

St Albans Striders are pleased to welcome you to the first race for the season. This document provides important information, please read prior to the event, even if you have raced the St Albans race previously.

If you require any further assistance after reading the document, please email fh10@stalbansstriders.com.

Event Information

Date / Time

Wednesday 15th May 2024 - 7.45pm

Race Distance

10km (Mixed Terrain)

Address

Cricket Pavilion Highfield Park, Highfield Lane, St Albans **AL4 0RE**

what3words location - **///mimic.venue.drive**

[Google Maps](#)

Travel /Parking

There is plenty of free parking available in the field adjacent to Highfield Lane (see map on following pages).

If you are driving, please lift share if possible to reduce the carbon footprint for this event.

If you are local, please consider walking or cycling to the event. There is metal fencing available next to the race HQ, where you can lock your bike.

The nearest train station is St Albans City Station (2 miles away).

Toilets/Changing

There will be portaloos located at the rear of the Cricket Pavilion. When using the facilities please ensure you use the hand sanitiser and wipes provided. There will be tents available for changing if required but it is recommended that you arrive ready to run. There are no shower facilities.

Baggage

There is no baggage drop. Please leave valuables in your vehicle if possible. Items are left in the Start / finish area at the owners risk.

Race Numbers

All race numbers are issued by your club rep. Make sure you arrive in plenty of time if you still need to collect your number from you club rep.

Water

There will be water station between 5 and 6 km on the run course. There will also be water available at the finish. The cups provided are biodegradable, please ensure you put them in the correct bin.

Course

The course takes in a loop of the park before heading along the Alban Way foot/cycle path towards Hatfield before looping back on minor roads and then back onto the Alban Way and back to Highfield Park.

There will be marshals on junctions and km markers along the route. Please follow marshal's instructions.

Although the course is approximately 10km it is classed a mixed terrain and does not hold an official course measurement certificate.

