

General Guidelines

FOLLOW THE MARKING. The plan is to draw the runner's eyes to where the course is going. Using lines of tape to block off paths should be avoided. Runners should become used following the markings, to only seeing tape at junctions where they need to be either changing direction or avoiding an off-course path.

Only mark on the course. Only mark junctions. Only mark where a runner is going to go. No blocking tape on other paths. No reassuring markings halfway along a track where the runner has no other option but to keep running straight on. The idea here is that when runners see markings they know to be aware of possible change in direction. **FOLLOW THE MARKINGS.**

Route Guidelines

The route should be chosen to minimise the occurrence of junctions and Marshalls. In saying that marshals are sometimes vital, especially on small turns off big paths.

Out and back courses or laps of a loop are easier to mark.

The agreed route should be published on the website at least 7 days before the event. The marked route should match the website version. If possible the webmaster/route markers should use an easily read, clear and consistent mapping format for every event.

Agree the route and the minimum number of required marshals (might be zero) with the RD and discuss where the junior/short course turn will be.

Equipment

The main equipment is flags, also red and white zebra tape backed up by wire/Bamboo markers and indication arrows printed on A4 sheets and laminated.

Note : If using tape - Use brand new rolls of zebra tape in 1m lengths, don't spend time sorting out last week's mess of demarked bits of tape – you will usually be under time pressure, marking is slow...

Use the flags if available before the tape. The tape is fully recyclable. Throw out the old stuff.

Mental Approach

Runners are under pressure and moving very fast. Therefore, the junctions must be clearly marked with visible markings. Follow the markings. The markings must always be going where the runners needs to go. No distracting blocking tape on other paths/options.

There should be no wriggle room and no ambiguity and sometimes you might just have to have a Marshall if a small left/right turn off a huge main path is to be used. These small turns off a large obvious path cause problems as runners just want to keep running in straight lines.

Arrows are really useful.

Consider the junior course as you are planning your route, try to make the junior course very straightforward in terms of tricky junctions. You are free to change the course to suit circumstances or to freshen up a course (felling, MTB event on, flooding), except on Sorrell Hill.

Use of Arrows

Arrows can be very useful for turns left/right off a big path onto a smaller path. Ideally arrows should be cable-tied to a post or mounted on the wire markers.

All arrows should have the word "IMRA" (or the name+date of the race) and the direction i.e.: "LEFT" or "STRAIGHT ON" printed in very large lettering on the top and bottom of the page and the arrow should ONLY be used with the words facing up the right way.

If someone interferes with the arrow it will be obvious when the word "IMRA" is not facing the correct way. Use a different colour for the short course if feasible.

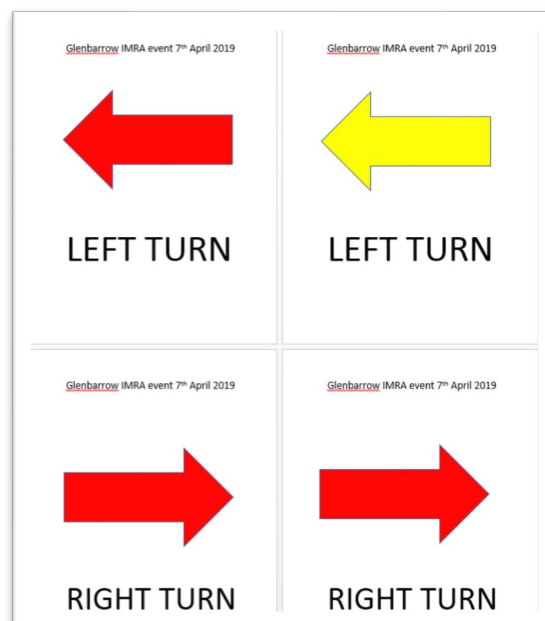


Figure 1 : Junior course left turn

Figure 2 : Arrows with race+date

Straight on past Left or Right Turn

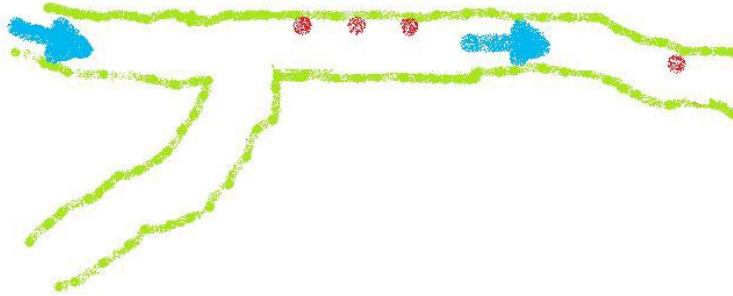


Figure 3 : Straight on past a turn

No marking or streamers before the junction.

Place 3 markers at 10m intervals after the turn on the opposite side of the path ONLY to avoid any inclination for runners to want to go down the wrong path.

Place one confirmation marker 50m onwards.

No blocking line of tape on the right turn, only mark where you want the runner to go. In the image below the runners are going straight on and not crossing the bridge.



Figure 4 : continuing on straight past a right turn

Crossroads, Left or Right Turn

The idea is to only use markings where you want runners to go. There should be no distracting tape blocking off other directions, no distracting markings on the “wrong” side of the track on the approach to the turn.

