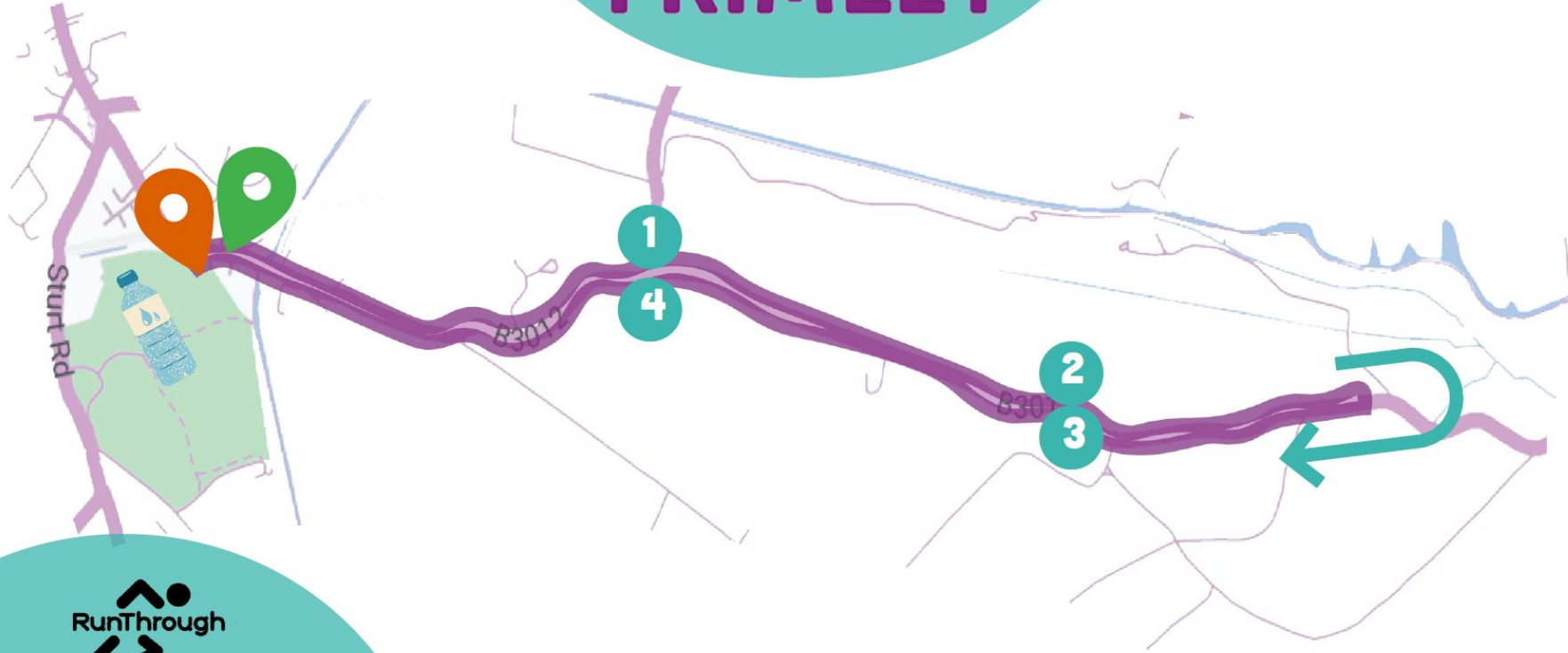
KM MARKERS

ELEVATION:



5KM

RUN FRIMLEY



RunThrough

START

FINISH

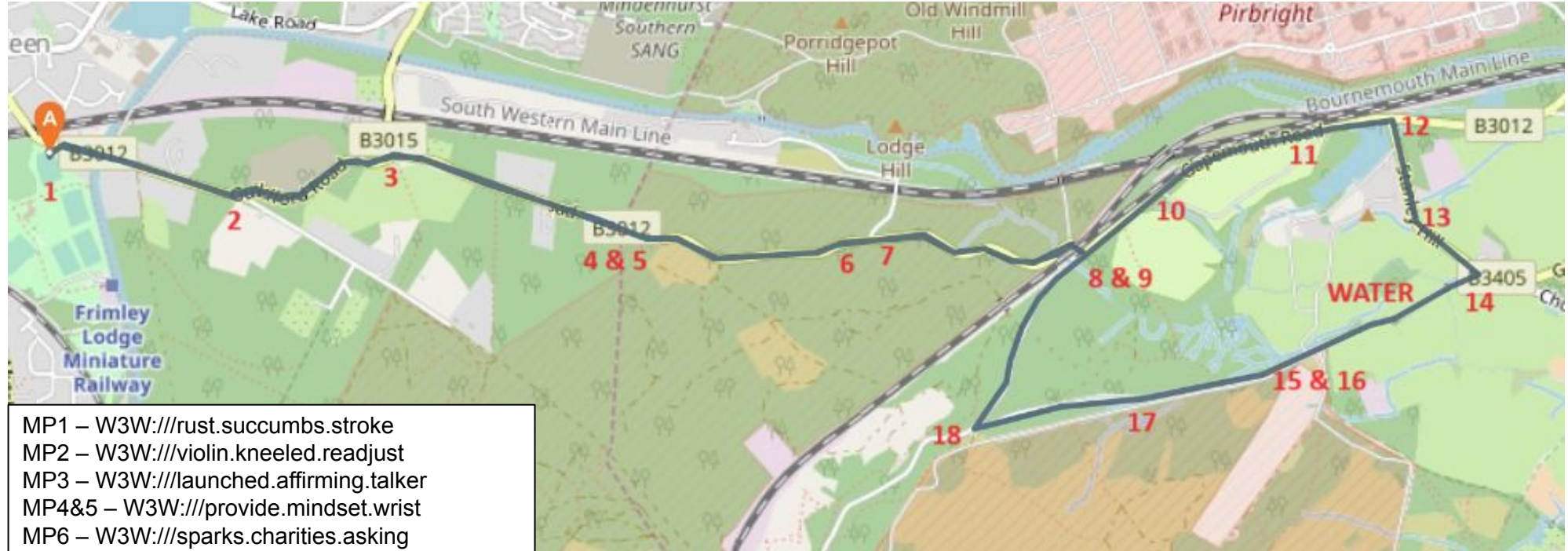
WATER STATION

KM MARKERS **3**

ELEVATION:



