



presents

2026 Burnt Hare Mid Week Road Race League

Division 3 Race 4

19:45 on Thursday 2nd July 2026

INTRODUCTION

Enfield Chasers are delighted to host a first league event in our club's short history. We look forward to welcoming you to Theobalds Park Estate, just north of Enfield, Prior to the event, please take a few minutes to read the below Race Instructions. We are grateful to Broxbourne Borough Council and the landowners for allowing us to host this event. **We do not have sole use of the land during the event so please respect other users.**

RACE HQ

Race HQ is located at the below address.

St Mary's CE High School

Lieutenant Ellis Way

Cheshunt

EN7 5FB

Race HQ site access co-ordinates (for Google Maps, Waze and Apple Maps) and what3words.

51.69599, -0.05664

[///courier.frozen.gravel](https://www.what3words.com/EN75FB/courier.frozen.gravel)

Race HQ will open at 18:30 and is indoors, based in the dining hall of the school. This location includes toilets and bag drop areas and will also host the post-race refreshments. **Please note Race Headquarters is approximately 400 metres from the Start area, across a busy dual carriageway with only informal crossing facilities. Allow plenty of time when leaving Race HQ and heading for the start. Do not take any risks when crossing the road.**

TRAVEL & PARKING

If you are local, please consider walking, jogging or cycling to Race HQ. The nearest railway station is Theobalds Grove, on the Weaver line, which is 1.8 kilometres from Race HQ.

Parking at Race HQ is very limited so only car sharing vehicles will be allowed to park on-site. Please car share as much as possible to avoid having to park away from Race HQ. Off-site parking is available to the north of the venue on unrestricted residential roads, such as Tudor Avenue (EN7

5AT), Bury Green Road (EN7 5AH) and Dark Lane (EN7 5ED). **If parking on residential roads, please be considerate of residents, ensuring to park legally and responsibly.**

RACE RULES

Race numbers must be worn on the front of club vests and remain visible until runners have left the Finish area. Race numbers are allocated by each competing club's nominated representative.

Please listen and adhere to all marshal instructions, there may be vehicles on the course.

Competitors must not wear earphones or headphones of any kind, including bone conductors, as they are not permitted during this event. Anyone not abiding by this rule will be disqualified and reported to the league.

THE COURSE

The course is 10 kilometres long and includes 125 metres of elevation. The Start and Finish area is located on Bury Green Lane, just to the south of Lieutenant Ellis Way.

Start and Finish area co-ordinates (for Google Maps, Waze and Apple Maps) and what3words.

51.69417, -0.05702

[///finely.pram.bronze](https://finely.pram.bronze)

A **course map** can be found on the following page, including marshal points and the water station. The course is a combination of asphalt and compacted gravel, with two very short sections of loose gravel. **PLEASE ALWAYS STAY TO THE LEFT-HAND SIDE WHEN RUNNING. DUE TO THE NATURE OF THE COURSE, THERE ARE AREAS WHERE RUNNERS WILL BE PASSING IN OPPOSITE DIRECTIONS.**

THE START

The event will start at 19:45, following a short race briefing from the Event Director. Please make your way across to the Start area by 19:35 at the latest to ensure you do not miss the briefing or the start itself. **The Start area is narrow so please be sensible and seed yourself as much as possible to ease early race congestion and start line bottlenecks.**

MEDICAL & FIRST AID INFORMATION

The first aid provider is **Catapult Services**. Please always call 999 immediately for serious medical emergencies and please report any incidents to the nearest marshal point.

THE FINISH

When crossing the finish line, please do not stop in the finish funnel. Please continue moving forwards and remain in finishing order. Please do not duck out of the funnel and please do take a finish token from the volunteer at the end of the funnel. This finish token must be scanned by one of our scanning volunteers, along with the barcode on your race number. Once this has been done, please head back to Race HQ, again being careful crossing the dual carriageway.

RESULTS

Results will be published on the **Mid Week Road Race League website** as soon as possible following the conclusion of the event.

COURSE MAP

Route and Elevation

