

To all amazing volunteers for the Richard Burton 10k (RB10k)

May I take this opportunity on behalf of the RB10k Organising Committee to offer you a heartfelt thank you for volunteering your time and effort to assist with the marshalling of this race to help make it the success it has become today.

I have attached the [RB10k Marshal Points 2023 plan](#) for your review. This will help you identify your marshal position for the race. Some are also required for the Mini Miler race, which commences at 10:00 so please ensure that if you are assigned one of these locations you are on plot at the appropriate time as indicated. I have also attached the RB10k Full Event Plan to give you a complete overview of the race. Some of you may be acting as a liaison for other members of your club or family; please can you forward this page to them or ensure they have been provided with all information.

For many of you this will not be your first time volunteering and you may wish to go straight to your marshal post. For those of you volunteering for the first time who wish to obtain their special Richard Burton 10k Volunteer T-shirt, loan of a high viz vest or further instruction meet at the Community Centre at 09:30 on the day of the race where I can meet you. If you wish to go straight to your marshal post please ring, email or text me so I know your intentions

Our ultimate aim is to keep runners safe, but we also want to create an event, which is fun and rewarding not only for the runners, but also for the marshals and spectators. **YOU** will play a pivotal role in creating the fun atmosphere and we would encourage you to bring along bells, whistles and flags and if you feel the urge, why not dress up to complete the package!

This year we have marshal support from local sporting clubs like PORT TALBOT HARRIERS, RUN4ALL, Paul Popham Running Club, Cwmavon RFC, and Pontrhydyfen Rugby Club. Also assisting are the local YMCA, Scout Groups and other charities. We are encouraging these participants to create a carnival atmosphere by giving them their “own” areas where they can show their club / organisation colours and create a festival vibe to beat others!

The Richard Burton 10k Road Race is one of Wales’ longest standing and most prestigious road races that attracts runners from all over the UK to the beautiful Afan Valley. The substantial profits raised from the race allow the charitable organisation to support numerous deserving local causes, which is unique for such an event.

Since 2017, the race route slightly changed to allow a greater participation allowing organisers to provide more support to local charities whilst negating disruption to the residents of Cwmavon and Pontrhydyfen as well as those who visit and pass through the villages.

Unfortunately, there are inevitably road closures that may effect small portions of the Community.

The road closures are kept to a minimum timescale and normal use brought about as soon as possible. ([Please see RB10K Marshal Points Document](#)). Your assistance will assist in the effective closure of these roads and help maintain the safety of those persons running.

The Race Director is Sean TOBIN and there is a committee, which have various duties from managing the finances, course, media, registration, and many other aspects involved in hosting such a successful event.

The race is affiliated under the Welsh Athletics and is incorporated under their insurances and liabilities cover.

The race event is run from the Cwmavon Community Centre / Cwmavon Rugby ground location utilising various Local Authority buildings for changing facilities, toilets and bag drop. ([Please see the following event Site Map in this document](#))

The event organisers obtain the services of a professional road management company to manage major junctions of the road closures whilst utilising your assistance to control minor road contributories on the road closures along the route. ([Please see RB10K Marshal Points Document](#))

The race starts and finishes outside the Cwmavon Community Centre. Adjacent to the race start is the Organiser commentary and announcement trailer containing the P/A equipment. Also, at the location is the Command Unit for the **Western Beacons Search and Rescue Team (WBSRT)** who will be providing the medical cover for the event. They will also be providing mobile medical cover throughout the race.

At the start / finish location, the WBSRT base part of their team and command to administer first aid should it be required as well as to monitor communications between organisers and the professional road traffic management company who are responsible for the closure of major junctions on the race course.

MINI MILER RACE:-

At 09:55 sharp, marshals covering junctions within the mini miler course are to prevent all vehicles entering the route and are to stop any movement of vehicles within the cordons without fail.

The course that see's children running a mile- long course around lower Cwmavon. Roads are closed in this area for approximately 30 minutes (until all children are off the roads) before being temporarily opened for the main race at 11:00.

The race starts at the Cwmavon Community Centre, on to Jersey Terrace towards Port Talbot. Runners go past the Britannia Inn and then turn sharp right onto the cycle path back towards Pontrhydyfen. Runners will continue past the Oakwood Inn along the cycle path and back to the Community Centre for the finish.

