

Mid-Week Road Race League – Race 3

Thursday 18th June 2026 – 19:45pm

Race Instructions

Welcome

North Herts Road Runners and Ware Joggers warmly welcome you to the third race of the MWL season. This document provides important information, please read it prior to the event.

We are very grateful to Stevenage Borough Council for allowing us to use their land to host and run this event. We ask everyone who is attending to respect the other users of Fairland Valley Park.

Thank you

Event Information

Date/Time

Thursday 18th June 2026 – Start – 19.45pm

Race Distance

Approximately 10km – Tarmac footpaths and cycle tracks.

Address

Fairlands Valley Car Park What3words – [hardly.link.brick](https://www.what3words.com/hardly.link.brick)
Broadhall Way
Stevenage
Herts
SG2 9BN

Travel / Parking

If you are local please consider walking or cycling to the event. There is plenty of space, including fencing and trees to secure your bike. There will also be a presence at the Event HQ at all times.

The nearest train station is Stevenage Train Station. It is a 15 minute walk to the Event HQ.

Please *consider car sharing or use* of minibuses to reduce the carbon footprint of this event. There is plenty of parking available at the Fairlands Valley Car Park at the Event HQ.

Toilets / Changing

There will be Portaloos and urinals within the car park. Please ensure you use the hand sanitizer and wipes provided.

There will be no changing tents available. It is recommended that you arrive ready to run.

There are no shower facilities.

Baggage

There is no baggage drop. Please leave valuables in your vehicle where possible. Items that are left at the start / finish area are done so at the owner's risk.

Race Numbers

All race numbers are issued by your club rep. Make sure you arrive in plenty of time if you still need to collect your number from them.

Your race number must be pinned to the front of your shirt / top and must be visible at all times until you are scanned. Please ensure your number is kept safe for the remainder of the season.

Water

There will be a water station on the course. There will also be water available at the finish. The water will be provided in biodegradable or reusable cups. Please put them in the correct bins.

Course

The course is just under 10km in length and is entirely within Fairlands Valley Park.

It will be run completely on footpaths and cycle paths

The start and finish are in the south part of the park. You will run through an underpass to the north part of the park where you will complete 2 loops before returning to the finish at the Event HQ.

There will be a water station between 5 & 6 km on the course.

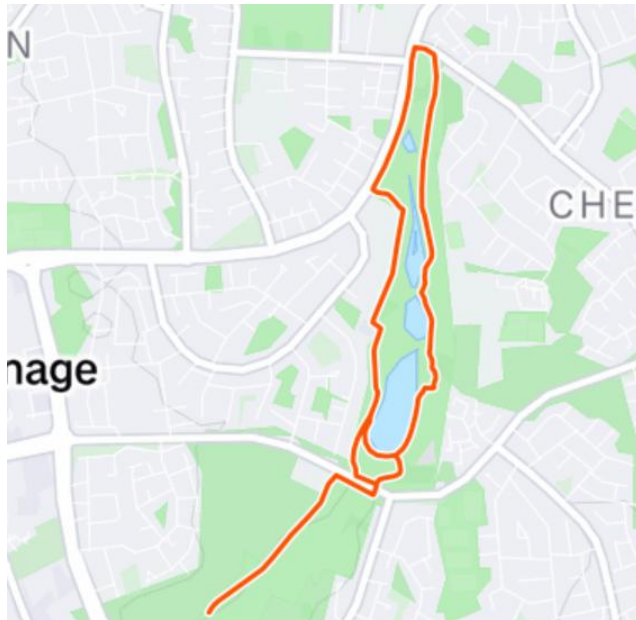
The course will be well marshaled around the course and also sign posted at key locations.

Please note: Runners will need to pay attention and respect to other users of the park. These will include walkers, runners, cyclists, dog walkers and moped riders. There will be Caution Runners signs on the course.

Race Start

This will be a mass start race and so please try and position yourself at the start roughly where you expect to finish.

[Course Map](#)



[Race Safety](#)

Runners are responsible for their own safety.

Please do not run if you have an underlying medical condition that may cause you issue at the event or if you feel unwell on the day.

We will have medical support at the event. Please write any pertinent medical information on the rear of your race number to provide the medical team with information that may assist with your care.

If you require medical support during the race go to the nearest marshal to seek medical support. If that is not possible, ask a fellow runner to do so.

If you believe a fellow runner needs medical support, please stop to give them immediate support and then seek medical support for them. Its better to seek medical support and they do not need it than to assume they are okay when they aren't.

The course is run on footpaths and cycle paths. Please take care need other users of the park.

Please be alert to instructions from marshals.

Anyone seen to be using headphones will be disqualified and have their time removed from the results. This applies to all types of headphones and earphones.

[Finish](#)

The finish is adjacent to the Event HQ.

As you cross the line, please stay in finish sequence. You must take the token passed to you by a marshal. As you leave the finish funnel you must get your race number and token scanned by a marshal. If you don't you will not be recorded in the results.

Please put the token in the buckets provided. We need all the tokens for the next event.

Club Gazebos

Please feel free to bring your club gazebos and/or sail flags. There is plenty of space at the Event HQ. And they tend to make great photographs.

Results

The results for this race will be posted on the mwrri.org.uk website as soon as possible and normally with 24 – 48 hours.

Refreshments

There will be water and some light snacks at the event HQ after the race. These have been provided by a team of volunteers from North Herts Road Runners and Ware Joggers.

Have a great race

North Herts Road Runners & Ware Joggers