

Race Marking Guidelines IMRA

Version : 2023 v2

Follow The Markers 😊

Follow The Markers

FOLLOW THE MARKINGS.

The plan is to draw the runner's eyes to where the course is going.

Only place markers 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.

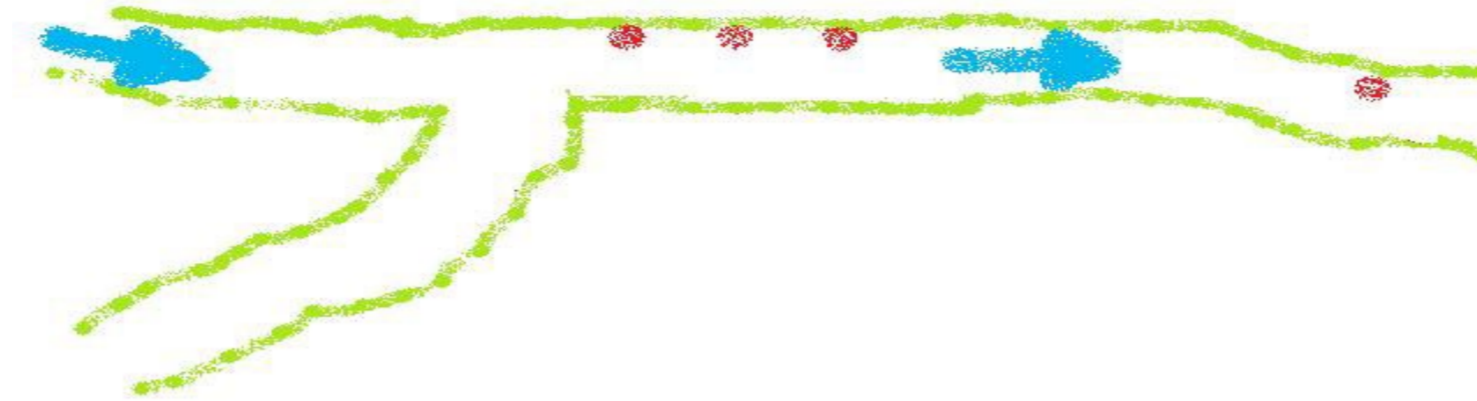
Using lines of tape to block off paths should be avoided. Runners should become used to following the markers.

Therefore no blocking tape on other paths. No reassuring markers 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 markers they know to be aware of a possible change in direction.

FOLLOW THE MARKERS.

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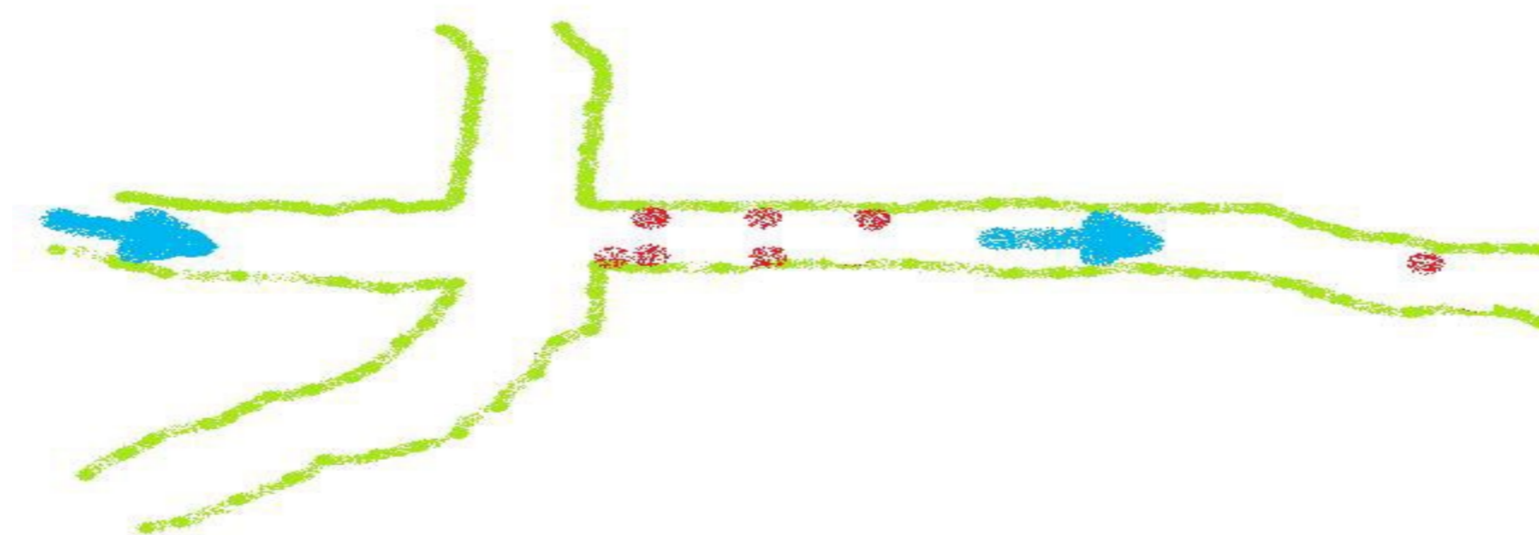


STRAIGHT ON PAST A TURN

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.