5KM & 10KM Marshal Allocation

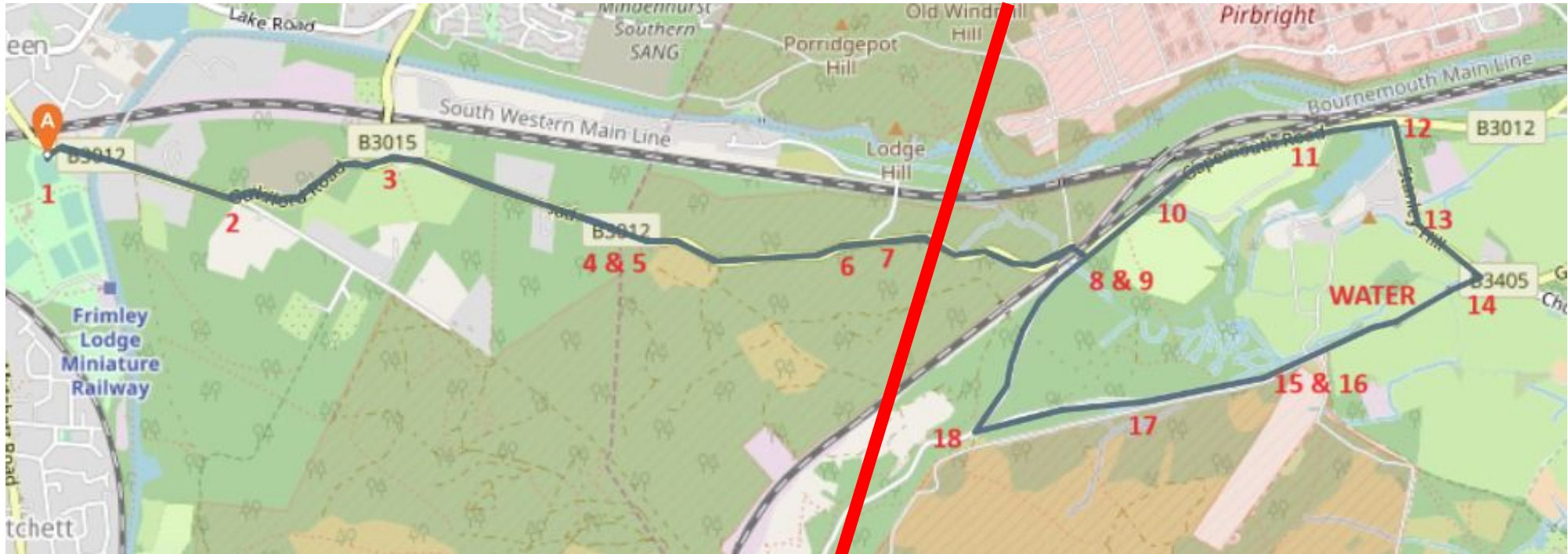


- MP1 – W3W:///rust.succumbs.stroke
- MP2 – W3W:///violin.kneeled.readjust
- MP3 – W3W:///launched.affirming.talker
- MP4&5 – W3W:///provide.mindset.wrist
- MP6 – W3W:///sparks.charities.asking
- MP7 – W3W:///hacksaw.wells.prepares
- MP8&9 – W3W:///beard.jacuzzi.decorator
- MP10 – W3W:///awoke.loitering.scores
- MP11 – W3W:///ready.valve.mouths
- MP12 – W3W:///nosedive.brittle.driving
- MP13 – W3W:///sooner.sums.goad
- MP14 – W3W:///lies.digs.vanish
- MP15&16 – W3W:///blizzard.tasks.tolerable
- MP17 – W3W:///answers.costumes.dabbling
- MP18 – W3W:///confined.movements.validated

ROUTE MANAGERS

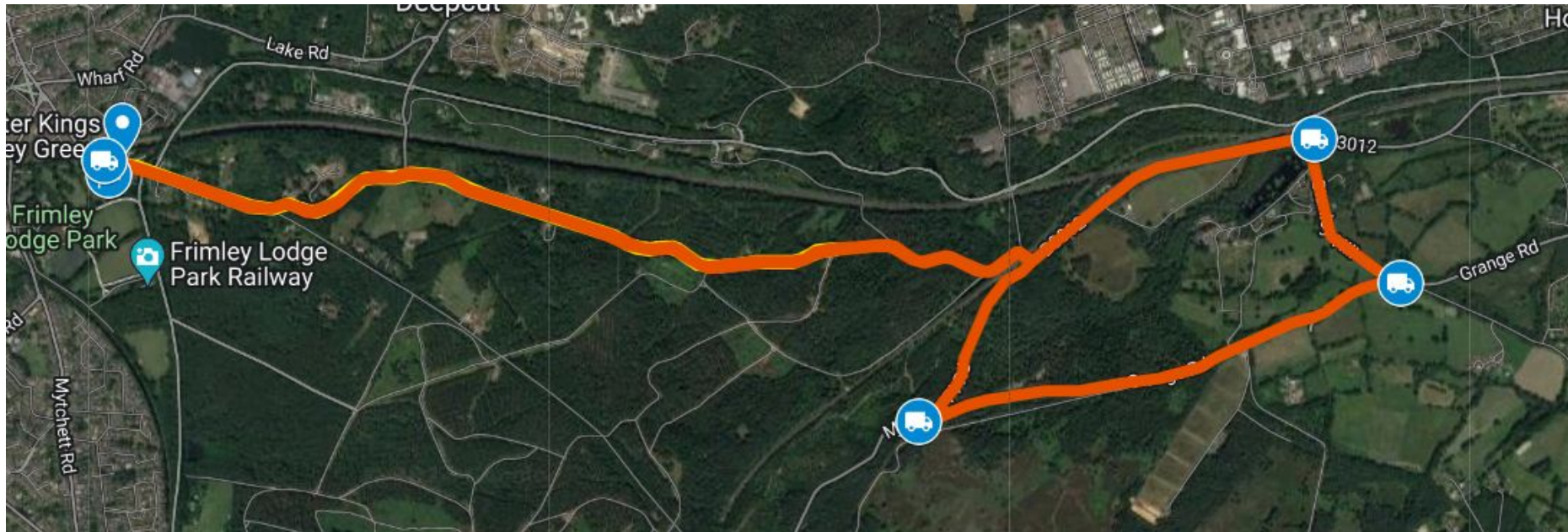
Zone 1 Manager
Kirsten Jones

Zone 2 Manager
Dylan Brignall



Traffic Management Operatives (Positioning on route)

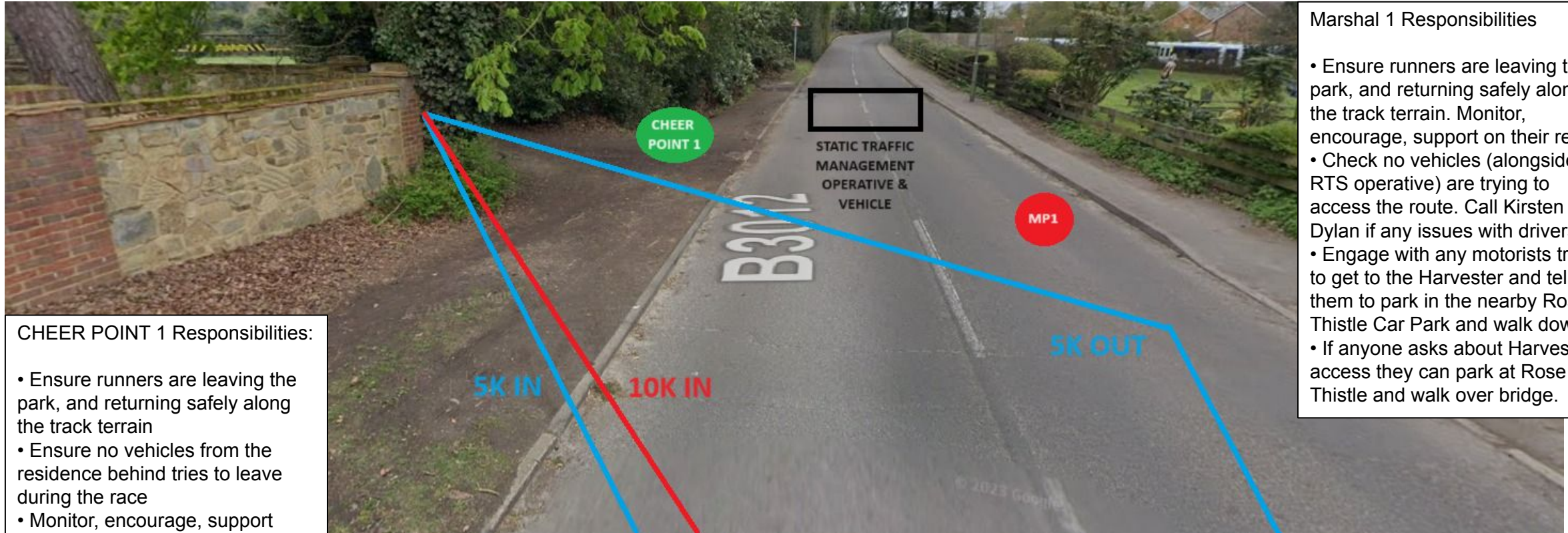
Marked vehicles on the map below are where CSAS accredited marshals will be based on course from Road Traffic Solutions.



