

To All Midweek League Club Contacts and Officers covering email,

Midweek Road Racing League Mob Match Race 5

sponsored by Burnt Hare

Dear League Club

Garden City Runners assisted by **Herts Phoenix, Dacorum AC, Ware Joggers** and **Enfield Chasers** are delighted to enclose details of the MWRRL Mob Match for your members.

Date: **Wednesday 10th July 2024**

Remember your **club vest, number and safety pins**

Start Time: **7.30pm**, League Presentation 8.50pm

Time Limit: Maximum time limit 90 minutes. The first 5km must be comfortably completed by 8.10pm which is 40 minutes after the gun. Any later and there could be a problem of non-access through Shire Park.

Location: Attimore Hall in the **Ridgeway Academy**, Herts Lane, Welwyn Garden City, AL7 2AF
There are changing facilities and plenty of toilets some of which are located in and outside the nearby Sports Centre plus others within the Hall. So PLEASE DO NOT URINATE IN THE BUSHES of which we have had complaints in the past. NO DOGS allowed on site or the field, we are using a school. The pedestrian gate used in the past in the passage at the rear of the field by Ridgeway Academy is welded shut. Baggage can be left in the Hall and there are lockers in the Sports Centre.

Parking: Please know your allocated car park, incorporating a **change from previous years**:
The main Car Park is at **Panshanger Golf Club/The View** AL7 2ED for **Division 1 & 2 clubs only**. We must leave space for the regulars and so only park where our marshals show you.

PLEASE DO NOT PARK ON THE GRASS. This car park will fill up especially in light of extra spaces required for the Euros. Therefore later arrivals go straight to the allotted side street of Watchmead AL7 1LY shown on the enclosed map or well away from the Sports Centre.

Division 3 clubs please use the free **Public Car Park on Moors Walk** AL7 2BQ and later arrivals as above.

Strictly **no parking at the Sports Centre** or the residential side streets close by.

Parking for **hosting clubs**: Garden City Runners, Herts Phoenix, Ware Joggers, Dacorum AC and Enfield Chasers is at the race HQ **Ridgeway Academy** AL7 2AF off of Herts Lane.

The nearest station is Welwyn Garden City 1½ miles away.

Start & Finish: The start and finish is on the field 100 yards from the race HQ. Please start in a position that roughly fits your expected finish time. Race briefing is also on the field at 7.25pm. At the finish please **keep moving through the funnel** and **scan your allocated barcode** before exiting the corral.

Distance: **10km +/-0.01 mile**, <https://www.mapmyrun.com/routes/view/5518102348>
Race Permit ARC/124/0367 and conducted under the Leagues rules which state that headphones must not be worn.

Route: **Mildly undulating lolly pop two lapper**, see attached map, with two opportunities for water. Tarmac using cycleways and pavement except for the start/finish field on grass field. The course is open to pedestrians and vehicles so obey marshal's instructions and run responsibly.
The weather can be warm and humid and so **be mindful of the conditions**. Medics are available.

Refreshments: Complimentary refreshments will be provided after the race at the HQ prior to the presentations. The spread is not meant to be your dinner and you are welcome to access the food from all directions to avoid queuing. Only queue for hot drinks, and in addition to what we supply there will be a vendor to help meet demand.

Results & Photographs:

Results will be on the **RunHerts** website.

Free photos of the race and prize winners will be available shortly after the fixture at <https://www.flickr.com/gp/144116061@N07/8491gA658h>

We look forward to seeing you at the MWRRL Mob Match and Series Presentation.

Regards

Peter Harvey

(Race Director, Garden City Runners)

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Enclosed: MWRRL Mob Match course which includes where to park