

## START

The start should be situated at a place, which is closed to traffic, allowing free and easy access for all participants. A Park, Field or a Closed Road are ideal locations. There is a need to ensure a safe start for all runners, and it is important that all participants can start running as soon as possible without obstruction. To this end the start should be as wide as possible and should run straight for as far as possible so as to limit the inevitable bunching effect caused by sharp bends.

If it is on an open road the problem of parked vehicles will need to be considered and evaluated.

Facilities such as changing, baggage storage and toilets should be close to hand. The start area should be well marked and the use of a Public Address system is essential. If space and resources allow the start may be fully controlled with restricted access to the whole area for runners only; barriers, gantries etc.

In a large field it is usual to allocate start line 'Zones' so that runners may line up within their ability ranges.

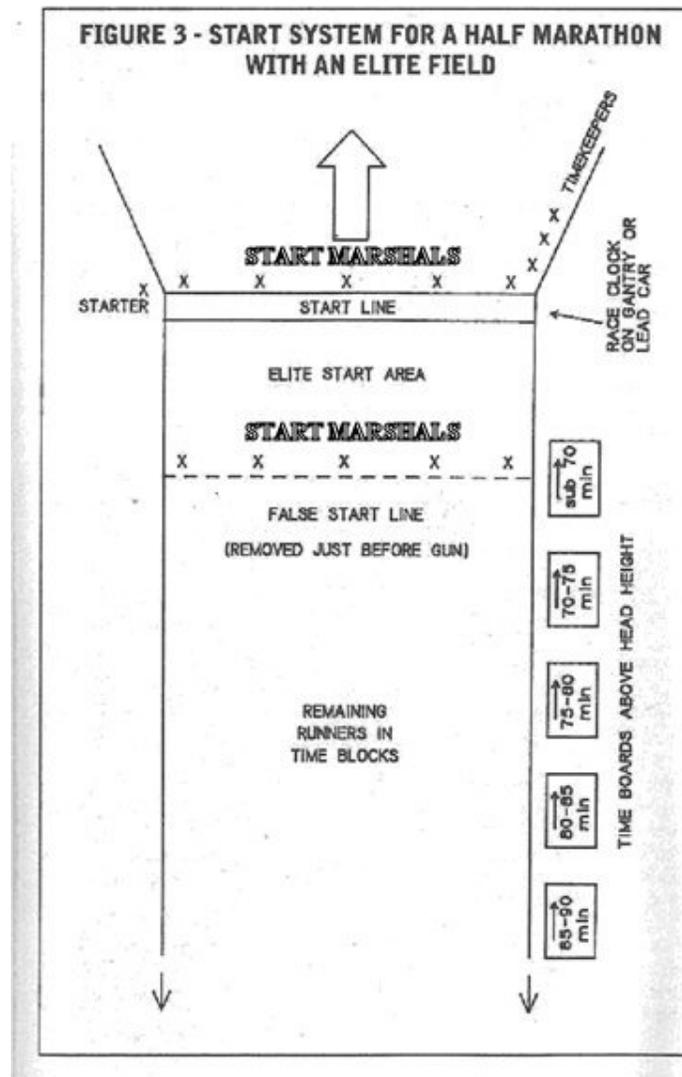


Figure 3

In order to ensure that the correct start line is used, and to avoid the necessity of trying to push a huge crowd of runners back to a line many organisers set up a 'dummy' start line rope by which the runners are walked forward at a pre-designated time.

Timekeepers, the Referee and the Starter should have a clear view of the start. The Starter should be adjacent to the start on a raised platform. A Starting Flag or Air-Horn/Klaxon are the recognised



methods for providing the best way of making sure the maximum number of runners hear or see the starter signal. It is important that if a local dignitary is asked to start the event then there is a backup starter, because the runners will, on any signal, run, and calling back a few thousand for a false start can be difficult.

Issue 16-12-2008