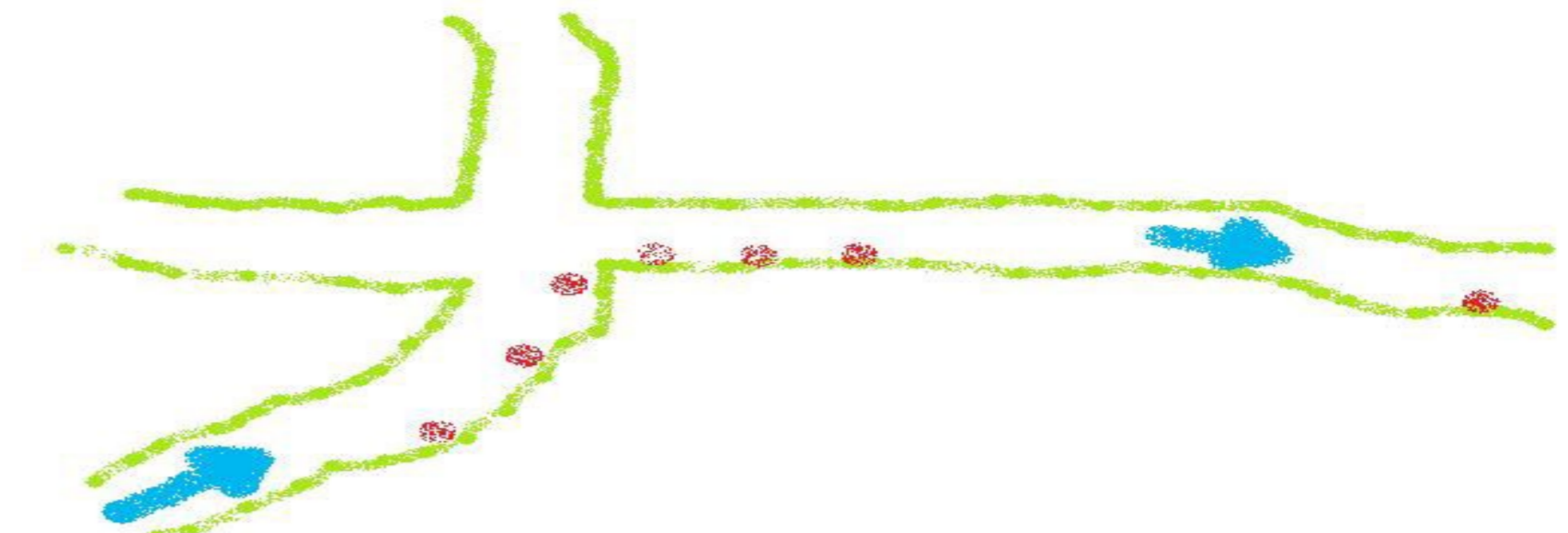


STRAIGHT ON AT CROSSROADS

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.

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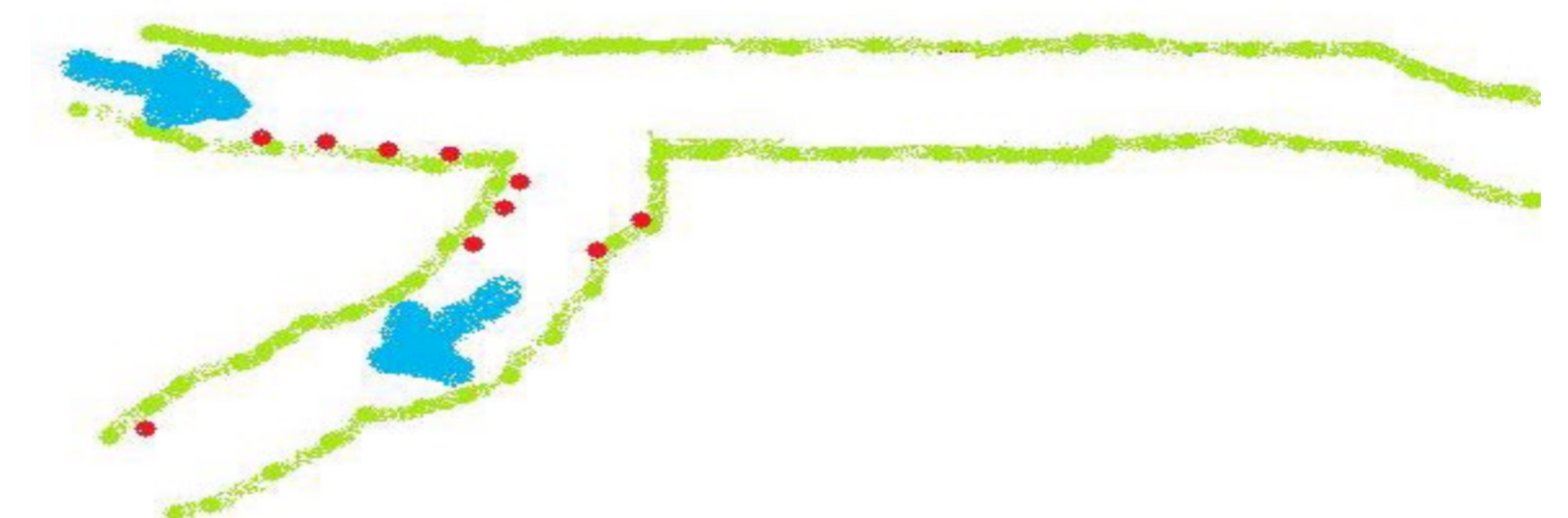


LEFT OR RIGHT TURN AT CROSSROADS

Place 3 warning markers at 10m intervals before junction on the side of the track that the route will be following. **NO** markers on the other side of the track, **NO** taping off incorrect directions or paths.

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.



TURN LEFT OR RIGHT OFF A STRAIGHT 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 an arrow if feasible, or a Marshall.**

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/flag.

Tie a confirmation marker 50m after the junction.

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.