



Suffolk Coastal & Waveney District Councils



IN SUPPORT OF

THE ROYAL BRITISH  
LEGION



Charity No: 219279

# **Sunday 21 October 0900—1400hrs**

## **Rendlesham Forest, Tangham Outstation**

### **Volunteers needed for the following jobs**

#### **Car park marshals**

- Manage the car park, Make sure cars are parked in designated areas.
- Direct people to the start line

#### **Route marshalling**

- Standing at designated points on the course to direct runners around the course.
- Cheer participants on.
- Assist anyone that falls over and call for first aid assistance if required.
- Once the last runner has passed, assist with clearing up the site – taking down any tape, picking up any rubbish left by the runners.

#### **Cycling marshalling**

- Cycle along route in front or behind participants to lead them through the forest.
- Assist anyone that falls over and call for first aid assistance if required.
- Must have own bicycle and helmet.

#### **Finish line helpers**

- Pack the bags to be handed out to the finishers.
- Ensure everyone is given a medal and cheer people on as they cross the finish line.

#### **Administration Tent**

- Sign participants in and handing out the numbers.
- Direct people to the start line.

#### **Photographer**

- Take photos of the participants along the route.
- Must have own equipment and happy to share the photos.

### **Benefits of Volunteering**

- Working as part of a team to deliver a key regional sporting event
- An opportunity to get an 'insiders view' as to how this type of event works
- The chance to meet a new group of people who, like you, are interested in community sports events.
- Volunteers will be supplied with refreshments throughout the time that they are volunteering and a Poppy Run medal as a memento

**If you are interested and can give up a few hours of your day please contact**

**Sarah Shinnie, Active Communities Officer**  
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