

Monmouth Half Marathon 2018 – Sat 17th March

*** Provisional Details ***

This document includes all the details for this fund raising event. Whilst I am sure that some athletes will be looking to complete the event in a fast time, the objective is enjoyment for all in a safe environment. A fast time must be sacrificed to ensure the safety of all participants if needed.

It is a vital event for the continued existence of rowing at Monmouth Comprehensive School and, as such, all rowers are expected to take part to the best of their abilities.

The Event

The event is a half marathon walk/run. It has been planned by DC and broadly follows a number of routes already familiar to the athletes from training runs, along with a long riverside section. The distance is 13 miles.

The planning for the event has been extensive and DC has followed all parts of the route in person. The course is reasonably weather resistant, albeit some of the sections may become muddy in poor weather (should this appear hazardous close to the day, then these parts of the route will be revised). The route map which has been created follows exactly the Ordnance Survey map for the area. Using landmarks readily orientates the route map with an OS map. All the paths are clearly marked on the OS map, but there are many paths in the area, so a route map for our event will be given to all athletes and supervisors.

Car access to the route is focused on several well established venues...do note that access to the Biblins Bridge and Symonds Yat car park will take a while to reach and are subject to patchy mobile phone coverage, albeit some movement does see calls/texts being possible.

As parents and coaches, we will be providing full support for this independent event. As such parental support is the key to a smooth running day. A number of parents have expressed a wish to cycle or run/walk the route. I welcome this, as the more of our people we have over the route, the easier it will be to deal with any problems which may arise.

Support stations/Direction Points:

There are a series of support stations, with details of the location and suggested access arrangements.

1. Monmouth Rowing Club/Wye Bridge (1a)
 - a. Map reference: SO 512 129
 - b. Latitude 51.813151, Longitude -2.708468
 - c. This is the START/FINISH & a First Aid point

There are two possible routes to Biblins for the athletes to run. Either Route 1 (cross the Wye Bridge and up the Hadnock Road) or Route 2 (following the tow path going upstream past Wyastone Leys House). A final decision on which route will be made in the few days before the event, depending upon the ground condition on Route 2.

2. Biblins Bridge (the other side from the campsite)
 - a. Map reference: SO 549 143
 - b. Latitude 51.826072, Longitude -2.655404

- c. There is no road access. It is best reached from the Symonds Yat car park and a walk of some 15-20 minutes/1.1 miles down the riverside path (or cycle?).
 - d. Participants come over the bridge/up the Peregrine Path, go left/straight on to the Symonds Yat car park and will return by this support point and not cross the bridge, keeping to the riverside path/cycle way.
3. Symonds Yat car park
 - a. Map reference: SO 560 156
 - b. Latitude 51.837581, Longitude -2.637644
 - c. This is a First Aid point & Drinks Station.
 - d. Participants to be turned around whilst on the path (from a point a few hundred yards away from the car park). The car park is private property and is fine for parking but should not be used as a “base”.
4. Start of the Peregrine Path
 - a. Map reference: SO 527 142
 - b. Latitude 51.824720, Longitude -2.685530
 - c. There is a small car park for 4/5 cars here.
 - d. Participants continue in the direction they arrive, but must hold to the right hand side of the road and run in single file. Supporting parents need to also cover the 1 mile of road down to the industrial estate.
5. Start of the Hadnock Industrial Estate
 - a. Map reference: SO 516 130
 - b. Latitude 51.813659, Longitude -2.700822
 - c. Participants must keep to their right hand side of the side and keep in. There is no pavement so supervisors should be looking to cover the mile or so by keeping the full distance in sight. Supporting parents need to also cover the 1 mile of road back up to the start of Peregrine Path.
6. Junction of Hadnock Road and Staunton Road
 - a. Map reference: SO 514 126
 - b. Latitude 51.810031, Longitude -2.704228
 - c. DRINKS STATION for athletes’ own drinks
 - d. Participants are to be directed along the pavement towards the Wye Bridge.
7. road crossing by Monmouth School/Queen’s Head
 - a. Map reference: SO 510 128
 - b. Latitude 51.811406, Longitude -2.709237
 - c. This is a First Aid point & Drinks Station.
 - d. Participants exit from the dual carriageway underpass and need to cross near the Queen’s Head, running towards Monmouth Rugby Club and down the slope onto Chippenham Fields and onwards towards Waitrose. Please ensure a safe road crossing.
8. Road crossings by Waitrose
 - a. Map reference: not needed
 - b. Latitude , Longitude: not needed
 - c. An easy crossing, but worth marshalling as participants may be careless. There are two crossing; Chippenham Park to Waitrose car park and the pelican crossing (they must use this!).
9. road crossing at Hereford Road/Osbaston Road
 - a. Map reference: SO 509 132
 - b. Latitude 51.816030, Longitude -2.713233
 - c. Participants need to cross the road with care, heading downhill towards the Hereford Road traffic lights. In theory, this should be fine, but I have

witnessed occasional poor practise from students and our participants will be tired at this point when crossing the road.