Key Timings

- 06:30 – Course signage install by Route Team
- 07:00 – Central Cone line installed by RTS
- 07:45 – Marshal arrival to Event Village (If driving out to position, park at Harvester and walk across to site. If leaving a car for the morning, park on site in designated car park)
- 08:00 – Marshal brief in Event Village by Route Team
- 08:00 – 10km Drink Station set up by RunThrough team
- 08:15 – Marshals head out to positions on course
- 08:15 – Cheer Point teams head out to positions on course
- 08:15 – Route Medical teams deployed to static position on course
- 08:45 – Marshals in position
- 09:00 – Cheer Point teams in position
- 09:00 – Static Medical in Position
- 09:00 – Road Closures implemented by RTS
- 09:00 – Final cone lines installed/finessed by Route Team
- 09:05 – Safety Car completes lap of course to check on course for a 09:30 start
- 09:15 – 10km Water Station set up and ready to receive 10km runners
- 09:20 – Course to be ready to receive Runners / NO MORE VEHICLE MOVEMENT
- 09:25 – Lead Car in position at Exit of Park
- 09:30 – 10km Start
- 09:30 – Lead Bike sets off on Guildford Road and stays 75-100m ahead of front runner
- 09:45 – 5km Start
- 09:52 – Lead Bike to ensure it's past 5km Turn Point on the Inbound before 1st 5km runner approaches on the Outbound
- 10:01 – 1st 5km Finisher
- 10:05 – 1st 10km Finisher
- From 10:15 – Course signage removed once Sweep Car passed behind final 10km participant
- From 10:40 – Water Station full de-rig
- From 10:40 – Course cone removal to commence on Gapemouth Rd
- 10:45 – Final 5km Finisher
- 11:30 – Final 10km Finisher
- 12:00 – Road Closures OUT
- 12:00 – Course Marshals stood down

FRIMLEY LODGE PARK EXIT & RE-ENTRY



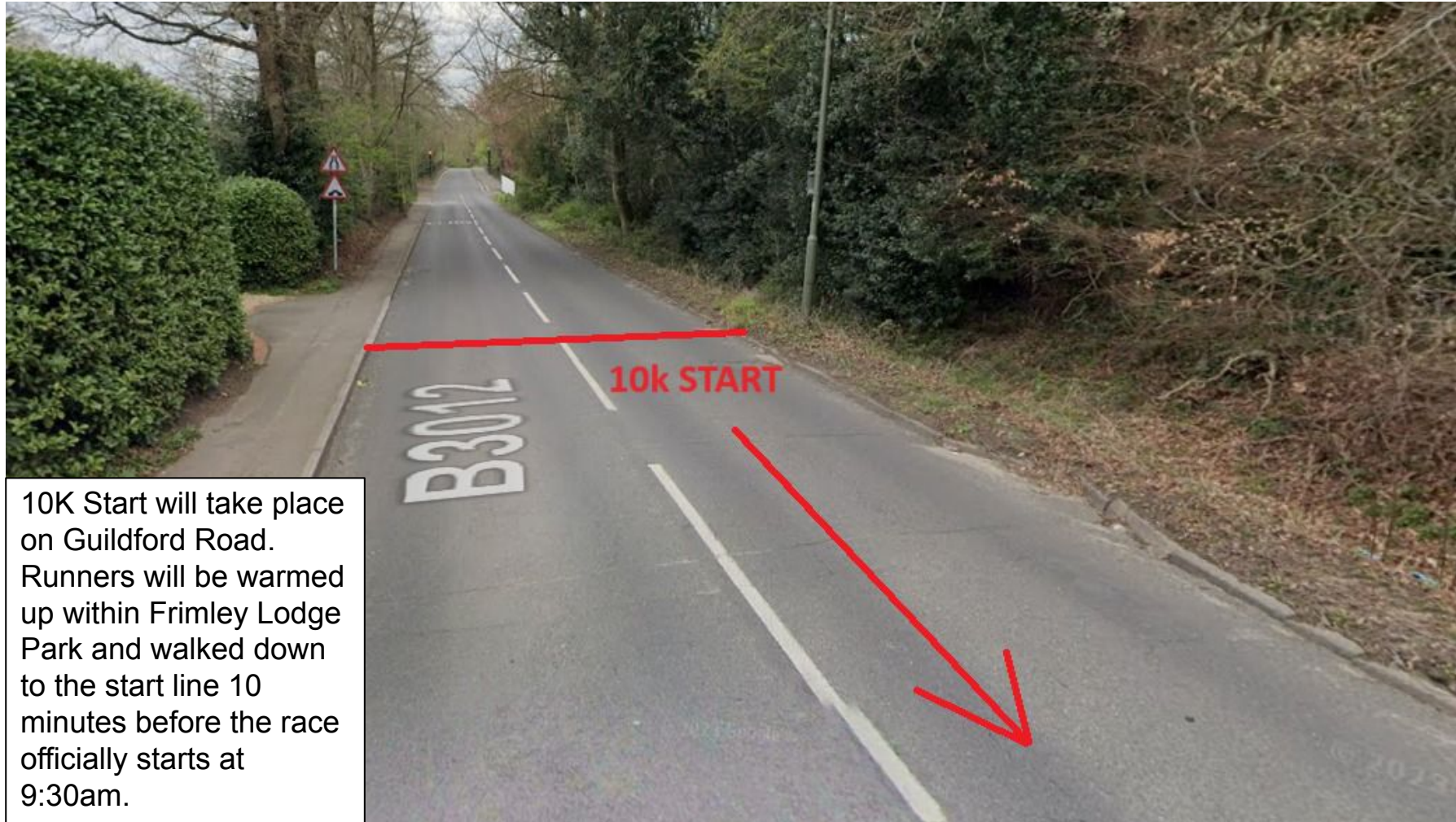
CHEER POINT 1 Responsibilities:

- Ensure runners are leaving the park, and returning safely along the track terrain
- Ensure no vehicles from the residence behind tries to leave during the race
- Monitor, encourage, support returning runners
- Move into the Park at 11:25 to help escort any 10km stragglers to the finish line (avoiding the Fun Run starters coming out at 11:30)

