

## **\*\*HEAT HEALTH ALERT VERSION\*\***

### **Midweek Road Race League: Division 1: Race 4 – 1<sup>st</sup> July 2025**

**This is a revised set of race instructions taking into account the Amber Heat Health Alert until 1800 on 1<sup>st</sup> July 2025.**

Dacorum AC are pleased to welcome you to Ashlyns School in Berkhamsted.

Please read this information prior to the event as this is a new course at a new venue. If you have any further questions after reading this, please email [dacroadrunners@gmail.com](mailto:dacroadrunners@gmail.com) or ask your Midweek League Club Rep.

#### **Event Information / Race HQ**

Date/Time	Tuesday 1 <sup>st</sup> July 2025, revised race start of 8:00pm ( <b>race brief 7:45pm</b> )
Race Distance	7km mixed terrain (reduced from 10km)
Address	Ashlyns School Chesham Road Berkhamsted HP4 3AH
Race HQ	Ashlyns School Sports Centre (at rear of site, after car park)



#### **Travel /Parking**

The nearest train station is Berkhamsted (1 mile away), which has regular services from Euston.

The easiest access to Ashlyns by car is from the A41, leaving at the Chesham A416 junction.

Car Parking is provided on site at Ashlyns on a grassed field. Please follow signs and marshals' directions. Ashlyns operates a one way system so you will turn left out of the grass field used as car park to exit the site.

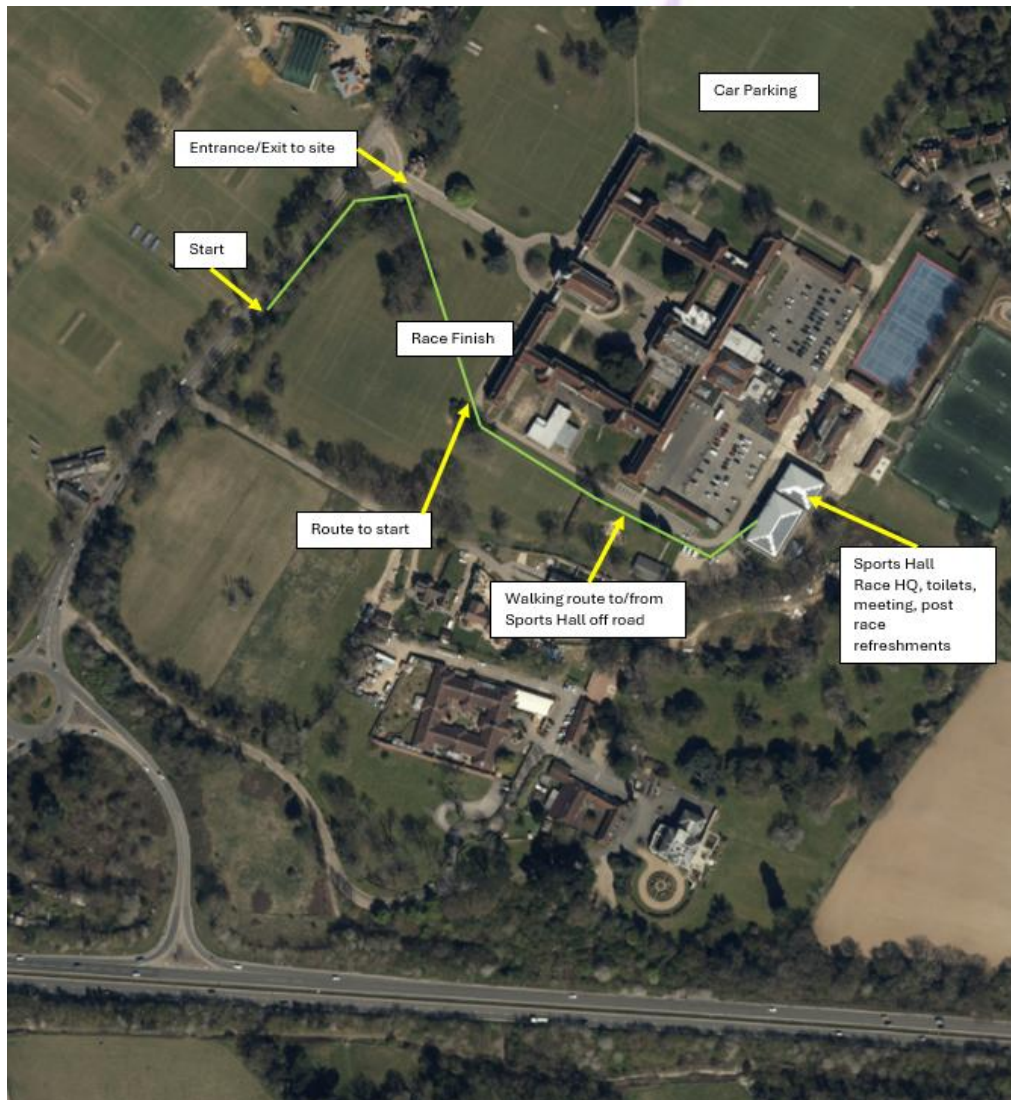
Please do not park on residential roads around Ashlyns or on Chesham Road.