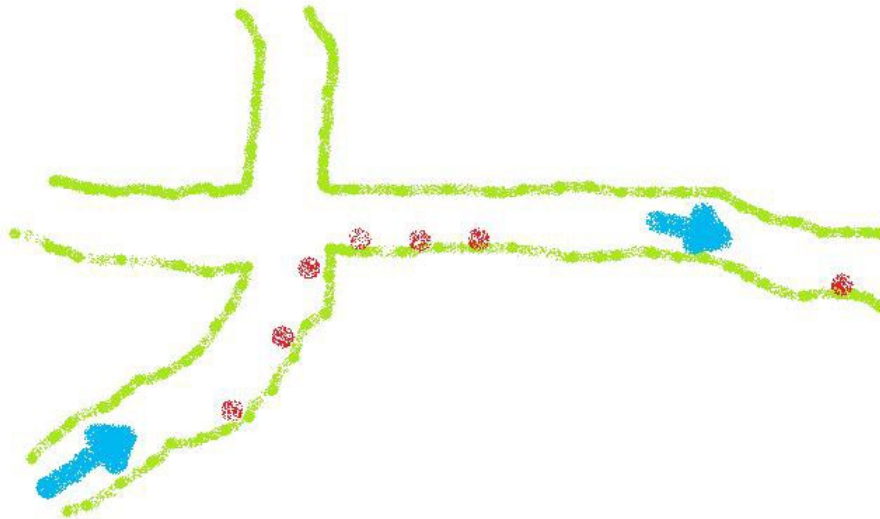


Figure 5 : Turn at a crossroads

Place 3 warning streamers at 10m intervals before junction on the side of the track that the route will be following. NO streamers on the other side of the track,

NO taping off incorrect directions.

Place 3 markers in the path you want the runners to follow at 10m intervals from the corner.

Place one or two confirmation markers 50m further on.

DO NOT PLACE any more markers or taping until the next junction. Runners should become used to only seeing markings where they need to be either changing direction or staying on course.

Crossroads, Straight Through

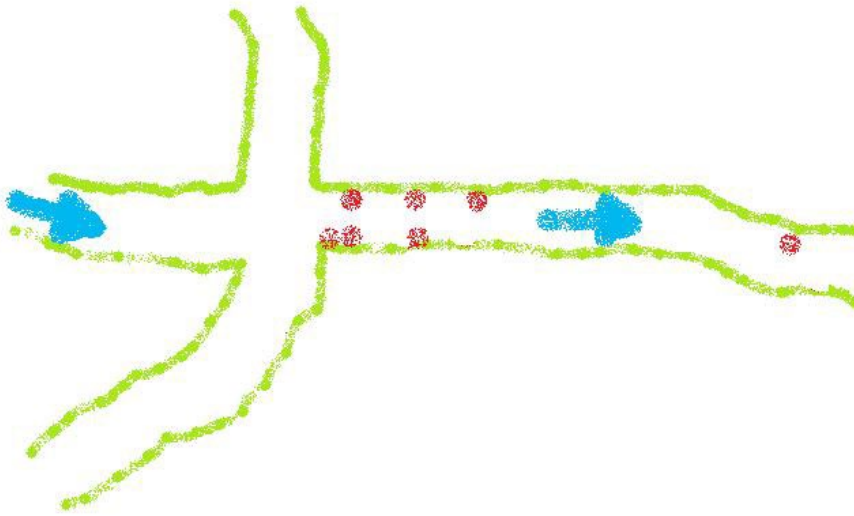


Figure 6 : Straight through crossroads

Only place markers after the junction in the direction you wish the runners to follow, markers can be placed both sides of the path at 10m intervals.

Place one or two confirmation markers 50m onwards.

No blocking tape on the incorrect paths.

A Turn Left or Right

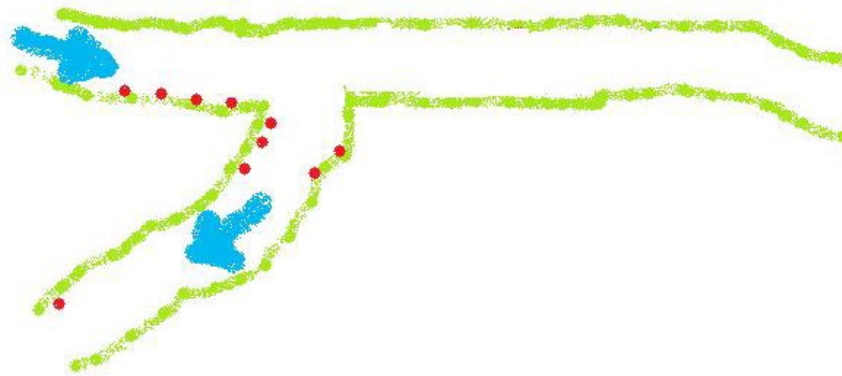


Figure 7 : turn off path

This one has to be heavily marked as runners naturally run in straight lines and will not see a left or right turn off a straight path unless it is very visible. **Use a Marshall and/or an arrow if feasible.**

Place 3 or 4 markers starting 40m before the junction at 10m intervals up to the junction.

Place markers both sides of the path you wish the runners to follow at 5m intervals to increase the chance of the runners seeing the fluttering tape.

Tie a confirmation marker 50m after the junction.

Arrows placed on the path on the junction or prior to the junction are very useful in this case.



Figure 8 : Tape approaching a small left turn off a huge main fire road, Marshall in place also.

There is no need for markers at all where there is no option but to continue onwards.



Figure 9 : No tape mid path as there are no turning options

Unusual Situations

Where you are crossing open ground without paths (field or a bog) you will have to mark it heavily, either with flags, tape or with bamboo poles stuck in the ground. Brockagh sometimes crosses the heather. Ballinastoe sometimes runs through the forest. Mark it heavily.

Final Note

As with all things, there will be exceptions. If you strongly feel that a line of blocking tape across a path would be really helpful, go ahead and use it. You are the boss, these are only the guidelines.

In general, though, please try to only put out tape where the runners will be going.

Follow. The. Markers.

Thank you ☺