



IAAF/ Cardiff University World Half Marathon Championships - 26th March 2016

Bump Marker / Course Marshall

You will be undertaking a vital role in managing and supporting runners as they come across the 17 speed bumps around the course. With around 25,000 runners taking part, we are relying on you to ensure that runners get safely over the speed bumps and around the course.

We will give you all you need to make some noise and be seen, warning runners of the impending speed bump and keeping them moving and motivated! The atmosphere around the course will be electric with lots of cheering stations and spectators! This role is very fluid on the day and we need you to be flexible, moving between different tasks as and when required.

Some of the tasks involved in your role are;

- Ensure all barriers are in the correct position as directed by supervisors
- Make runners aware of the upcoming speed bump
- Discourage spectators from accessing the course
- Aid runners in need of assistance, seeking medical support where necessary (St Johns will be on site)
- Motivate and cheer on runners – they deserve it!
- Help take down your area once all the runners are through (Many hands make light work!)
- Other duties as required by supervisors

You will be very busy on the day but everything you need will be waiting for you, you just need to turn up with lots of energy and enthusiasm!

As a thank you, you will get;

- Adidas volunteer uniform (Jacket and bag) to be worn on race day but yours to keep!
- Volunteer Lanyard with key information
- Food and drinks
- Training and support

By volunteering you are joining a large community of volunteers called the 'Extra Milers' who are 'Making the Difference' to ensure runners and spectators alike have the best experience possible on race day!

We really could not do this without you and appreciate all your time and commitment!

