

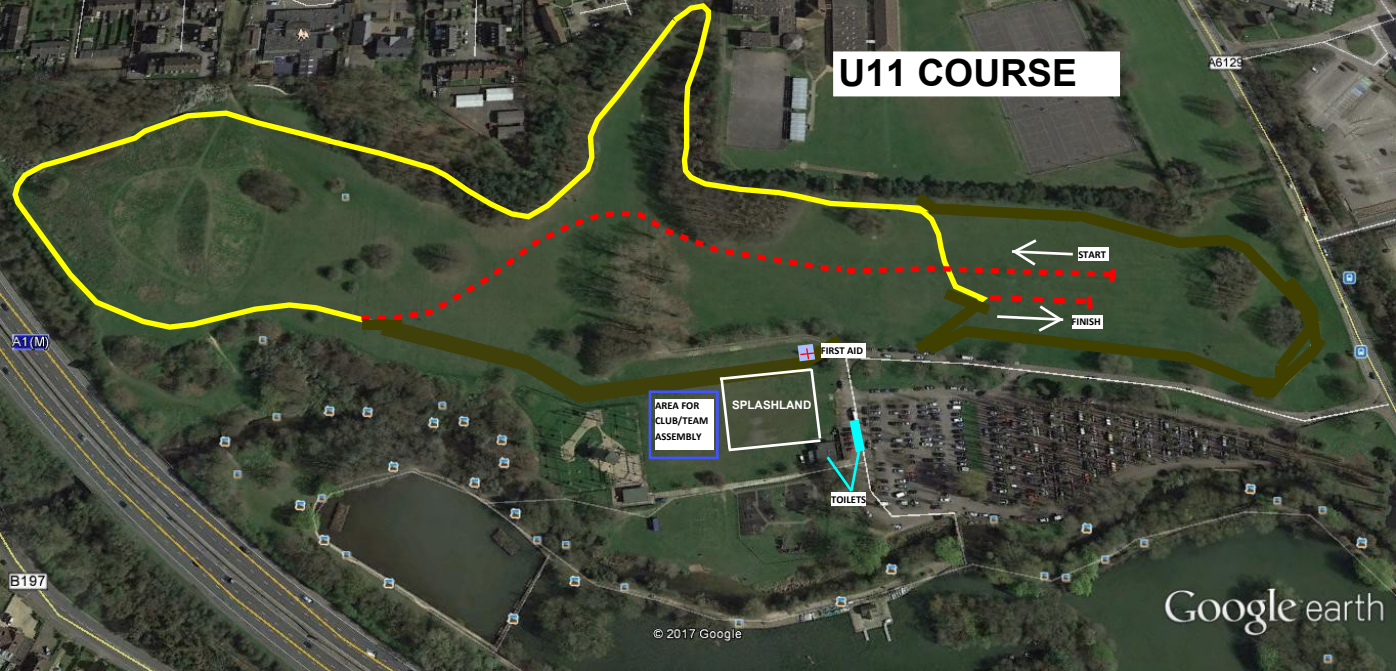
START FITNESS METROPOLITAN LEAGUE

Fixture No:	2																																
Date:	13 November 2021																																
Venue:	Stanborough Park, Welwyn Garden City, Hertfordshire, AL8 6DF																																
Race Headquarters:	Race HQ and Registration will be adjacent to the Start/Finish at the south end of the park.																																
Changing facilities:	There will be no changing rooms. Toilets are available in the amenity block by the Splashlands playground. Extra toilets will be provided at the end of the car park, close to the amenity block. There are also toilets located at the Sailing Centre on the south side of the park.																																
Showers:	No																																
Refreshments:	Refreshments will be available from the kiosk in the amenity block on the north side of the park or from the café by the Sailing Centre on the south side of the park.																																
Course Location:	North Side Stanborough Park - See course map																																
HQ to course walk time	20 seconds																																
Course description:	Start and finish in grassed fields, remainder undulating parkland course suitable for spikes.																																
Public transport:	Welwyn Garden City Station (Main Line) 1¼ mile																																
Parking:	There is a fairly large car park on the north side of the Park, adjacent to the course. There is a very large car park on the south side of the Park, 5 minutes walk to the course. These car parks are 'Pay & Display'. You must display a ticket or you may incur a fine. We have not been able to negotiate a reduced rate. There is a footpath under the road bridge, providing traffic-free access between the south side and the north side of the Park. Access to both of these car parks is only permitted from the adjacent side of the carriageway. If you cannot find a space on the north side, to get to the south side you must drive to the roundabout at the top of the hill and return on the other side of the carriageway. YOU MUST OBEY THE TRAFFIC SIGNS																																
Directions from major roads:	Leave the A1(M) at Junction 4, (after the Hatfield Tunnel). At the roundabout take the second exit to A414/A6129. At the next roundabout take the first exit A6129. At the bottom of the dual carriageway take the second exit out of the roundabout. The entrance to the car park on the north side is on your left after around 100m. The entrance to the car park on the south side is more or less opposite but you cannot gain access from the left side of the carriageway. As early arrivers will undoubtedly fill the car park on the north side, you may be advised to go straight to the one on the south side.																																
Timetable:	<table border="1" style="width: 100%; border-collapse: collapse;"> <tr> <td style="width: 20%;"></td> <td style="width: 20%; text-align: center;">12:28</td> <td style="width: 20%; text-align: center;">1,700m</td> <td style="width: 40%;">Under 11 Boys</td> </tr> <tr> <td></td> <td style="text-align: center;">Promptly at 12:30</td> <td style="text-align: center;">1,700m</td> <td>Under 11 Girls</td> </tr> <tr> <td></td> <td style="text-align: center;">12:43</td> <td style="text-align: center;">3,000m</td> <td>Under 13 Boys</td> </tr> <tr> <td></td> <td style="text-align: center;">Promptly at 12:45</td> <td style="text-align: center;">3,000m</td> <td>Under 13 Girls</td> </tr> <tr> <td></td> <td style="text-align: center;">Not before 13:00</td> <td style="text-align: center;">4,200m</td> <td>Under 17 Men/Under 15 Boys</td> </tr> <tr> <td></td> <td style="text-align: center;">Not before 13:05</td> <td style="text-align: center;">4,200m</td> <td>Under 17 Women/Under 15 Girls</td> </tr> <tr> <td></td> <td style="text-align: center;">Not before 13:30</td> <td style="text-align: center;">7,800m</td> <td>Senior/Veteran/Under 20 Women</td> </tr> <tr> <td></td> <td style="text-align: center;">Not before 14:35</td> <td style="text-align: center;">7,800m</td> <td>Senior/Veteran/Under 20 Men</td> </tr> </table>		12:28	1,700m	Under 11 Boys		Promptly at 12:30	1,700m	Under 11 Girls		12:43	3,000m	Under 13 Boys		Promptly at 12:45	3,000m	Under 13 Girls		Not before 13:00	4,200m	Under 17 Men/Under 15 Boys		Not before 13:05	4,200m	Under 17 Women/Under 15 Girls		Not before 13:30	7,800m	Senior/Veteran/Under 20 Women		Not before 14:35	7,800m	Senior/Veteran/Under 20 Men
