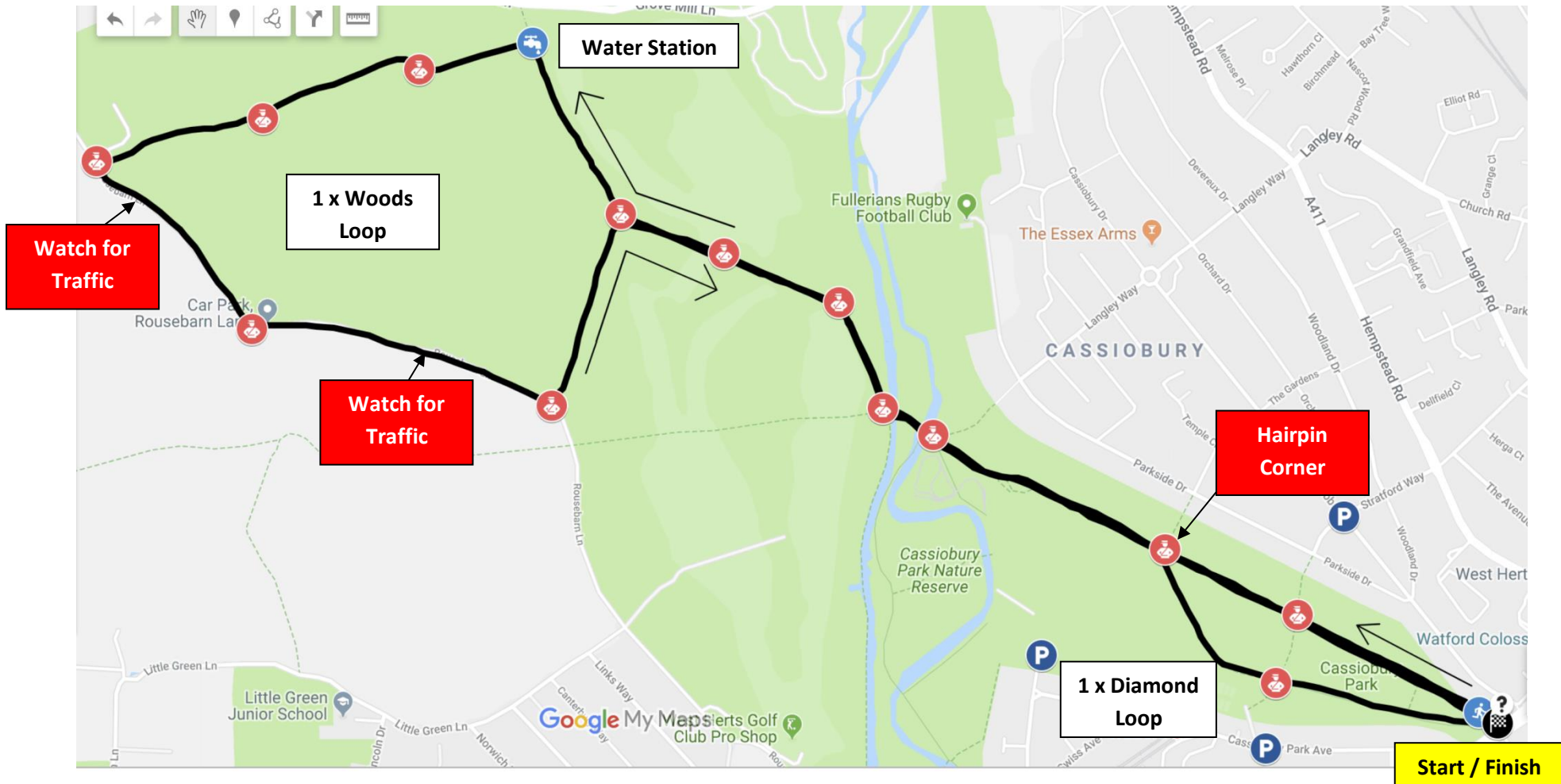


Mid Week League 10k Hosted by Watford Joggers, Start 19:45 on Wed 29th May

[Medical Emergency](#) contact tba our Safety Director on 07736202995 or dial 999

Race License: Trail Race Association: 6279. Runners must be aged 16+.

Course Map



MUST READ: Race Safety Protocol & Contacts

If there is a medical emergency during the race, notify a marshal immediately. The marshal will be able to contact the safety director (situated at the finish), our medical cover or call 999.

Emergency Contact Numbers:

Safety and Run Director: 07736202995

Onsite Medical Emergency Team: provided by MWL

In an emergency additionally call 999 (free from any phone even when locked)

Race Itinerary

18:30 Onwards – Arrival, bag drop: West Herts sports club, 8 park avenue, wd18 7hp. **Please do not leave bags near start.** Teams should assemble at West Herts then make their way to the start which is a short walk. What3words:///robe.jabs.wage

Toilets/Portaloo's are provided at West Herts

There is no Parking at West Herts(reserved for club members only). Parking is available in **Parkside Drive** WD17 3AX, **Cassiobury Park Avenue** WD18 7LB or **Gade Car Park** WD18 7LQ. Check road signs in case there are parking restrictions in place. The earlier you arrive, the closer you can park! Bags can be dropped at West Herts **baggage is left at owner's risk**. We recommend leaving valuables at home / in your car. There are limited changing facilities available at West Herts. Race HQ is by the start / finish.