Marshal 1 Responsibilities

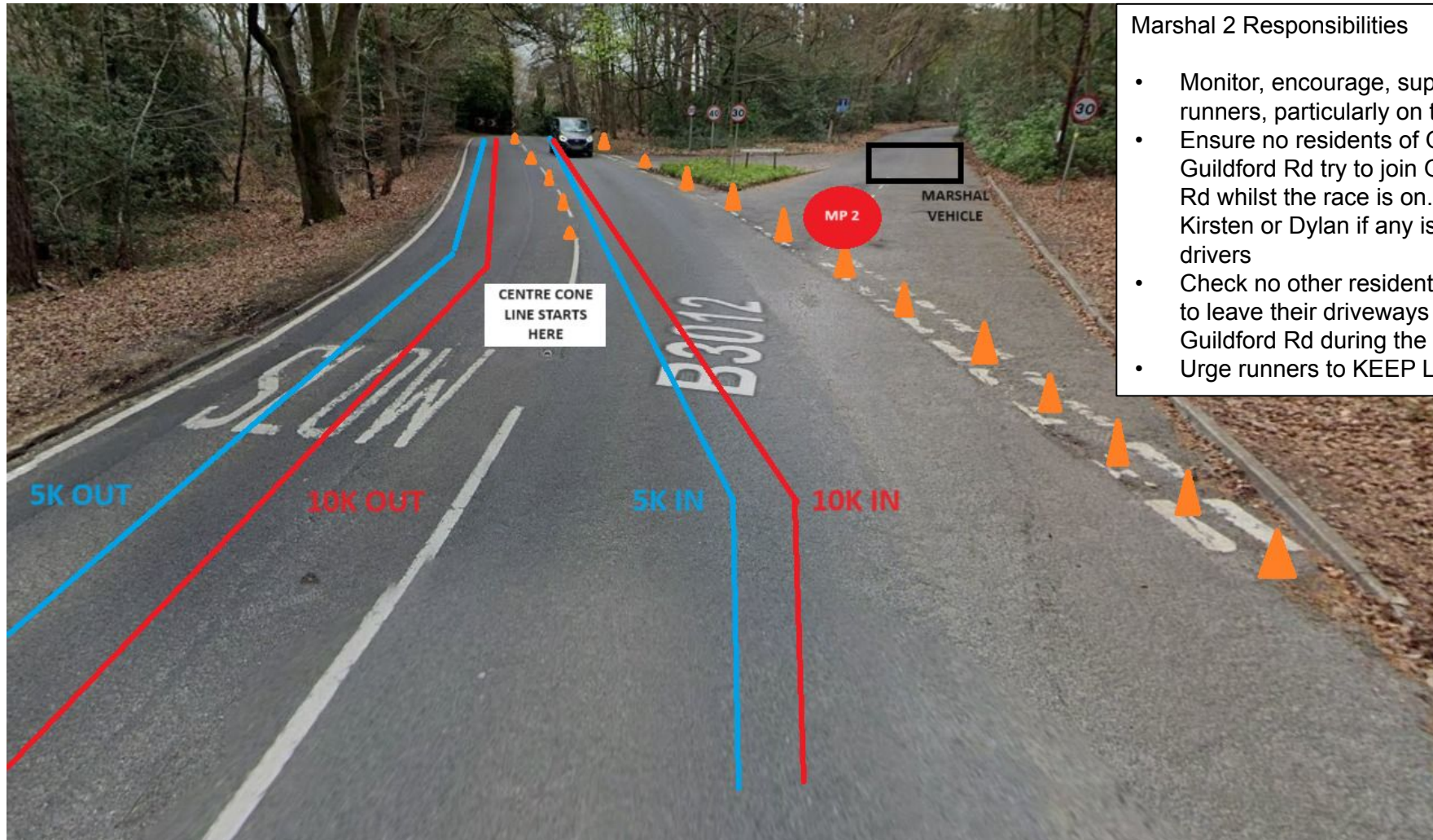
- Ensure runners are leaving the park, and returning safely along the track terrain. Monitor, encourage, support on their return
- Check no vehicles (alongside RTS operative) are trying to access the route. Call Kirsten or Dylan if any issues with drivers
- Engage with any motorists trying to get to the Harvester and tell them to park in the nearby Rose & Thistle Car Park and walk down
- If anyone asks about Harvester access they can park at Rose & Thistle and walk over bridge.

10K START



10K Start will take place on Guildford Road. Runners will be warmed up within Frimley Lodge Park and walked down to the start line 10 minutes before the race officially starts at 9:30am.

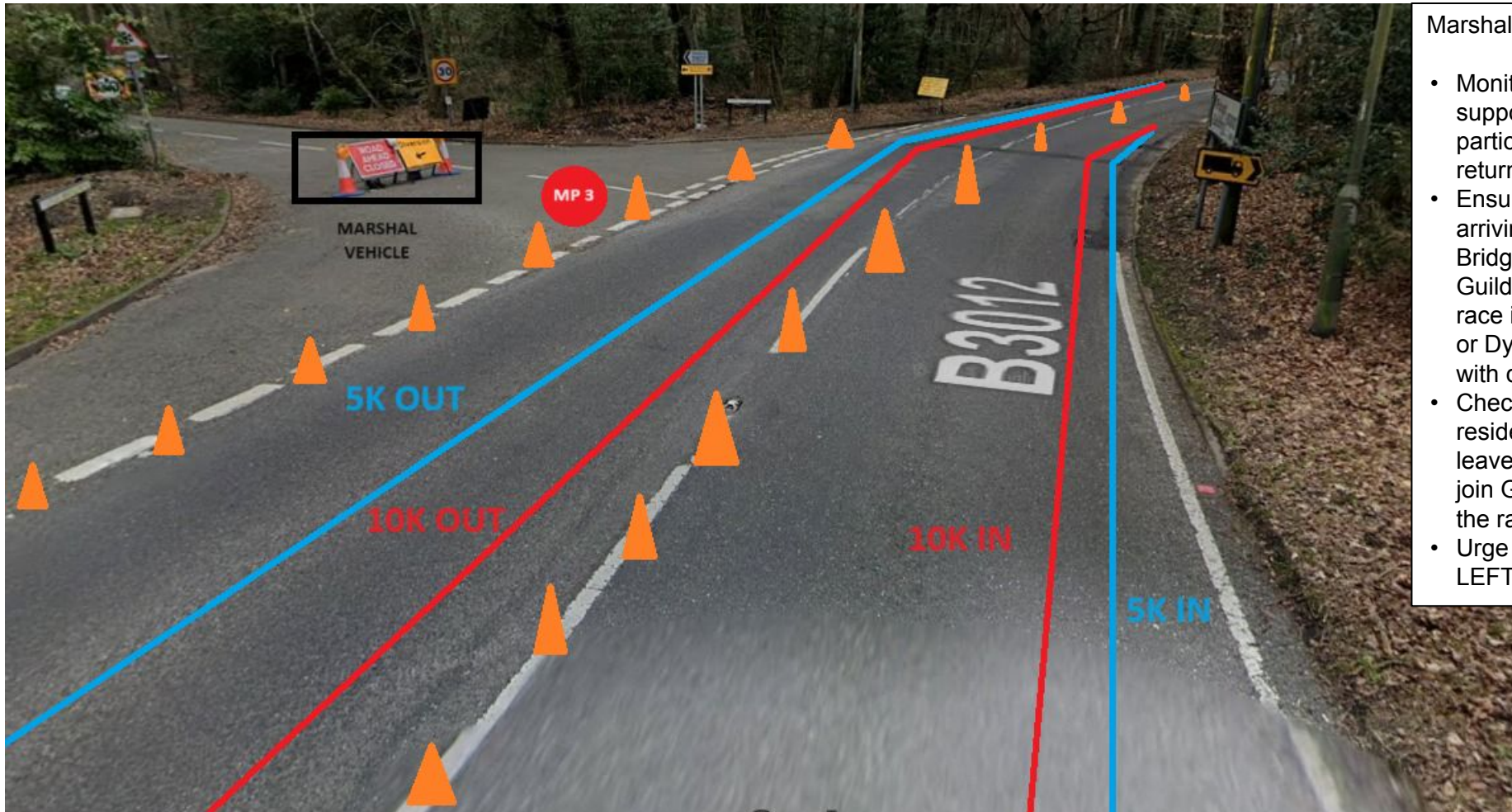
GUILDFORD ROAD JUNCTION W/ OLD GUILDFORD ROAD



