



## MID-WEEK ROAD RACE LEAGUE 2026

### RACE 3 – HARLOW RUNNING & TRI CLUB

Wednesday 17 June 2026 | Race Start Time: 7:45pm

#### WELCOME

Harlow Running & Tri Club warmly welcomes you to Race 3 of the Mid-Week Road Race League 2026. We are delighted to be hosting both Division 2 and Division 3 clubs and look forward to welcoming runners to Church Langley for an enjoyable evening of racing. Please take a few minutes to read the information below before travelling.

#### RACE HQ

Mark Hall Academy, First Avenue, Harlow, CM17 9LX

What3Words: circle.echo.asks

Race HQ will be open from approximately 6:30pm and includes toilets, a marshalled bag drop and post-race refreshments. Please note that Race HQ is approximately 1km from the Start/Finish area, so allow enough time to walk between the two locations before the race.

#### PARKING

Parking is available at Mark Hall Academy. Please DO NOT park at Mark Hall Sports Centre. Additional parking is available at Tesco Church Langley if required. There is no parking available at the Start/Finish area.

#### RACE NUMBERS

Race numbers will be issued by your club representative. Your race number must be worn on the front of your vest and remain visible until you have been scanned after finishing.

#### START & FINISH

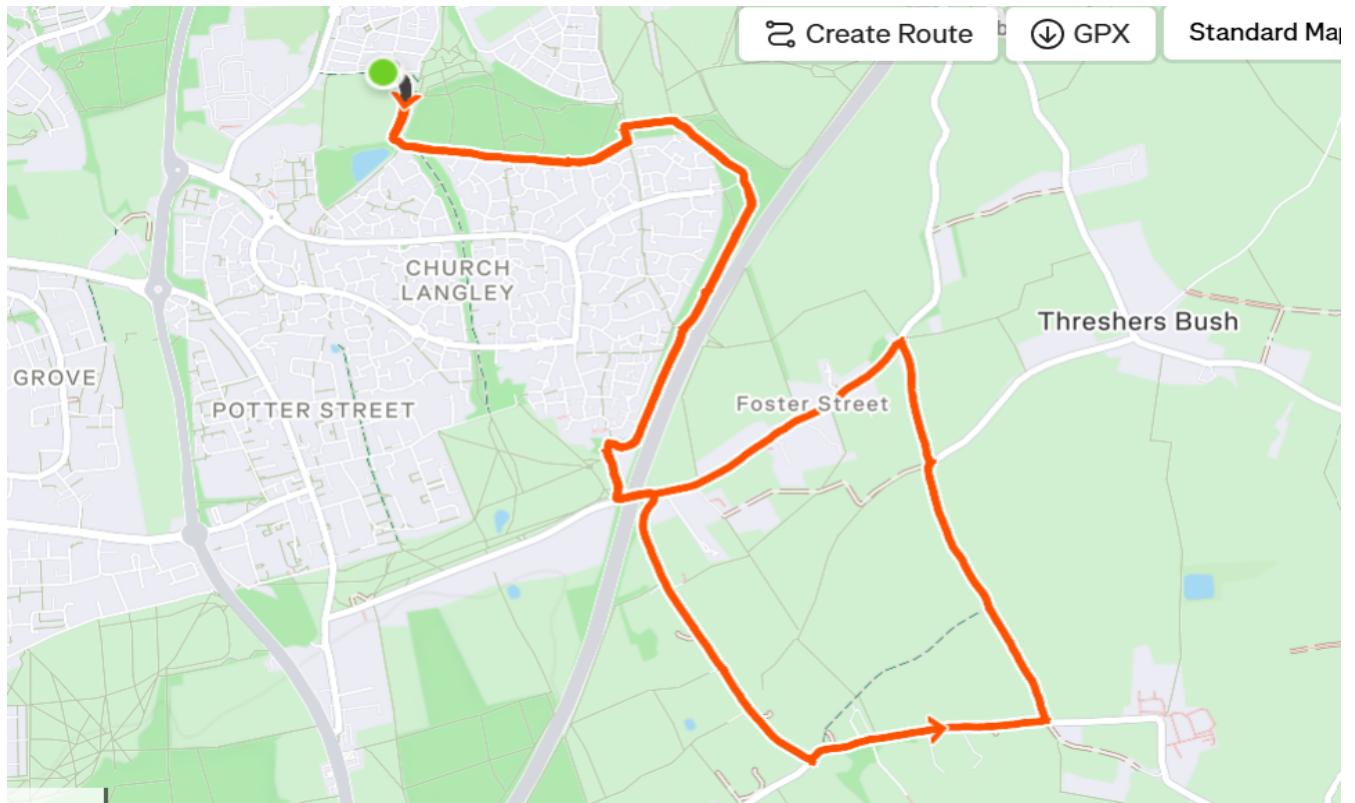
Church Langley Playing Fields

What3Words: fruit.rinse.strike Please make your way to the Start area by 7:35pm. Clubs are welcome to bring club flags and gather on the playing fields around the Start/Finish area. This will act as the main club meeting point before and after the race.

#### RACE START

This is a mass start race. Please position yourself according to your expected pace and finishing time. Faster runners should move towards the front of the field, with slower runners positioning themselves further back.

## THE ROUTE



The course is approximately 10km and consists of a mixture of road, gravel paths, bridleways and woodland trail sections. The race begins on the Church Langley Playing Fields before heading out onto the trails and bridleways surrounding Church Langley and Harlow Common. The route passes through woodland sections and quieter roads around the edge of the Common and Foster Street area before returning to Church Langley for the finish. The course offers a varied mixture of terrain with a few undulating sections along the way. It is suitable throughout for normal road running shoes. The route will be clearly signed and marshals will be positioned at all key junctions.

### WATER STATION

A water station will be available at approximately the halfway point of the race.

### SAFETY

The race uses public roads, footpaths, bridleways and trails which remain open throughout the event. Please follow marshal instructions at all times and take extra care when approaching road crossings and shared-use paths. If you retire from the race for any reason, please inform a marshal or report to the finish area before leaving.

### HEADPHONES

The use of headphones, earphones or any personal listening device is not permitted during the race. This includes bone-conduction headphones. Any runner found using headphones at any point on the course will be disqualified and removed from the results.

### MEDICAL ASSISTANCE

Medical support will be provided by EB Medical. In a serious emergency, always call 999 first.

### AFTER YOU FINISH

With Division 2 and Division 3 racing together, accurate finish processing is essential. Remain in finishing order, stay within the finish funnel, collect your finish token, have both your race number and finish token scanned, and return your finish token before leaving. Please do not leave the finish area until you have been scanned.

### REFRESHMENTS

Light refreshments will be available at Race HQ after the race.

### RESULTS

Results will be published on the Mid-Week Road Race League website within a few days of the race.

We hope you enjoy your visit to Harlow and wish you a safe and successful race.