10. road crossing at Dixton Road/Hereford Road

- a. Map reference: SO 510131
- b. Latitude 51.814571, Longitude -2.711972
- c. Participants need to cross the road with care. In theory, this should be fine, but I have witnessed occasional poor practise from students and our participants will be tired at this point when crossing the road.

Safety key points

(for a fuller list of safety protocols, see the Information for... sections below)

- *The support stations at 3 & 8.5 miles will have first aid kits, silver exposure blankets, water and glucose tablets.*
- *Other support stations will have a first aid kit.*
- *Sarah Bradley, DC & JC are qualified first aiders.*
- *All student groups are to have at least one charged mobile phone with credit. Mobile reception on the route is not perfect, but if you don't have a phone, you can't use it even if you have reception!*
- *Clothing – please check the weather forecast and be appropriately attired to prevent exposure.*
- *There will be regular support stations positioned along the route to break up the distance into reasonable chunks and also to ensure the correct direction is taken at key junctions.*

Key contacts

In case of problems, please contact in the following order:

Dan Cowton 07966 390349

Julia Cowton 07966 390324

Jane Baker (school based contact): 07947 253432

(Jane can be contacted for a sane voice in an emergency. She has all details for the event including all contact phone number for participants and their emergency contacts) DC & JC have phone numbers for all student mobiles

Times

Please see the information sections below as there are many times to communicate depending upon who you are and where you are going.

Information for athletes/participants

- Two drinks bottles can be left with DC/JC at school on Friday, the day before the event. No fizzy drinks will be accepted. Water will also be provided at the two drinks stations.
- Clothing needs to be appropriate for the conditions.
- Each group must not change from the final printed list.
- Each group needs to have:
 - A charged mobile phone with credit.
 - A route map
- In case of an injury:
 - Injured person able to move: one member of the group to walk with the injured person to the nearest parent supervisor support point. The rest of the group to go onto the next support point and report the incident.

- Injured person NOT able to move: one member of the group to stay with the injured person. The remainder of the group to report the incident to next support point.
- Where reception allows, the incident needs to be reported by phone to DC.
- No one must EVER be left alone. The priority for every participant is the safety of themselves and others, not the time they record for doing the distance.
- The route follows very well established footpaths. At all key waypoints where mistakes over navigation are deemed possible, parent supervisors have been stationed. If you believe you are lost, go back to the last parental support station and you may well join with another group when doing so.

Information for parents (not supervisors)

- I am asking that athletes are dropped at the start point.
- Athletes will need to be brought to the start/finish point at Monmouth Rowing Club.
- Start times vary for different groups. Please refer to the group list for this time. You should be ready to start at the allocated time (I suggest arriving 10-15 minutes before this time).
- The expected finish time for all athletes is 12.30pm, once a group photo has been taken.

Information for parent supervisors

- Only CRB checked adults may take a supervisory role and can be alone with the athletes.
- Other adults can readily support these CRB checked adults in the usual parental way.
- Each support point has a designated leader. They need to collect the following from DC at the start of the event:
 - First aid kit
 - Ordnance Survey map
 - A route map
 - An athlete group list
 - A supervisors group list (including telephone numbers)
- The adults will meet for a briefing at 7.45am at Monmouth Rowing Club and will need to proceed to their station in keeping with its location on the route (e.g. Biblins Bridge, whereas later road crossings won't be reached until closer to the end of the event).
- You have several roles at the support points:
 - Living signposts to ensure that the correct route is followed.
 - Provision of minor first aid as qualified (plasters, etc.)
 - To log who is in each group and the order of each group coming through.
- Each group coming through a support point must have each member of the group manually marked as being present. If anyone is missing, the group must wait at the support point until the situation has been confirmed with DC or JC.
- If a group arrives out of order, then it must have gone past the previous group. Question the group on this point. If they have not gone past the previous group, report this fact to DC or JC urgently as we may have a lost group.
- Please do bring cameras to event and let me have your photos so we can create a page in the school magazine celebrating the day, as well as many photos for the club website.

- And finally...thank you for your help and please note that you may be on site for several hours so, camping chairs, warm clothes and perhaps something to read may be useful!