



Detailed Race Information

Hatfield 5 Mile....

At Bovingdon Race Circuit!

Sunday 09th May 2021



Dear Competitor,

Thank you for entering the Hatfield 5 Mile which for one year only will take place at Bovingdon Race Circuit!

ATW advises you read this information document carefully in advance of May9th (event day), so that you can enjoy the event to its fullest.

There is also an online video briefing for the event available via the following link:

<https://youtu.be/3czR-JgRaUQ>

It is mandatory to have watched this before you compete as there will be no race briefing on the day.

Summary Event Info

Address:

Bovingdon Race Circuit, Upper Bourne End Lane, Hemel Hempstead, HP1 2RR

Registration:

Registration will be open from 8:00am

Start Times:

Time trial wave (based on your estimated completion time) starts from:

Wave 1 starts 09:00am. (Sub 36 minute runners). Please arrive as close to 08.00 as you can

Wave 2 starts 10:00am. (36-44:59 minute runners). Please arrive as close to 09.00 as you can

Wave 3 starts 11:00am. (45 minute + runners). Please ensure you have parked your car before 10.00.

Please arrive and register in time for your start time listed above. These are based on your estimated finish times you gave whilst registering.

Venue:

Bovingdon Race Circuit, Upper Bourne End Lane, Hemel Hempstead, HP1 2RR

Parking

Ample free parking is available at the venue.

Please [click here](#) to see the location on Google Maps.

YOU MUST ARRIVE AT THE CAR PARK BEFORE 10AM

THE ROUTE FROM THE MAIN ROAD TO THE CAR PARK IS A SINGLE LANE ROAD AND UNSUITABLE FOR CARS ARRIVING AND LEAVING AT THE SAME TIME SO YOU WILL NOT BE ABLE TO LEAVE THE CAR PARK UNTIL 10AM.

Changing and Toilets

There will be no changing facilities on site, but toilets will be provided, in the form of portable toilets.

