

Equipment Item	Rough numbers : based on 300 junior entrants
Red/white marking tape	2 rolls
Safety pins	1500
Cable ties	4 per sign (max)
String , duct tape, sellotape	1 roll of each
Entry forms	350 - 400 to allow for spoilage
Pens and pencils for entrants at registration	
Pens and colour highlighters for registration	Boys / girls / any county qualifiers need to be identified if not using an electronic timing chip system
Timing sheets if required – pre printed	Per age group
Timing device, preferably a printing timer. Available to borrow from Pete Bland Sports	2 (a back-up in case of battery failure)
Starting device – hooter or whistle	
Printer paper for timing printer (if being used)	
Batteries for timing printer (if being used)	
Any additional prizes you choose to offer	
More than 2 toilets - Consider hiring additional facilities	
Access to water (as a minimum requirement)	
Rubbish bags and gloves for marshals and helpers	
First aid appropriate for the area and terrain (Mountain Rescue vs. St. Johns Ambulance, or qualified FRA mountain first aiders)	
Communications system - see FRA kit list for radios. Check mobile phone reception in advance if this is to be used	

Bothy bags (2 x 2 person and 4 x 4 person

6

Small first aid kits

6

Item	Number out	Number in
Black Paperdry plastic clipboards	2	
Waymarkers – red flags	100	
Signage - Small		
“REGISTRATION”	3	
“RUN ROUTE”	4	
“START”	3	
Signage - Large		
“FINISH”	1	
“RUN ROUTE” Right arrow	2	
“RUN ROUTE” Left arrow	2	
“HOLDING AREA”	1	
“CAR PARK”	1	
“FINISH”	1	
“TURNING POINT” U-turns	5	
“RACE REGISTRATION”	1	
Bothy bags (2 x 2 person and 4 x 4 person	6	
Small first aid kits	6	