



## Midweek Road Racing League Mob Match Race 5

sponsored by Burnt Hare

To all League Clubs

**Garden City Runners** assisted by **Herts Phoenix** with help from **FVS, Harpenden Arrows & Edmonton Running Club** are delighted to enclose details of the MWRRL Mob Match for your members.

Date: **Thursday 9<sup>th</sup> July 2026**

Remember your **club vest, number and safety pins**

Start Time: **7.30pm**, League Presentation 8.50pm

Time Limit: Maximum time limit 90 minutes. The first 5km must be comfortably completed by 8.10pm which is 40 minutes after the gun. Any later and there could be a problem of non-access through Shire Park.

Location: Attimore Hall in the **Ridgeway Academy**, Herts Lane, Welwyn Garden City, AL7 2AF  
There are changing facilities and plenty of toilets some of which are located in and outside the nearby Sports Centre plus others within the Hall. So PLEASE DO NOT URINATE IN THE BUSHES of which we have had complaints in the past. Also do not leave a mess in the toilets. NO DOGS allowed on site or the field, we are using a school. NO SMOKING. The pedestrian gate used in the past in the passage at the rear of the field by Ridgeway Academy is welded shut. Baggage can be left in the Hall and there are lockers in the Sports Centre.

Football: There will be a giant screen showing the World Cup football which in theory at the time of writing could see Scotland play from 9.00pm.

Parking: Please know your allocated car park:

**Division 1 Clubs:**

The **main Car Park** is at **Panshanger Golf Club/The View** AL7 2ED for **Division 1**. We must leave space for the regulars and so only park where our marshals show you. PLEASE DO NOT PARK ON THE GRASS.

**Note: Due to the World Cup Football match we will have less space and anticipate this car park will fill up requiring parking on surface streets.**

**Division 3 Clubs:**

Please use the free **Public Car Park on Moors Walk** AL7 2BQ. We expect this car park to fill up around **6.45pm** upon which you will probably be directed to either the main car park close by or Morrisons car park. Division 3 arrivals after 6.50pm please go directly to one of these car parks.

**Division 2 Clubs & others if wishing to make a purchase:**

This is at **Morrisons supermarket** AL7 1RY one of our sponsors, no obligation to make a purchase but do indulge. The supermarket shuts at 10.00pm but the car park always remains open and we have permission to park there.

**Note: This car park is being resurfaced which should be completed in the days before our use, but if not we will advise clubs accordingly.**

**Hosting/Assisting Clubs:**

Garden City Runners, Herts Phoenix with FVS, Harpenden Arrows & Edmonton Running Club at the race HQ **Ridgeway Academy** AL7 2AF off of Herts Lane.

**Very Late Arrivals:**

We suggest very late arrivals regardless of division unless a hosting/assisting club go straight to the allotted side street of Watchmead AL7 1LY shown on the enclosed map or well away from the Sports Centre.

Strictly **no parking at the Sports Centre** or the residential side streets very close by such as Appletree Way.

The nearest station is Welwyn Garden City 1½ miles away.

- Marshalling:** We would be very grateful for more marshals not from the supporting clubs and please contact the Race Director below.
- Start & Finish:** The start and finish is on the field 100 yards from the race HQ. Please start in a position roughly fitting your expected finish time. Race briefing is also on the field at 7.25pm. At the finish please **keep moving through the funnel** and **scan your allocated barcode** before exiting the corral.
- Distance:** **10.00km +/-0.01 mile**, <https://www.mapmyrun.com/routes/view/5518102348>  
Race Permit ARC/26/0483 and conducted under the Leagues rules. League rules include: Runners must not run wearing earphones or headphones of any kind, including the bone conducting type.
- Route:** **Mildly undulating lolly pop two lapper**, see attached map, with two opportunities for water. Tarmac using cycleways and pavement except for the start/finish field on grass field. The course is open to pedestrians and vehicles so obey marshal's instructions and run responsibly.  
The weather can be warm and humid and so **be mindful of the conditions**. Pre-hydrate and have enough energy to safely complete the distance. Medics are available.
- Refreshments:** Complimentary refreshments will be provided after the race at the HQ prior to the presentation. The spread is not meant to be your dinner and you are welcome to access the food from all directions to avoid queuing. Only queue for hot drinks and squash if demand cannot meet supply.

Results & Photographs:

Results will be on the **RunHerts** and MWRRL website.

Photos of the race and prize winners will be available shortly after the fixture at:

<https://www.flickr.com/photos/199788063@N07/albums/>

and maybe <https://www.flickr.com/bunnyhuggingvolunteer/>

We look forward to seeing you at the MWRRL Mob Match and Series Presentation.

Regards

Peter Harvey

(Race Director, Garden City Runners)

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Enclosed: MWRRL Mob Match course which includes where to park