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Coaches are not permitted on site due to the narrow roads and 90 degree turns. Coaches will need to drop off outside Ashlyns and park elsewhere for the duration of the race.

#### **Site Plan**



#### **Toilets/Changing**

There are unisex toilets inside the Sports Hall which is Race HQ. There are no changing or showering facilities so please arrive ready to run.

#### **Baggage**

There is no bag drop but we have sole use of the sports hall for the evening which will be manned at all times. Any belongings or valuables are left at your own risk.

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#### **Race Numbers**

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're scanned. Please keep your number for the rest of the season.

#### **Water**

There will be a water station at 4.5km on the course. Please put cups in the bins provided on the course.

There will also be water available after the finish.

Due to the heat, all runners are asked to bring plenty of water with them for before, during (if you feel you need it) and afterwards.

#### **Race Brief / Start – IMPORTANT**

The Race Brief will be at 7:45pm promptly in the Sports Hall at Ashlyns to allow everyone to hear important safety information and details of the route changes given the heat health alert.

Runners will then be sent out from Race HQ to walk 500m (5 mins) to the start in expected finish time order starting with faster runners. This is for safety in the first km and due to a narrow start as the revised start is on the pavement on Chesham Road. Anyone who is not ready to make their way to the start at 7:45pm will miss the start.

#### **Course**

The course starts on Chesham Road which is a short walk from Race HQ. Runners run along Chesham Road for a short distance, turning left into a tarmac road and then a sharp right onto the bridlepath leading into the tunnel under the A41.

The course then makes one 4.5km loop on mixed terrain around Whelpley Hill before running back into Ashlyns to finish with a lap of the school field.

There will be marshals on junctions and km markers along the route.

Please follow marshals' instructions.

Although the course is approximately 7km it is classed as mixed terrain and does not hold an official course measurement certificate.

This race is over 50% trail so pay attention to recent weather. As there has been very little rain, the course is hard and dry underfoot, meaning road shoes are entirely suitable. Parts of the course are narrow footpaths, other parts are gravel trail or road. Below are some photos to show the variety of terrain (in dry weather).



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#### **Course Map**

<https://www.strava.com/routes/3374507388030517622>



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#### **Run Safety**

**The previously advised time cut off for completing the first lap has been removed. There will be no time cut off given the reduced length of the course. Tailrunners will still be at the back of the field to ensure no one is left behind or gets lost.**

Runners are responsible for their own safety. Some parts of the course are on open roads. Please keep to the right side of the road unless otherwise directed. We do not have priority.

There are some narrow parts on the course along with tree roots and low hanging branches. Where possible these have been marked. For your own safety, you **MUST** use the footpath on Chesham Road immediately after the start, and on returning to Ashlyns to finish.

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 of all types are not allowed.

#### **Finish**

After you cross the line, you must stay in finishing sequence and take the token given to you as you walk down the funnel. When you exit the funnel, find the scanning volunteers and have your bib and finish token ready to be scanned. After scanning, put the token in the orange buckets. **DO NOT** take this token away with you as they will be needed for future races.

#### **Results**

These will be published on [www.mwrrl.org.uk](http://www.mwrrl.org.uk), normally within a day or two of the race.

#### **Refreshments**

There will be water, tea, coffee and some light snacks available in the Sports Hall/Race HQ. Please walk back to Race HQ on the grass/pavement as there may be traffic using the site roads.