RICHARD BURTON 10K RACE:

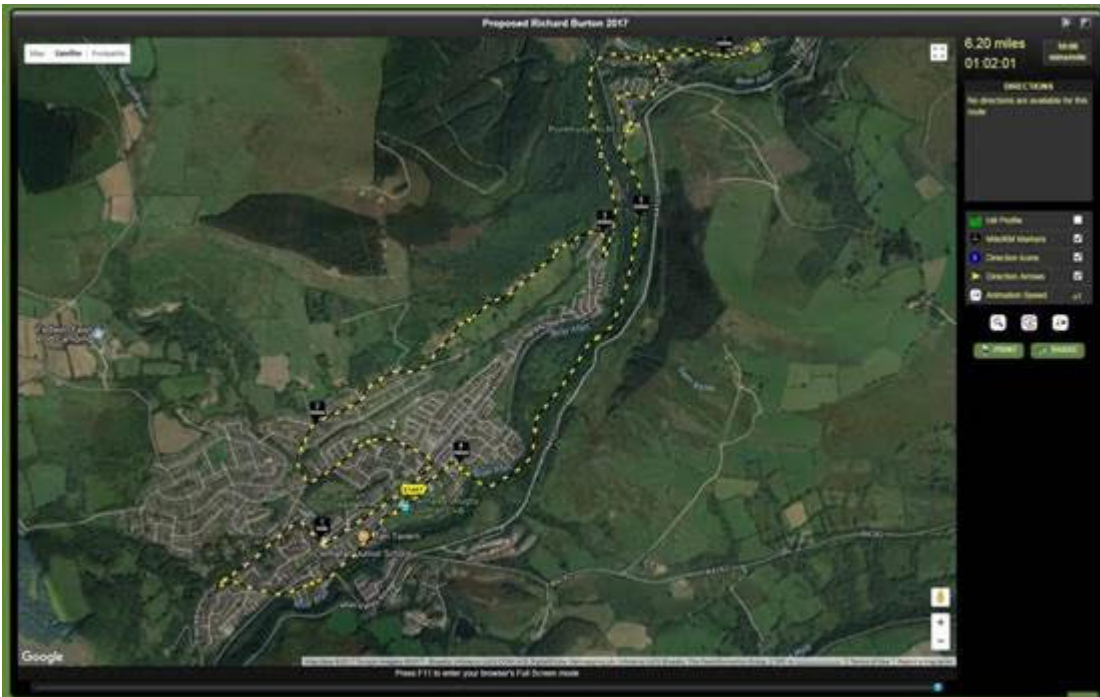
At 10:55 sharp, any vehicle attempting to enter the main race course is to be stopped and movement of vehicles within the cordons are to be prevented without fail. This will allow a 5 minute window for vehicle to exit the course and for organisers to ensure there will be no vehicle on the course which may interfere with runners. There will be a lead cyclist at the front and there will be an event vehicle at the rear. Personnel in the rear event vehicle will provide marshals with instructions when it is safe to open your road / junction.

Please see the following main course map and marshal plan for full details of the race route.

Runners will be lined up in a segregated area to start the race and the same segregated area is utilised as the finish. This minimises the risk to runners from spectators whilst allowing a sterile area for emergency vehicles should they require access to the event site. ([Please see event Site Map](#))

All runners are expected to have completed the race by 13:00 at the latest. After the event, the race presentation and post event entertainment are provided at the Cwmavon Rugby Club. This will consist of bands and music provided under the licenses of the rugby club.

Main Race Route Map.



Event Site Map.

Organisers have secured numerous facilities for use during the event. There are changing facilities, registration rooms, temporary toilets, bag storage and more. Please see the below Event Site Map for details.



COMMUNICATIONS / EMERGENCIES.

In the event of an emergency or other necessity to contact the event organisers whilst at your marshalling location, you must contact the Marshal Supervisor **Geraint JENKINS** on **07790 416999**

The event organisers will be utilising a 2-way radio system. Race officials and the professional road management staff will confer via the radio system to ensure the route is clear of traffic and safe, prior to starting either of the races. All members of the road management company will have radio communications as well as the team leader of the Western Beacons Search & Rescue Team (WBSRT).

The WBSRT will be utilising their own secure radio system between medical staff. This will ensure radio discipline is maintained if critical communications are required in the event of an emergency.

