

Instructions for Helper – 10-mile course - Teddington to Toddington to Teddington

Task 1: Collect equipment from the HQ

All the equipment is in a green metal storage box behind the Teddington & Alstone Village Hall. The box is not locked. You will need:

- 10 warning signs
- 2 traffic cones
- 1 left-turn arrow
- 1 finish board
- 1 high-visibility marshal vest
- 1 red flag.

Task 2: Put out event warning signs and traffic cones

- *A map and approximate location for the signs is overleaf*
- *Allow approximately 40 minutes for this task.*
- ***Please park safely and sensibly when stopping to put out signs***

Task 3: Marshal the turn at Toddington roundabout

- *Wearing the high-visibility vest, position yourself on the centre of the roundabout facing the riders approaching along the B4077*
- *As riders approach, wave red flag to warn of roundabout (and the turn)*
- *DO NOT attempt to stop traffic but do thank any drivers who give way.*

Task 4: After the last rider has completed the course, collect up all the equipment

- *Return the signs, cones, flag and high-visibility vest to the storage box at Teddington & Alstone Village Hall.*

Tip:

- *Ask the person running the “signing on” to text you with the number of riders entered in the event. This will save you hanging around at Toddington after the last rider has passed.*

That's it!

- *Huge thanks from the Club for helping support the event*
- *Any problems before the event, give Harry a call on 07815310977.*

Updated 23 April 2023



- ### Event start
- 1 **warning sign** 50 yards west of start, facing Teddington roundabout
 - Arrange **cones** at start of layby to ensure riders keep clear of carriageway whilst waiting to start