Marshal 2 Responsibilities

- Monitor, encourage, support runners, particularly on their return
- Ensure no residents of Old Guildford Rd try to join Guildford Rd whilst the race is on. Call Kirsten or Dylan if any issues with drivers
- Check no other residents are trying to leave their driveways to join Guildford Rd during the race
- Urge runners to KEEP LEFT

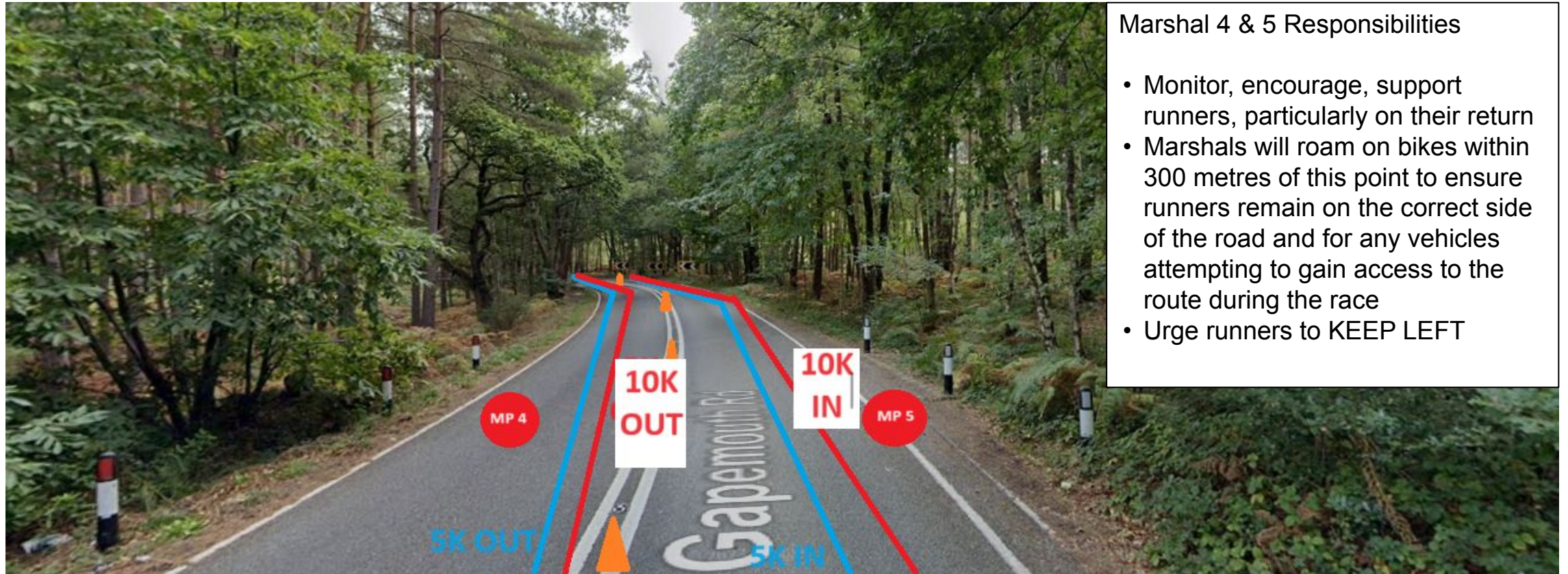
GUILDFORD ROAD JUNCTION W/ DEEPCUT BRIDGE ROAD



Marshal 3 Responsibilities

- Monitor, encourage, support runners, particularly on their return
- Ensure no vehicles arriving from Deepcut Bridge try to join Guildford Rd whilst the race is on. Call Kirsten or Dylan if any issues with drivers
- Check no other residents are trying to leave their driveways to join Guildford Rd during the race.
- Urge runners to KEEP LEFT