The event is usually supported by a radio celebrity compare. The sound system will be based in / on a communications trailer near the start / finish area. This PA system will be used to convey the race briefing and to provide any public announcements.

All persons involved will be in possession of mobile phones as a means of communication in the event of an emergency. Volunteer marshals will have mobile phone contact numbers for race organisers to convey non-emergency messages should they require to do so.

MEDICAL PLAN.

****** IN THE EVENT OF A MEDICAL EMERGENCY, PLEASE FIRST CONTACT 999 AND REQUEST AN AMBULANCE. ONCE AN AMBULANCE IS ON ROUTE, PLEASE CONTACT THE EVENT ORGANISER TO PROVIDE AN UPDATE ON THE ISSUE.**

****** YOUR QUICK ACTION IN CALLING FOR AN AMBULANCE MAY SAVE SOMEONES LIFE**

For minor issues or to assist in conveying an injured runner back to the event HQ, please contact marshal supervisor **Geraint JENKINS** on **07790416999** at the marshal briefing on the day of the event.

Medical cover is being facilitated by the **Western Beacons Search and Rescue Team**. They are covered under the provisions of the Mountain Rescue England and Wales Casualty Care certification. (Cas Care)

Western Beacons Search and Rescue Team will be carrying defibrillators should there be a requirement for early intervention.

Cas Care certification is administered by Mountain Rescue England and Wales and subject to requalification every three years. It is a nationally recognised qualification in the provision of quite advanced first aid in remote and difficult locations. Skills range from primary and secondary surveys through to airway management using OP and NP airways and the treatment of major injuries such as pneumothorax, spinal trauma and the packaging and movement of casualties in difficult locations. Casualty Carers are the only "civilian" first aiders authorised to carry and administer Controlled Drugs, such as Morphine and Midazolam, outside of the ambulance service, Air Ambulance and Coast Guard Paramedics. Training also includes the management and triage in mass casualty events. Their level of training exceeds that of St. Johns Ambulance, Red Cross and most, if not all, other voluntary organisations.

Often a Cas Carer is first on scene with a casualty and provide comprehensive lifesaving care until the casualty is handed over to Paramedics. Casualty Carers work closely with the Welsh Ambulance Service, with many calls every year from the ambulance control room to provide support to crews

on the ground. This has included working with the Hazardous Area Response Team, which operates from the Brynmenyn Industrial Estate in Bridgend. The Team's base is located less than 1 mile from HART and we have visited their base on a number of occasions. They also work with the Coast Guard and Air Ambulance helicopters on a regular basis.

Below is a link to a website , which provides some information on

the Cas Care syllabus. <http://www.bluedome.co.uk/assoc/mrc/mrcmed.htm>

The Primary duty of a marshal / steward

The primary task of a marshal / steward is to **minimise the risk of injury to the public, competitors and event personnel.**

- To carry out pre event safety checks.
- To control or direct spectators who are entering or leaving the event, or a viewing area.
- To assist in the safe operation of the event, and not to view the activity taking place.
- To recognise crowd conditions to ensure the safe dispersal of spectators and the prevention of over-crowding.
- To assist the emergency services as required.
- To respond to emergencies.
- To undertake specific duties in an emergency or as directed by the safety officer or appropriate emergency service officer.

Marshals for events on the highway or road.

For events on the highway or road, a marshal should: -

- Be familiar with the event's route, and know all the elements of the event.
- Remain in the allocated position for the duration of the event, unless directed to move by an event supervisor.
- Assist in the placing of temporary signs or barriers, and ensure that no sign is moved until after the event.
- If necessary explain to the public the reason why they are being held up, that it will be for a short period, and that they will be able to continue as soon as it is safe to do so.
- Indicate the direction and assist with the flow of the event if necessary.
- Wear a reflective jacket / vest at all times. **(if not in possession of one, they will be available from an event organiser before the event at the steel container next to the Cwmavon Community Centre, please ensure they are returned at the end of the race)**
- If necessary, assist with access for emergency services to incidents on, or adjacent to, the course that may not be connected to the event.
- Do not attempt to stop/control moving traffic, if a vehicle / driver contravenes requirement please attempt to record details of the vehicle and driver for consideration of reporting to the police.

In the event of an emergency or issue on the course, please contact Geraint JENKINS on 07790416999 who will be in contact with First Aid providers