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Other information:	All clubs should arrive before the start of the meeting (12:28) in order for numbers to be distributed to each club. To be eligible to score, competitors must compete in the correct race for their age group. Competitors in the Under 13 race must be 11 or over on the day of competition. Safety: Runners are not allowed to wear I Pods/Walkmans when competing. Competitors and parents of competitors are reminded not to encroach on the course and to be mindful of runners on the course.																																
Contact name:	Richard Bloom																																
Contact tel:	01707 376938																																

START FITNESS METROPOLITAN LEAGUE

Fixture No:	2
Date:	13 November 2021
Venue:	Stanborough Park, Welwyn Garden City, Hertfordshire, AL8 6DF
	ADDITIONAL INFORMATION / CHANGES
Course and amenities:	<p>Although the construction works have now been completed, we will not revert to the field that we previously used for the Finish, but will be retaining the Start/Finish and Course that we used in 2019. Course maps are included with this notice and these will also be posted on notice boards on the day.</p> <p>The course passes in both directions adjacent to the Start/Finish area. This will therefore be congested and we ask all spectators to keep clear of this corner.</p> <p>A Club/Team Assembly Area has been identified in the field adjacent to Splashlands. The park toilets will be available plus some additional portable toilets. This is a public park, so please only use the toilets provided.</p> <p>The course is likely to be very slippery, so you are strongly advised to wear suitable footwear.</p>
Covid guidelines:	<p>Please DO NOT travel to this event if you are showing any symptoms of COVID-19 as defined by the NHS or if you have had a positive test.</p> <p>Whilst you are advised to arrive in good time, please do not arrive unnecessarily early for your race, and please leave promptly after it.</p> <p>Spectators are not encouraged to attend. And preferably only one parent or guardian to accompany a young athlete who is competing.</p> <p>You are encouraged to wear a face mask and try to remain social distanced at all times whilst at the event, in particular when in the toilets or when queuing at the kiosk or café.</p> <p>Spectators to consider wearing face covering, especially when calling out encouragement.</p> <p>Competitors remember to observe social distancing, as far as possible, at the start and finish, also maybe to wear a face mask until the race starts.</p> <p>Avoid physical contact with runners, race officials, volunteers and spectators including high fives and hugs etc.</p> <p>Hand sanitiser will be available in the toilets - please use it. Also remember to wash your hands for 20 seconds.</p> <p>You are also reminded to catch coughs and sneezes in tissues - 'Catch It, Bin It, Kill It' - and to avoid touching face, eyes, nose or mouth with unclean hands.</p> <p>It is not practical to provide sanitising stations around the park, so do not unnecessarily touch outdoor surfaces, and perhaps bring some sanitiser to use after touching anything.</p> <p>If you experience COVID-19 symptoms soon after the race, then please follow NHS guidance regarding testing and self-isolation, also please inform the Race Organiser.</p>
General	<p>Be prepared – before arriving make sure you understand and are aware of the Fixture Information and other information on the League website.</p> <p>Be mindful of your surroundings and impact on other park users and the public in general. Please dispose of any rubbish responsibly.</p>
Timetable:	<p>Please note that to avoid congestion at the start of the Girls' races due to the configuration of the course, the U11 Boys' race will start 3 minutes later than usual at 12:28 and the U13 Boys' race will start 3 minutes later at 12:43.</p>