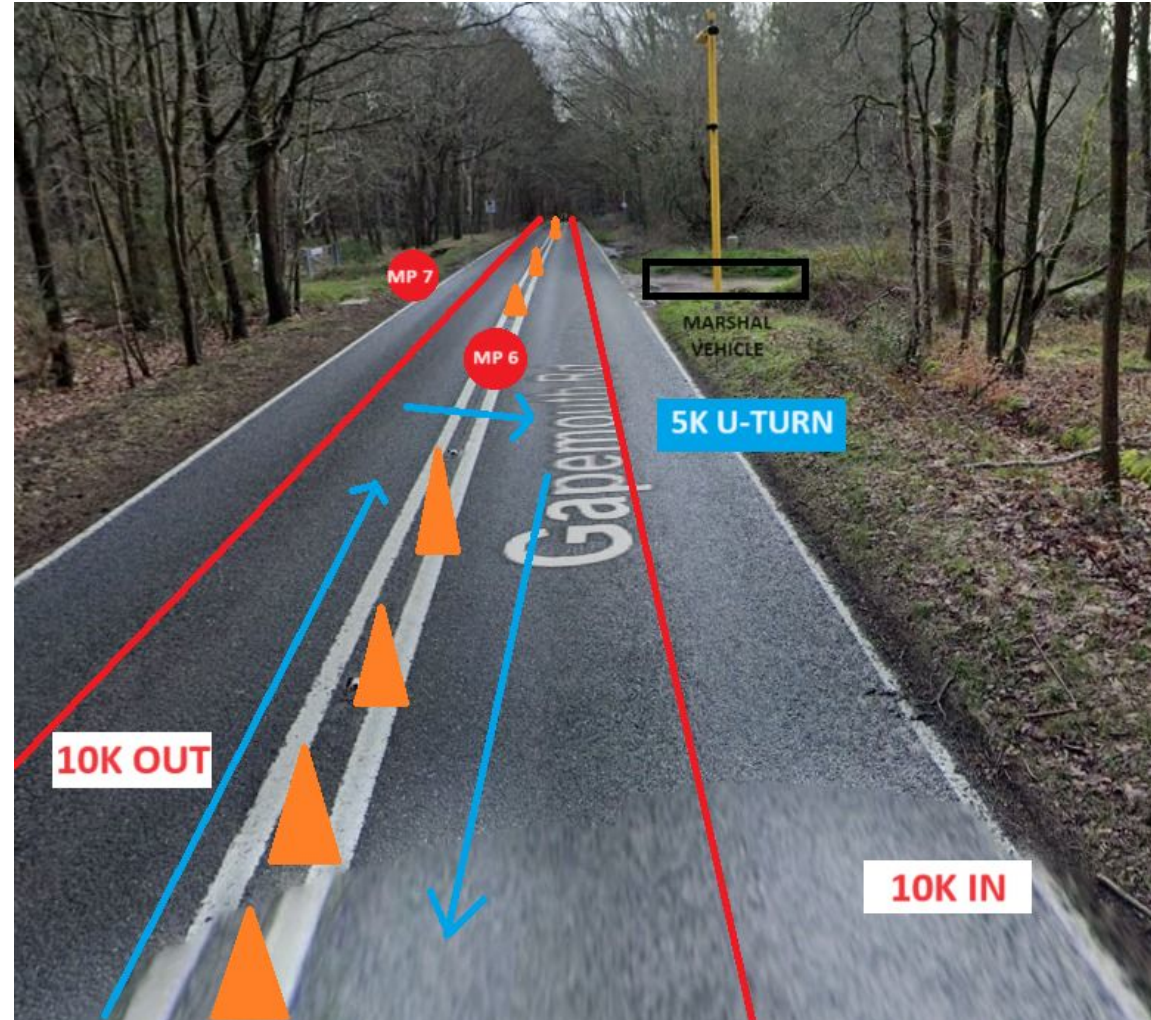
GAPEMOUTH ROAD



Marshal 4 & 5 Responsibilities

- Monitor, encourage, support runners, particularly on their return
- Marshals will roam on bikes within 300 metres of this point to ensure runners remain on the correct side of the road and for any vehicles attempting to gain access to the route during the race
- Urge runners to KEEP LEFT

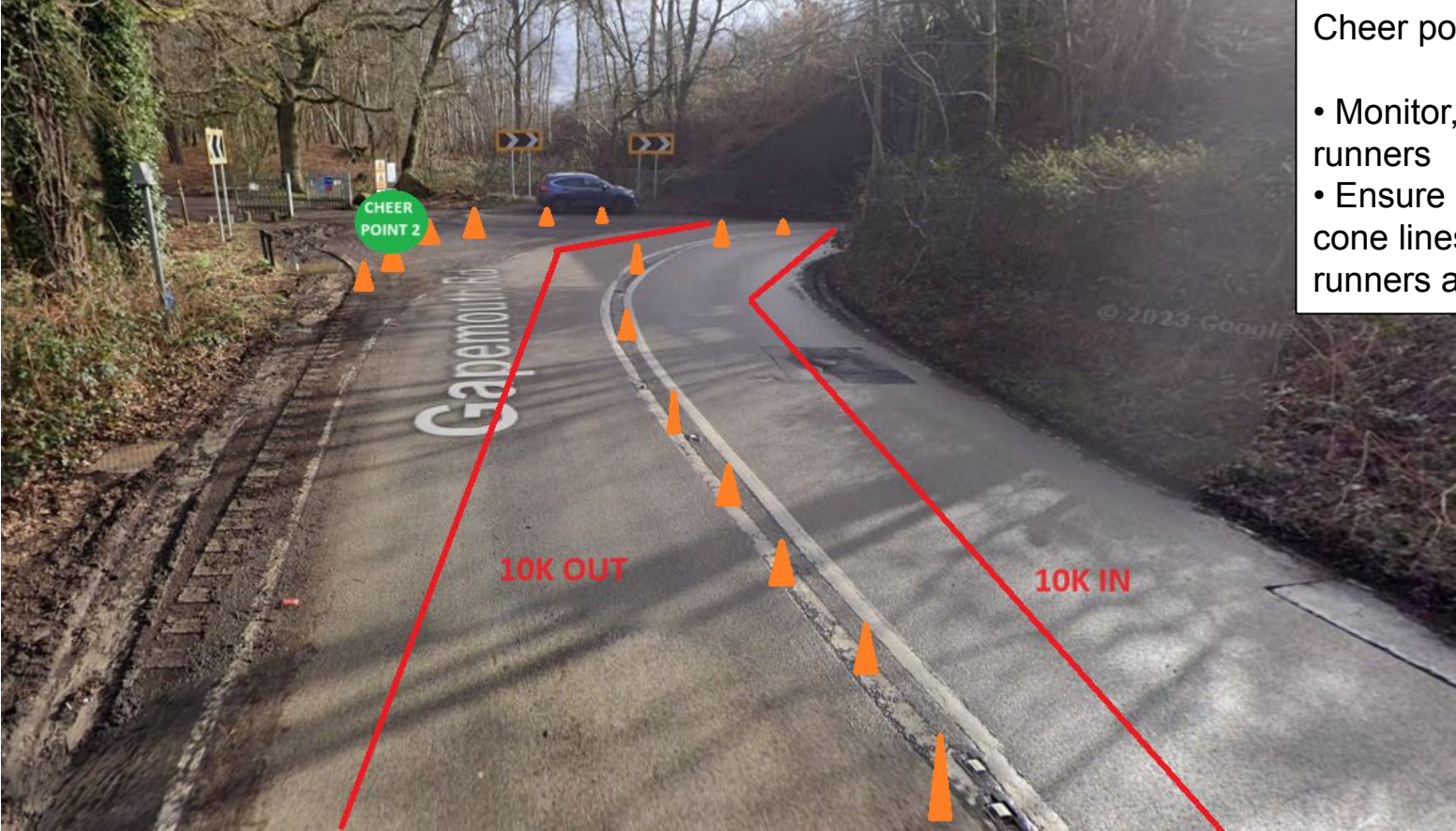
GAPEMOUTH RD 5K U-TURN (10K STRAIGHT ON)



Marshal 6 & 7 Responsibilities

- Monitor, encourage, support runners
- Ensure all 10km runners continue straight on and don't use the Turn Point (unless they choose to reduce their distance to a 5km)
- Ensure your positions and the cone lines make it clear
- 5km runners are to turn at this point
- Warn turning 5km runners and returning 10km runners that they will be merging after the cone line turn area
- Urge runners to **KEEP LEFT** at all times (apart from the turn point)

GAPEMOUTH ROAD, NORTH OF RAILWAY BRIDGE



Cheer point 2 Responsibilities

- Monitor, encourage, support runners
- Ensure positions and the cone lines make it clear 10km runners are to KEEP LEFT