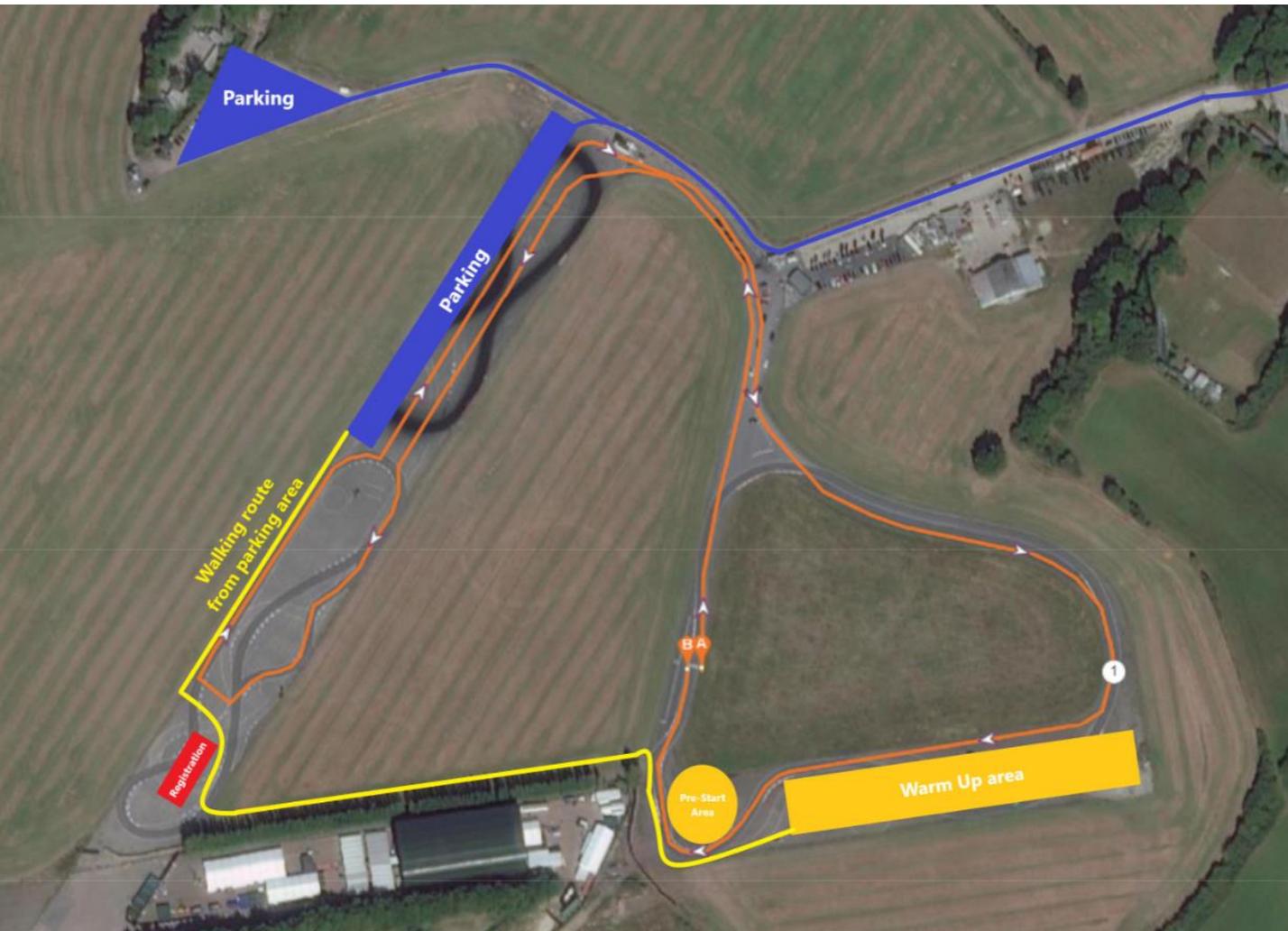
Keeping Safe

We want EVERYONE to feel safe at our event.

As it's the busiest area, we request that adults wear face masks when in the registration area. Once you have registered, please move away from the HQ area and prepare for the event in a socially distanced manner.

Runners will be called to the pre-start area on the p.a. system 10 mins before the start time.

Site Plan:



Registration

Registration will be open from 08: 00am

We would advise you do not arrive to register more than 1 hour before your race start.

At registration you will be required to give the name you used to sign up to the event online. In exchange, you will be given an envelope with your name and race number on it. Inside you will find:

- 1) Your race number
- 2) Timing chip (attached to your race number)
- 3) 4 Safety pins

Please could you bring your own pen to fill in the medical details on the reverse of the race number. We will also not be providing hole punches for race numbers.

DO NOT REMOVE THE FOAM STRIP FROM THE NUMBER

Photography

We will have an official photographer at the event. The pictures of all the races will be made available for you to download via the Active Training World Facebook page. If any of the runners do not wish to have their photo taken for any reason, please collect a yellow wristband at registration and wear it during the race. If you wish for any of the published photos to be removed, just let us know.

Spectators

As per government and governing body guidelines, spectators are not allowed at the event to maintain covid safety.

You are strongly advised to arrive at the event in your own vehicle or share with a member of your own household who is also competing. If you need someone to drive you to the event, they will have to drop you off at the main road and you will need to walk the ¼ mile to Race HQ. This is due to the route to the parking area being a single lane road so unsuitable for vehicles leaving and entering at the same time.

We really do appreciate this is not an ideal situation for anyone but hopefully you can appreciate this is the only way this event is able to take place.

Baggage area

To comply with governing body advice, there will be no baggage area at this event.

Water & Feed Stations

For Covid safety reasons, there will be no drinks station on the run course for this event.

We would advise you bring any provisions you need with you and carry them during the race.

Water will be available at the race finish as self service

Headphones

As this venue is completely traffic free you will be able to use headphones at this event. We do ask that you keep the volume at a level that still allows you to hear other competitors and marshal instructions.

Timing

The event will be chip-timed. Your registration pack will include your race number that must be worn on your front. Safety pins will be available at registration if required.

