



# Mid Sussex Marathon Weekend 2026

## VOLUNTEER MARSHAL FAQs

### Introduction

The Mid Sussex Marathon Weekend will take place between 2<sup>nd</sup> May 2026– 4<sup>th</sup> May 2026.

2<sup>nd</sup> May (East Grinstead) / 10 miles

3<sup>rd</sup> May (Haywards Heath) / 10 miles

4<sup>th</sup> May (Burgess Hill) / 10 kilometres

We would like to recruit volunteer marshals to assist in ensuring the runners and spectators follow the agreed routes, understand where provided facilities are located, and are given directions in the event of an emergency. Individuals aged 18 or over will be able to marshal independently. “Young volunteers” aged 16 or 17 will require parent or guardian consent.

### What will a volunteer marshal be expected to do?

Volunteer marshals will assist Mid Sussex Marathon Weekend by:

- Directing runners along routes.
- Monitoring crowd movement and activity.
- Being aware of the location of all toilets, car parks, first aid, lost children points etc.
- Responding to direction from the police/emergency services, or Marshal supervisors.
- Marshalling car parks.
- Manning water stations.

### What times will I be needed?

We will need volunteers from 8.45am until 1.30pm, a briefing will be held between 9.00am-9.15am. Marshals meeting points are as follows:

- East Grinstead – East Grinstead Rugby Club, Saint Hill Road, RH19 4JU.
- Haywards Heath – Victoria Park, South Road, RH16 4LR.
- Burgess Hill – The Burgess Hill Academy, playing field, Station Road, RH15 9EA.

### **Will I need training?**

All volunteer marshals will receive a briefing from a trained marshal supervisor on the morning of the race and be provided with written instructions.

### **Do I need to have particular levels of fitness / health?**

As a volunteer marshal, you will have certain duties that you should be able to carry out all the time you are required as a marshal. This may involve standing for an extended period and walking to an agreed point on the race route.

All marshals will need to understand their responsibility towards the Health and Safety of all those participating in the event and be able to assist / advise any member of the public. Marshals should also be able to respond to any emergency, to raise the alarm and take the necessary immediate action.

### **Will I need to bring anything on the day?**

All volunteer marshals should bring a hat and sunscreen if the weather is warm and suitable clothing if the weather is cold and/or wet. Official marshal high visibility vests will be provided on the day.

### **Will refreshments be provided?**

Yes, refreshments will be provided during the event.

### **As a person with a disability, will I be able to volunteer alongside my support worker / personal assistant?**

We are committed to ensuring that everybody has equal access to volunteer. This means that if you require a reasonable adjustment to carry out your role as a result of your disability, we will make every attempt to provide this.

### **How will I get to the Race?**

There will be a limited amount of parking available for volunteer marshals, so, where possible, volunteers are encouraged to walk, cycle or arrive by public transport. Parking arrangements for volunteers are as follows:

- East Grinstead – Church of Scientology (field), Saint Hill Road, RH19 4JY.
- Haywards Heath – Haywards Road West car park, RH16 4LS; Haywards Road East car park, RH16 4JW.
- Burgess Hill – Station Road/Queen Elizabeth Avenue car park, RH15 9AR; Market Place Shopping Centre car park, RH15 9NP.

### **Who should I contact?**

If you would like to be a volunteer marshal for the Mid Sussex Marathon Weekend, please visit our website and sign up <https://midsussexmarathon.co.uk/become-a-volunteer/> or contact Christine Edwards via email: [christine@ahswellbeing.co.uk](mailto:christine@ahswellbeing.co.uk)