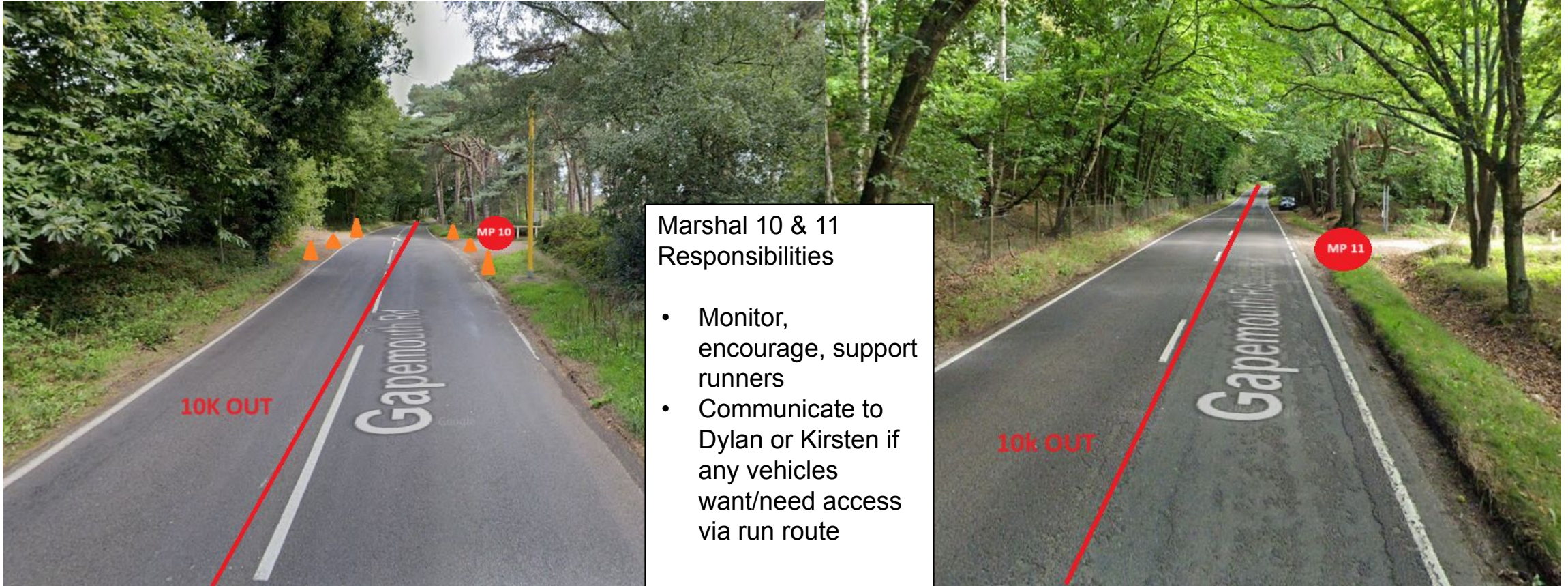
GAPEMOUTH ROAD, SOUTH OF RAILWAY BRIDGE



Marshal 8 & 9 Responsibilities

- Monitor, encourage, support runners
- Ensure cone 'V' at T junction
- Ensure positions and the cone lines make it clear 10km runners are to KEEP LEFT / TURN LEFT

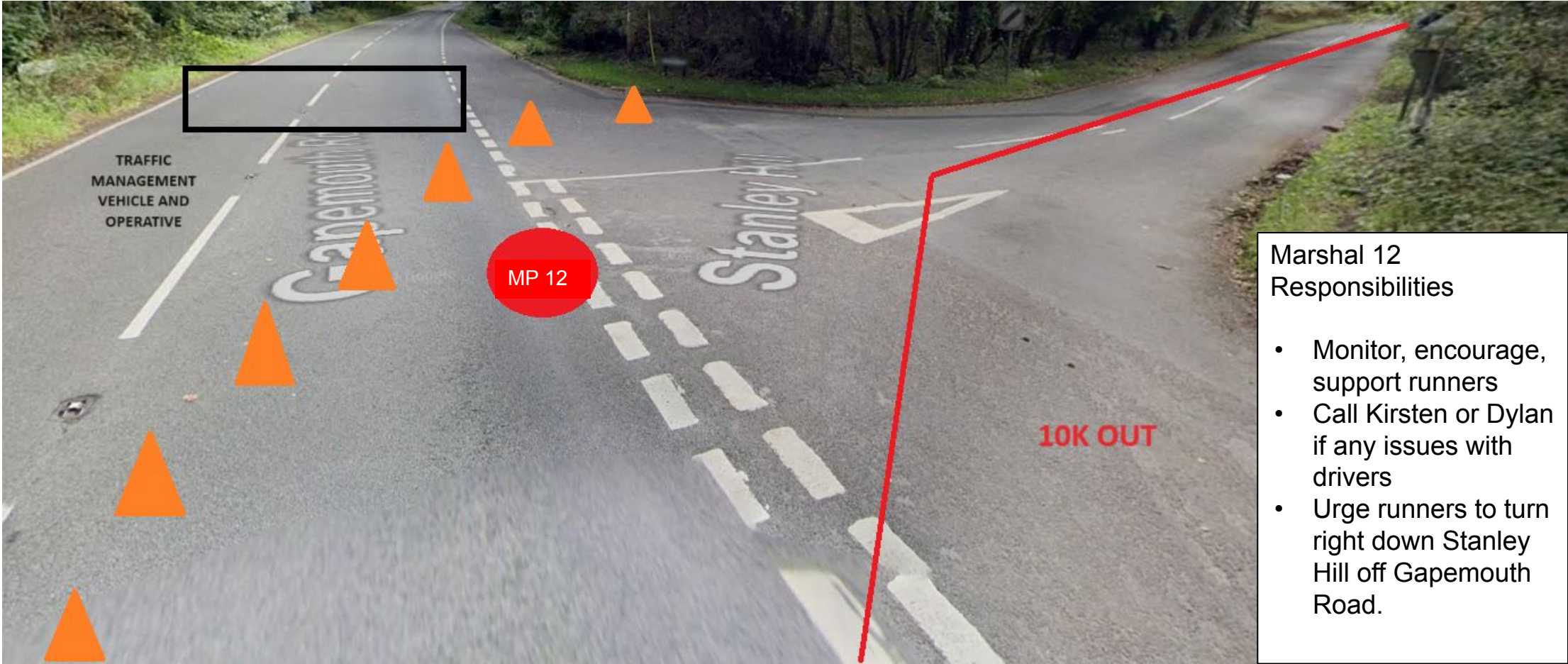
GAPEMOUTH ROAD (TOP LOOP)



Marshal 10 & 11 Responsibilities

- Monitor, encourage, support runners
- Communicate to Dylan or Kirsten if any vehicles want/need access via run route

GAPEMOUTH ROAD JUNCTION W/ STANLEY HILL



Marshal 12
Responsibilities

- Monitor, encourage, support runners
- Call Kirsten or Dylan if any issues with drivers
- Urge runners to turn right down Stanley Hill off Gapemouth Road.

