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In conjunction with ***Harpenden Arrows*** and ***Broxbourne Running Club***

**Midweek Road Race League 2018 - Race 3**



**Welwyn Garden City - Wednesday 20 June at 19:45**

**Race HQ:** Welwyn Rugby Football Club, Hobbs Way, Colgrove, Welwyn Garden City, AL8 6HX

**Parking:** A limited amount of car parking will be available on the perimeter of the playing fields at the Rugby Club. This may not be available if it has been raining and the grass is soft.There are over 500 spaces in the car parks at Stanborough Park by the lakes. These are only 5 minutes walk from the start, 10 minutes from the Race HQ. These are **payment by number plate recognition**. There is limited potential for parking in the residential roads near to the Race HQ. Please do not even try to park in Hobbs Way or Colgrove and **please avoid upsetting residents by parking inconsiderately**. Please share cars

**Travel:** Welwyn Garden City main line station is 15 minutes walk from the Rugby Club.

**Facilities:** There are changing rooms and toilets at the Rugby Club. These are limited and some portable units will be available, but you are advised to arrive in good time.

**Refreshments:** Post-race refreshments will be in the clubhouse. The bar will be open.

**The Race**

**UKA License number:** 2018-35612

**Race Adjudicator:** Bryan Smith

**The Start:** Is on Stanborough Green, approximately 5 minutes walk from the Rugby Club.

**The Finish:** Is on the playing field at the Rugby Club.

**The Course:** Is a 2⅕ lap course which is predominantly run on the footpaths. The course, previously used for Midweek League races and the Mob Match, is 10k long. However, whilst it was accurately measured, the certificate of course accuracy has not been renewed. A map of the course is attached.

**Course direction:** The course will be well marked and marshalled, and will have KM signs.

**Water:** Water will be available at the finish and at a water station placed at the 4½/9k point.

**Help:** Any help from non-competing members of visiting teams would be greatly welcomed, this being of particular help if known in advance. If you can help, please let me know at rj.bloom@btinternet.com.