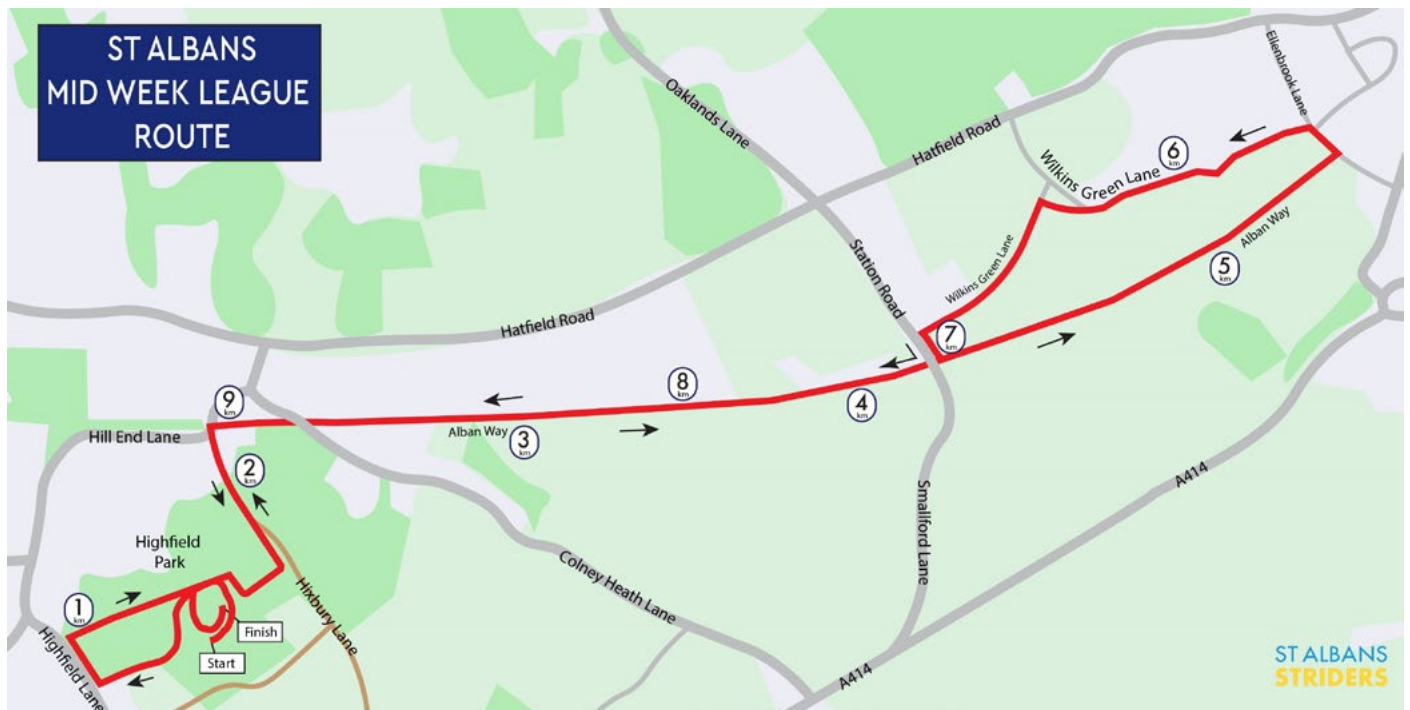
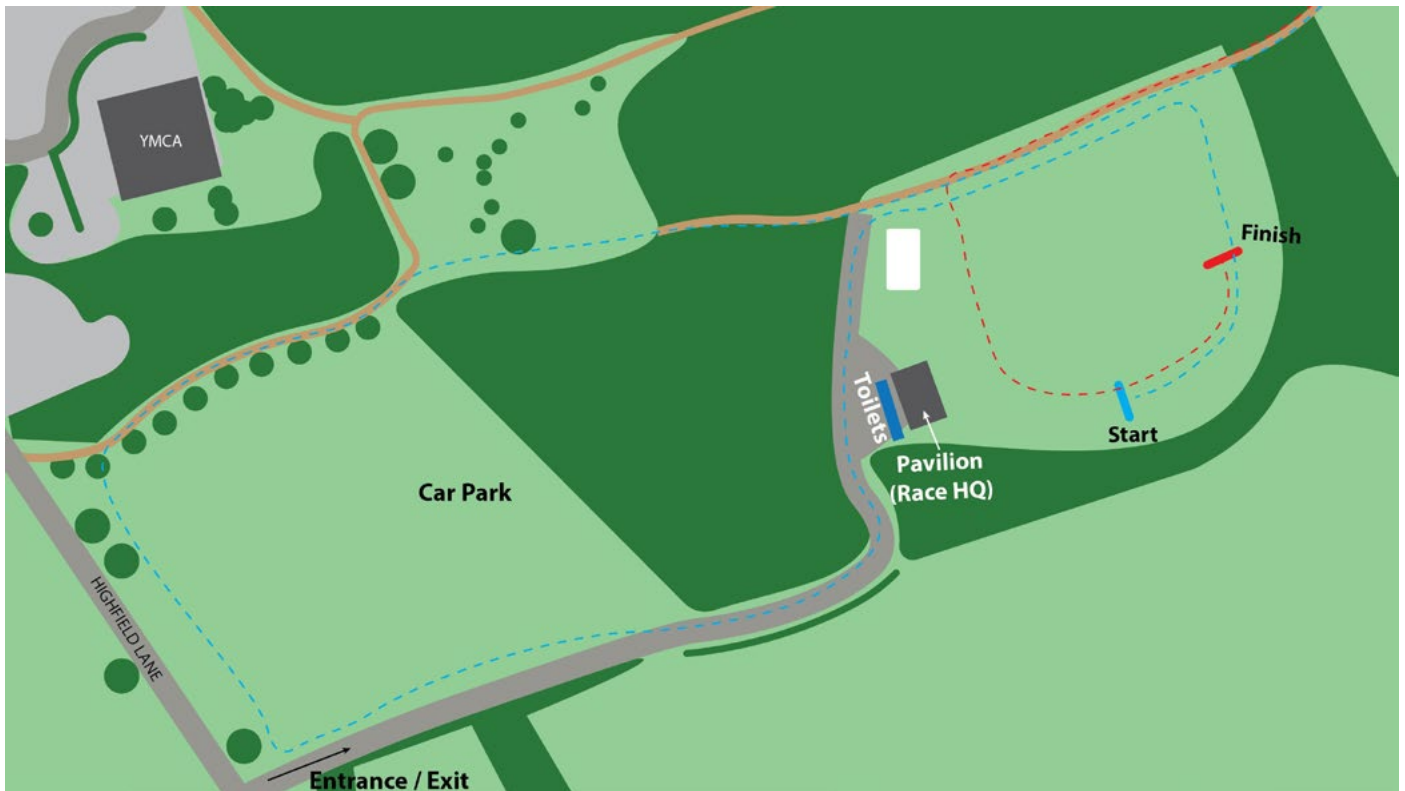
Race Start

This will be a mass start race however please try an start in a position that fits your expected finish time. There will signage to give you an idea where to start.

MID WEEK LEAGUE 2024

Division 1 - Race 1 (St Albans)

ST ALBANS
STRIDERS



[See route on Strava](#)

Run Safety

Runners are responsible for their own safety. Some parts of the course are on open roads. Try to keep to the left side of the road unless otherwise directed; vehicles have priority. Where there are footpaths, please use them. Be careful if you use the road to overtake other runners.

Do not run if you have a medical condition that may jeopardise your health or if you feel unwell on the day.

There will be medical support provided for the race. Please write medical information and emergency contact information on the rear of your number as it is quicker to locate the information in an emergency.

If you require medical support during the race make yourself known to the nearest marshal. If you are unable to reach a marshal, let another runner know, so they can inform the next marshal on the route and get medical assistance.

If you see another runner who needs assistance either stop and assist them or carry on and advise the next marshal.

If you decide not to finish the race for any reason please ensure that you report to the finish area or let the race organisers know before going home.

There is one point on the route where there will be runners going in both directions on a narrow road. This location will be heavily marshaled. Please remain alert to instructions from the marshals

Anyone found using headphones will be disqualified and have their time removed from the results.

Finish

After you cross the line, you must stay in finishing sequence and accept a token passed to you as you walk down the funnel. When you exit the funnel, find the scanning volunteers and have your bib and finish token ready to be scanned. After scanning, put the token in the nearby bucket; DO NOT take this token away with you as they will be needed for future races.

Results

These will be published at runherts.com, normally within a day or two of the race.

Refreshments

There will be water, tea, coffee and some light snacks available next to the pavilion after the race

GOOD LUCK AND ENJOY THE RACE