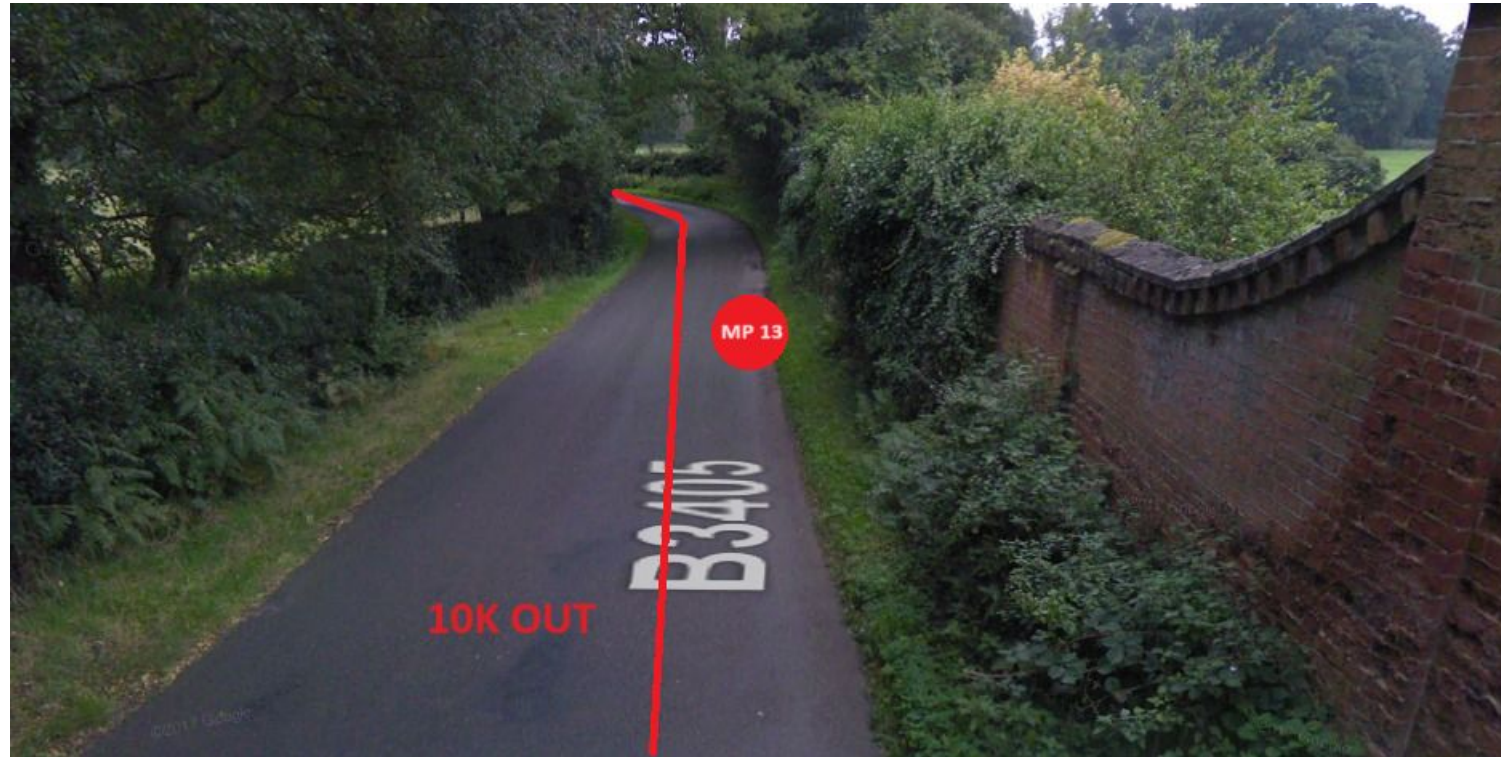
STANLEY HILL (3RD CHEER POINT)



Cheer point 3 Responsibilities

- Monitor, encourage, support runners
- Call Kirsten or Dylan if any issues with drivers

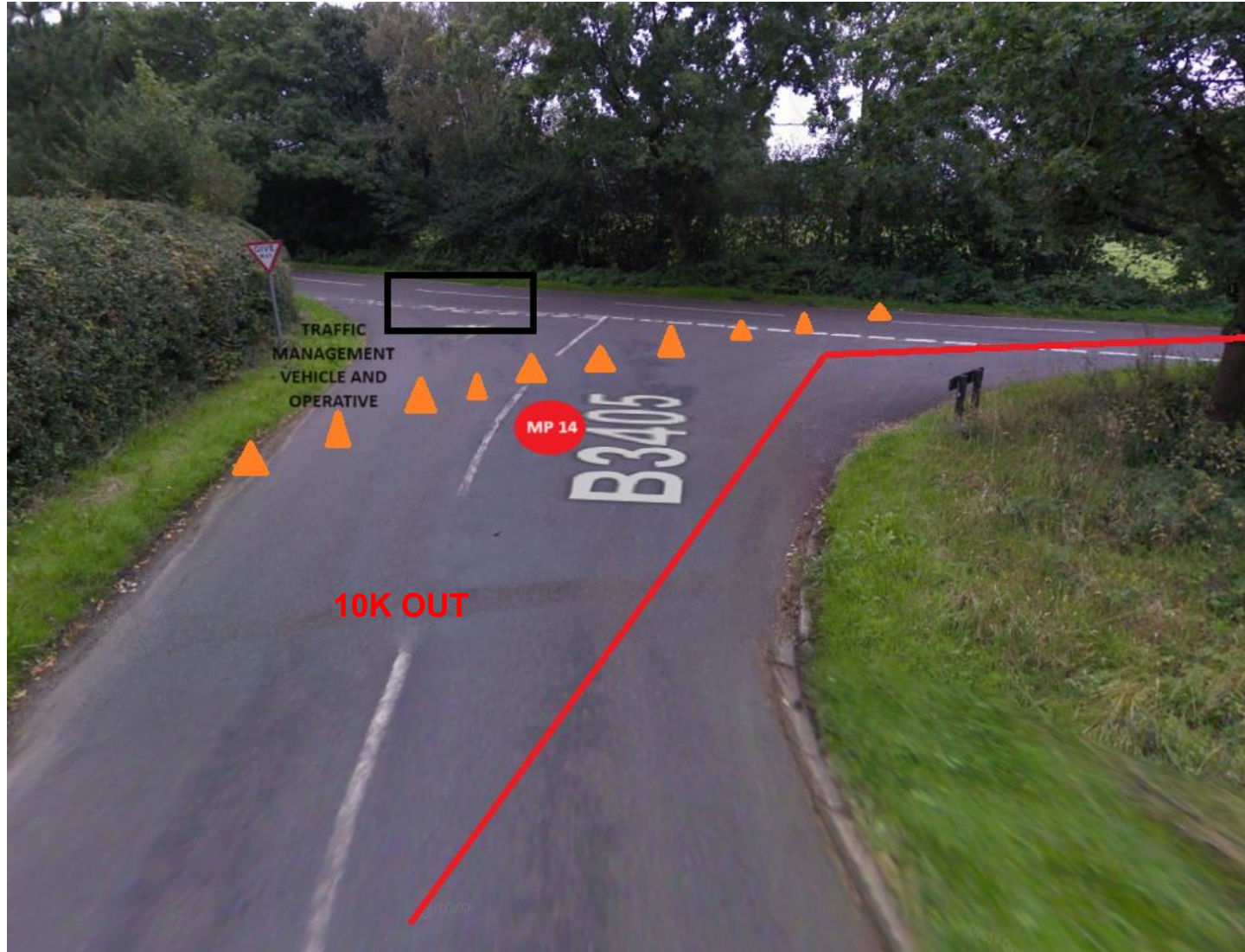
STANLEY HILL



Marshal 13 Responsibilities

- Monitor, encourage, support runners
- Call Kirsten or Dylan if any issues with drivers

STANLEY ROAD JUNCTION W/ GRANGE ROAD



Marshal 14 Responsibilities

- Monitor, encourage, support runners
- Call Kirsten or Dylan if any issues with drivers
- Urge runners to turn right down Grange Road off Stanley Hill.

GRANGE ROAD – WATER STATION



Water Station Responsibilities

- Provide every runner with water if they don't have their own
- Clear all waste off the road as soon as possible
- Water station set up will be broken down before Grange Road reopens

GRANGE ROAD



Marshal 15 & 16 Responsibilities

- Monitor, encourage, support runners
- Call Kirsten or Dylan if any issues with drivers

GRANGE ROAD



Marshal 17 Responsibilities

- Monitor, encourage, support runners
- Call Kirsten or Dylan if any issues with drivers

GRANGE ROAD JUNCTION W/ MYTCHETT PLACE ROAD



Marshal 18 Responsibilities

- Monitor, encourage, support runners
- Call Kirsten or Dylan if any issues with drivers
- Urge runners to turn right down Grange Road off Stanley Hill.