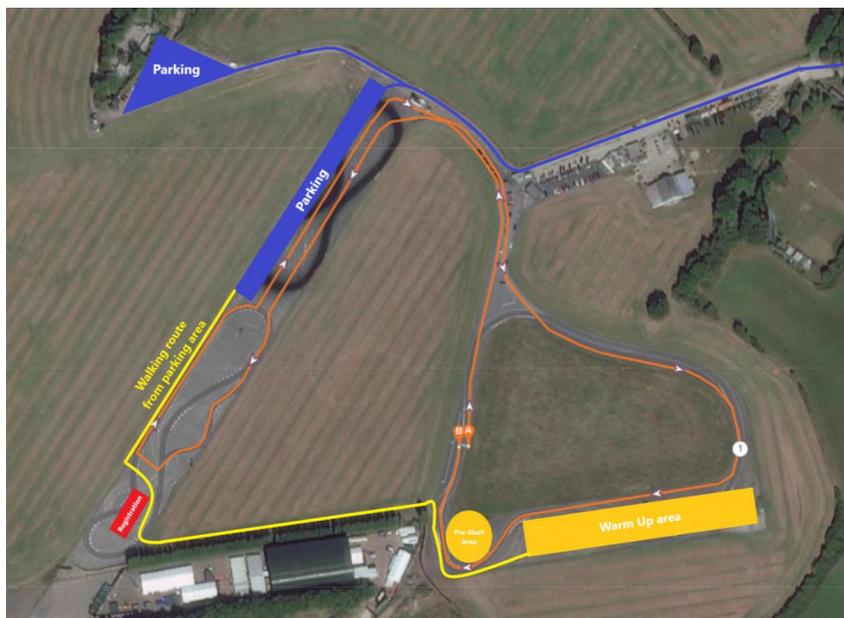
Your number will have a unique timing chip attached on the rear, covered by a foam pad. **DO NOT REMOVE THE FOAM PAD.**

Your race timing will not start until you cross the start line, marked by the ATW inflatable arch.

The race results will be based on the chip-times, so race positions may be different to finish positions.

Warmup and Race Start

After registering we ask you to warm up for the race away from the start/finish area in the yellow rectangular area shown below:



Please return to the pre-start area at least 10 minutes before your race start time.

The pre-start area will have areas identified by predicted finish times.

Please remember to maintain social distancing while in the pre-start area.

Runners will be called to the pre-start area 10 mins before the start time.

You will be called to queue up for the start by the start official.

You must maintain a 2m gap between competitors whilst queueing to start.

You will then be started by a second start official, in a rolling start format. Your chip timing will not start until you have crossed the start line.

Start times are as follows:

Wave 1 starts 09:00am. (Sub 36 minute runners).

Wave 2 starts 10:00am. (36-44:59 minute runners).

Wave 3 starts 11:00am. (45 minute + runners). Please ensure that you have parked your car by 10:00am

