

SCOTT'S TRAVEL

Midweek Road Race League

Mob Match : 12th July 2023

Garden City Runners looks forward to welcoming you at the finale to the season – the Mob Match!

We also thank Herts Phoenix, Dacorum AC, and Ware Joggers for providing volunteers for this event.

This document provides essential information, so please read it before travelling, even if you have raced this course before. If you need any further information after reading the document, please contact your club representative.

Essential Reading

- 1. Remember your bib, club vest, and safety pins!**
- 2. The start time is 7:30pm.**
- 3. Do not attempt to park at Race HQ – we have an allocated car park a few minutes' walk away.**
- 4. Do not warm up on the school playing field – please use the footpaths around the outside of Ridgeway Academy.**
- 5. Use only the toilets indicated. The field must not be used.**
- 6. No dogs are allowed anywhere at Ridgeway Academy.**
- 7. The venue is also a school, so there will be children around involved in post-school activities.**

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Further Event Information

Date & time of Start : Wednesday 12th July 2022 - 7.30pm

Race Distance : 10km

Postcode for parking : AL7 2ED

what3words location : <https://w3w.co/pretty.needed.chill>

Postcode for Race HQ : AL7 2AF (not for parking)

Ridgeway Academy, Hens Lane, Welwyn Garden City

what3words location - <https://w3w.co/loss.salon.dating>

Travel / Parking

As before, we have permission to use part of the car parking at Panshanger Golf Complex. Please follow the directions of the car park marshals, and park only in the areas they indicate.

There is also a public Car Park on Moors Walk, at AL7 2BQ – this should be treated as an overflow car park when the Golf Complex car park fills up. The industrial streets of Swiftfields plus Watchmead, at AL7 1LY, are also available.

There is strictly no parking at the Sports Centre or the residential side streets close by. See enclosed map for locations.

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

If you're local, please consider walking or cycling to the event. There are bike racks inside the grounds of Ridgeway Academy, very close to the Race HQ building, where you can lock your bike.

The nearest train station is Welwyn Garden City (1.4 miles away).

Important note:- The pedestrian gate at the rear of the field at Ridgeway Academy is no longer in use – you cannot enter or exit the venue this way.

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Event Safety

We want EVERYONE to enjoy a safe event. Prior to attending, please take necessary steps to ensure that you do not have Covid-19. This can be done by taking a lateral flow test at home.

Do not attend the race if you have Covid-19.

Toilets/Changing

Attendees will only have access to the toilets in the Sports Centre (separate) and in Attimore Hall. All other facilities at the venue will be out of bounds. The Sports Centre entrance is at the south end of the complex of buildings.

There are shower facilities available in the Sports Centre. When using the facilities please ensure you use the hand sanitiser and wipes provided.

Baggage

There is no formal baggage drop, but runners can leave items either on the field near the finish, or inside Attimore Hall, or in a locker in the Sports Hall. All items are left at the owner's risk.

Race Numbers

All race numbers are issued by your club rep. If you already have a number from the previous races, please reuse this for the Mob Match. Make sure you arrive in plenty of time if you still need to collect your number from your club rep.

Water

There will be one water station on the course, with two opportunities for taking water, and water will be available at the finish.

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Course

The course is two laps of a mildly undulating “lolly pop” shape - see the attached map. The entire course is on tarmac/concrete cycle ways and pavements, except for the start and finish on the grass field. The course is open to pedestrians and bicycles, with vehicles at road crossings, and with numerous turns, so obey the marshals' instructions and run responsibly.

If you can't or don't want to run, please come along and help by marshalling, or by helping at the finish.

Race Start

This will be a mass start on the playing field at Race HQ. Please start in a position that roughly fits your expected finish time.

Run Safety

Runners are responsible for their own safety. Some parts of the course involve runners in both directions on the cycle path, so please follow the marshals' directions to run on one side.

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.

Headphones

All type of headphones are prohibited by the MWRRL rules, and anyone found using headphones will be subject to disqualification.

Finish

When you cross the line please ensure that your number is visible on the front. You will be handed a position token in the funnel. Please report to your Club Rep with that token, before leaving the field. They will log your details and your position.

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Results and Presentation

These will be published by the MWRRL results secretary, normally within a day or two of the race. As soon as the Mob Match result is known, the trophy and model presentation will start, in Attimore Hall, where club and individual awards are announced.

Refreshments

Complimentary refreshments will be provided after the race prior to the presentations. To help ensure everyone has a fair share please supplement the spread by giving kitchen staff your contribution. There will be water, tea, coffee and some light snacks available.

GOOD LUCK, AND ENJOY THE RACE!