18:45 Onwards – Warm up: It's recommended to warm up in the hour before any race. If you are tight on time and decide to 'run cold', give a thought to running easier for the first two miles to allow your body to warm up.

19:30 – Team Photos: at West Herts sport club! Then make your way to the start. Please use traffic lights or underpass when crossing main road from West Herts to Cassiobury Park.

19:42 – Race Brief: 3 minutes before the start to cover any **important information**

19:45 – Race Start: See

- Map on page 1 what3 words ///adjust.hits.drunk
- Appendix 1: Runner Conduct
- Appendix 2: Toilet provision
- Appendix 3: Course description (includes water provision)

20:30 – Bar open: See you back at **West Herts Sports Ground** for socialising over post race drinks and nibbles.

21:19 – Sunset. If you need longer than 1.5hr to finish the race, please consider taking a head torch

23:00 – Bar closes

Enjoy your Race!

On behalf of Watford Joggers, we hope you enjoy your race and welcome your feedback afterwards.

Appendix 1: Runner Conduct – Using the park and woods

Runners are reminded that the park and woods are a public space. While out on the course, you are responsible in part for maintaining the good reputation of the league so please adhere to the following guiding principles:

- Faster runners overtake ON THE RIGHT
- Sound systems of any variety (ear, bone etc) that might reduce your chances of hearing others alerting you to danger are prohibited and may lead to disqualification
- Be respectful of each other and other park users – they have a right to enjoy the route too
- Give our officials the thumbs up, they have given their time to ensure you can race safely in a friendly environment
- If you take advantage of the water on offer, please ensure you dispose of your cup in the refuse bags placed shortly after the water station. If you keep your cup for longer, please dispose of it in a litter bin provided

Appendix 2: Toilet provision

There are no toilets on the course.

Toilets/Portaloo's are located at the start at West Herts. There are public toilets available below Watford High Street underpass next to the Watford Colosseum.

Appendix 3: Course Description

Runners start at the top of the park by the green flag as indicated on the map. The start will be on tarmac path. We advise faster runners to start at the front to allow the start to flow as safely as possible, ensuring as many people as possible can take advantage of the path.

Runners first do 1 x Loop of the diamond.

A marshal will be on hand at a pedestrian crossing point after 500m. Head straight on.

Care is required at the **sharp left hairpin** at the lowest point on the diamond (the first turn in the race after approx 800m). A marshal will have laid out some guidance cones. The best way to tackle this hairpin is to **keep to the right on the approach cut left across the apex and exit wide**. Please be mindful of each other. You will need to take care and **slow** as necessary and more so if the ground is **wet**.

As you exit the hairpin it is your responsibility to **keep out/right of the path**. It is actively in use and therefore potentially hazardous.

On the second approach to the hairpin, head **straight on** down the tarmac path, down through the avenue of trees. Marshalls will greet you as you exit the park by crossing 2 bridges and enter Whippendell Woods. **Care is required** to take the correct right turn. A marshal will be on hand and cones will be laid out as a visual guide.

The race takes on a trail theme at this point as you head up over the fairways. Marshals will be on hand to warn golfers so that you don't need to wear a tin hat (albeit that is optional).

As you exit the fairways, a marshal will direct you to branch right towards the Grove Mill Car Park.

At Grove Mill Car Park, there is a **water station**. The course veers left. Markers will be laid out to give a visual reference. Runners are encouraged to take a sip of water and discard their cups into or near the refuse bins provided. **IMPORTANT:** If you do carry your cup further than the refuse area, please keep hold of the cup till you are able to dispose of it in a bin.

Heading through the woods you will pass two marshalling points who may use markers to help guide you on the main path towards Rousebarn Lane.

Care is required at Rousebarn Lane where there is a sharp left onto an active road. On roads keep left. Rousebarn Lane is effectively a cul-de-sac leading to a car park on the left. Please make every effort to listen to instructions from marshals in case a car tries to get through, and if a car is encountered, remember: keep left.

As you pass the first Rousebarn Lane carpark, you will pass through some bollards. There is a second car park on the left, so **care is required** for cars here.

There is a nice downhill section of road leading to a sharp left back into the Woods. A marshal will be on hand and cones will be laid out to help guide you through a configuration of sequential turns that take you onto the Whippendell "drainpipe".

You will complete the Whippendell loop by exit the drain pipe to the right, and running back over the fairways, back over the two bridges, and then up through Cassiobury park to the finish!

Race finish will the parkrun model. Collect a token at end of funnel then proceed to scanners who will scan you bid and finish token. Return finish tokens to buckets.

Funnel etiquette; move through quickly, keep in sequence no ducking out.

All spectators are respectfully requested to keep away from the timekeepers, funnel end and the barcode scanners.