

MRRC Turnaround Policy

Background MRRC is an inclusive community running club respecting runners of all abilities, across our different running groups (e.g. Start, Intermediate & Advanced groups).

Purpose The turnaround is for the safety of all runners, to nurture an inclusive, supportive environment, and make sure no one becomes isolated from the main group.

Responsibility Group leaders are responsible for monitoring the progress of all runners in the group, including initiating and overseeing the turnaround policy.

Turnaround Front runners must turn around at the group leader's direction. Turnarounds are conducted in the following manner:

1. When safe, turn to face and run in the direction of the group
2. Pass the group in the opposite direction by a reasonable distance (e.g. 50 – 100m), so slower runners don't feel pressured
3. Then, when safe, turn and run towards the group.

The turnaround process is repeated until the end of the run or until the group leader states otherwise.

The turnaround policy is always in place; however, exceptions include MRRC milestone events, or when a group leader states otherwise before or during a run.

Illustration A visual representation of the turnaround

