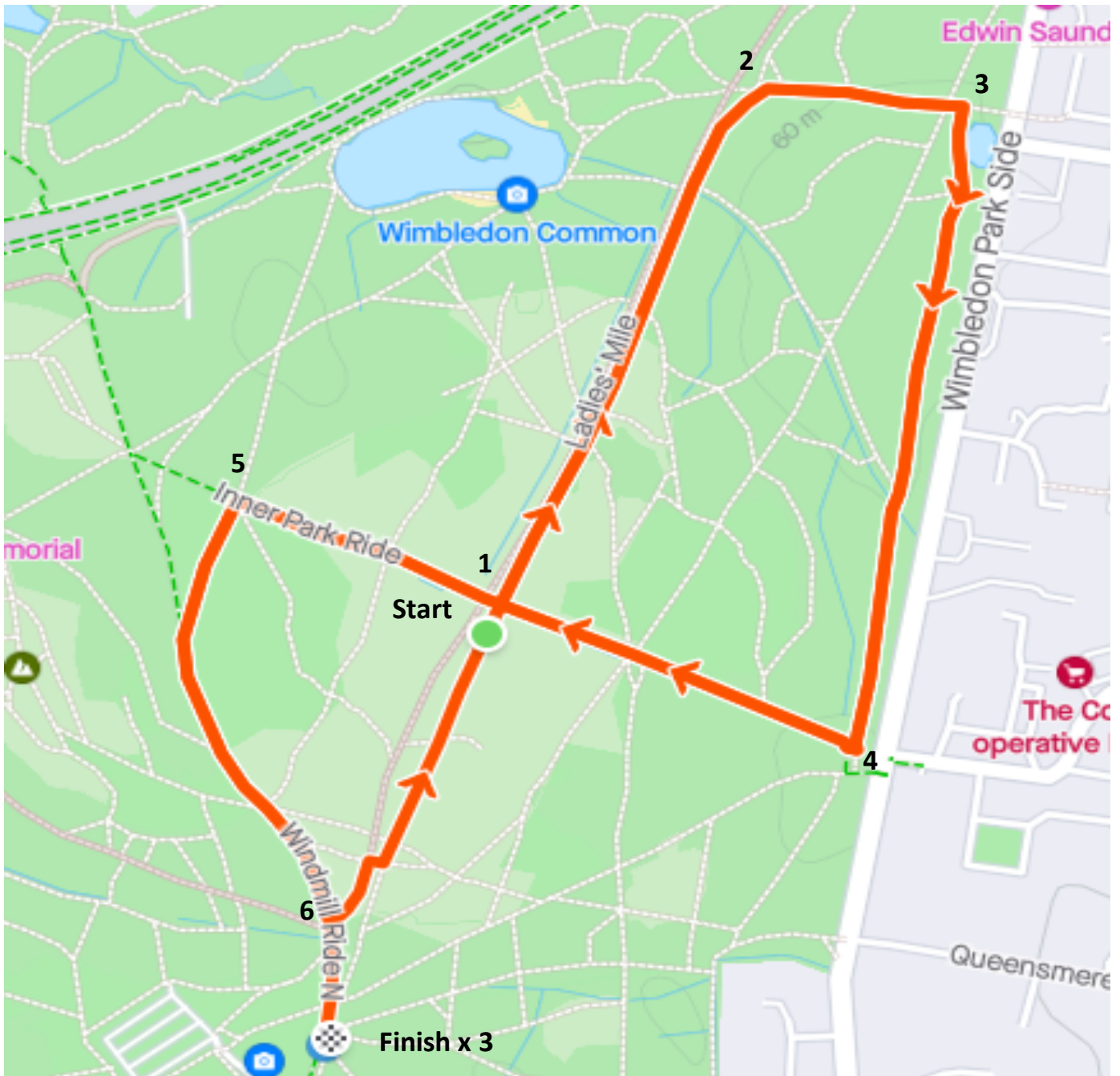


Wimbledon Windmilers - 3 Mile Handicap Course and Marshal Locations



Marshal what3words.com positions and runner instructions

1	///steps.firm.claims	Lap 1: straight on to marshal 2, Lap 1 second half: straight on to marshal 5. Repeat for Lap 2.
2	///play.drip.gallons	Turn right towards Parkside (towards marshal 3)
3	///pizza.gate.repair	Turn right down Parkside (towards marshal 4)
4	///school.oils.added	Turn right up Inner Park Ride (towards marshal 1)
5	///backed.every.former	Turn left towards Tea Rooms/Car park (towards marshal 6)
6	///deaf.scare.vent	Lap 1: Turn left for 2 nd lap, Lap 2: straight on to finish line

What to do in a medical emergency

1. Record participant name/number.
2. If urgent call 999 and then Race Director. If non life threatening call Race Director.
3. Give exact location (what3words) including landmarks and best approach for access.
4. Stay with participant until medical help arrives.