The Course

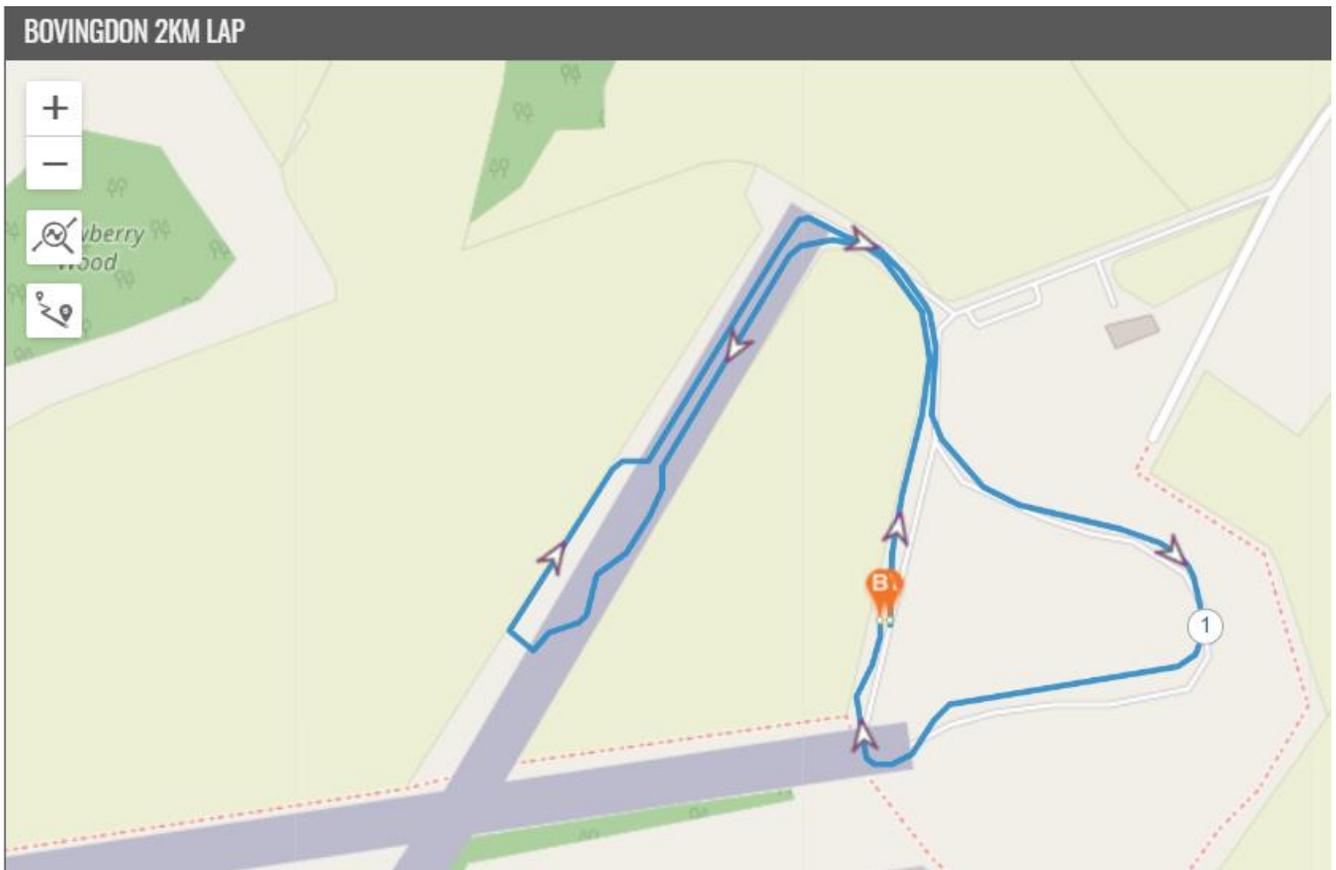
The course is 4 laps totalling 5 miles. The route takes place on a racing circuit and is very flat and fast! The course is free of pedestrians and traffic.

The course is accurately measured by the Association of UK Course Measurers. If your GPS watch doesn't read exactly 5 miles, you might be interested in reading [this article](#) from their website.

Course Map

The link for the course map is here:

<https://www.plotaroute.com/route/1529554>



After the race

After finishing, we are asking all competitors/spectators to leave the finish area as soon as possible to assist with Covid compliance and social distancing. Please note you won't be able to leave the car park until 10am.

Results

Results are calculated by ActiveTrainingWorld's timing partner, EventChipTiming. Your time will be uploaded to their website within seconds of you crossing the finish line. There will be no ticket printer for times at the event but you can find your result immediately at:

<http://results.eventchiptiming.com/>

Due to the chip-timed, phased-start nature of the event, final race results may differ from finishing positions.

The chip data requires WIFI access and occasionally we have to load this data in manually after the event if the connection is lost. If you have a query on your chip time, please wait until the evening of the event before raising the query.

Please note that if you are using GPS to measure your run distance the units are NOT accurate and consistent enough to measure a course for certification. The course has been officially measured and holds a certificate of course accuracy. Please read the guidance below.

<http://coursemeasurement.org.uk/gps.htm>

In addition, the time you record on your

smart phone is not a reliable guide and will not be your correct chip timed result. Please wait until the official results are published to find out your accurate finish time.

Following the event, the results will be published on the RunBritain website. Following this, the "Power of 10" rankings will be updated by RunBritain, this normally takes around 7 days.

Final word

We would like to say a huge thanks to everyone who has shown us understanding and switched over to this new venue at such short notice.

We hope you are excited to be a part of this occasion, and at the risk of sounding boring.....please do your very best to maintain social distancing throughout the whole time you are at the event.