U11 COURSE

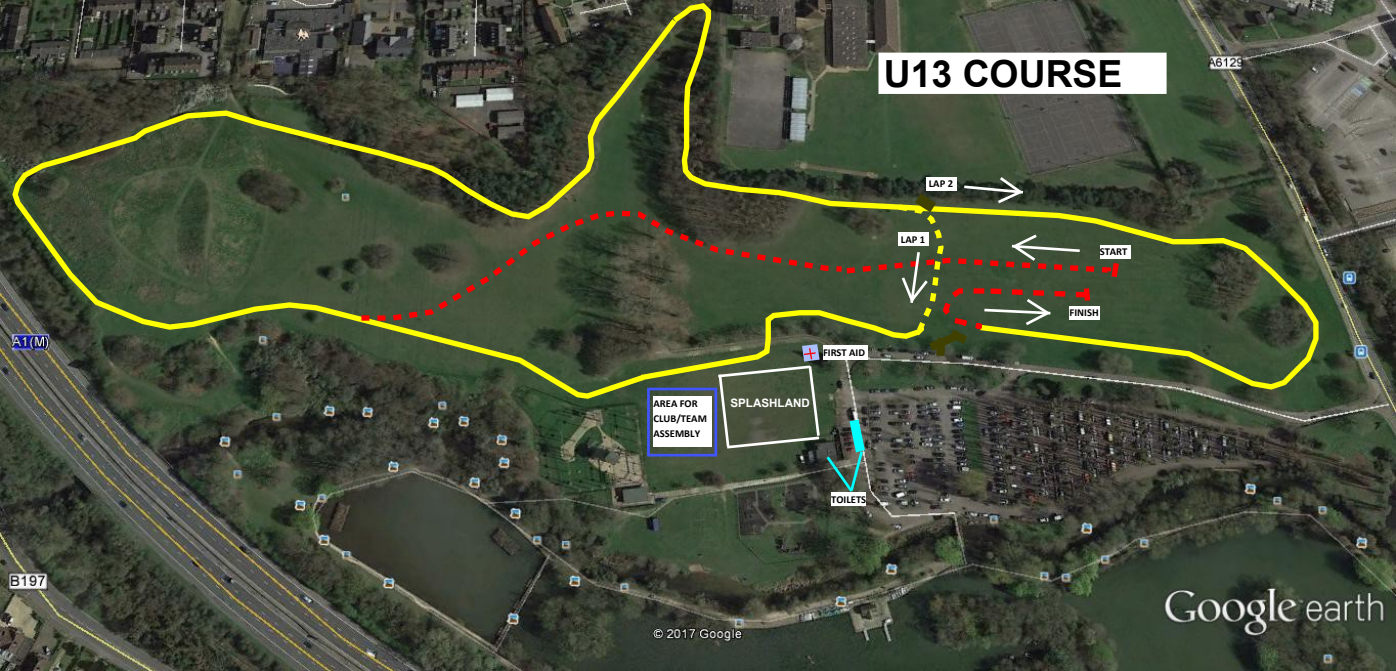


Start Fitness Metropolitan League
Race 2 - 13 November 2021
Stanborough Park, Welwyn Garden City

Races 1 & 2	Under 11s	1,700m	Start - 1 small lap (yellow) - Finish
Races 3 & 4	Under 13s	3,000m	Start - 1 small lap (yellow) - 1 large lap (yellow) - Finish
Races 5 & 6	Under 17s	4,200m	Start - 2 large laps (red) each with short loop (pink) - Finish
Race 7	Senior/Vet Women	7,800m	Start - 3 large laps each with full (pink) loop - Finish
Race 8	Senior/Vet Men	7,800m	Start - 3 large laps each with full (pink) loop - Finish

Timetable:	12:28	Under 11 Boys
	Promptly at 12:38	Under 11 Girls
	13:40	Under 13 Boys
	Promptly at 13:45	Under 13 Girls
	Not before 13:08	Under 17 Men/Under 15 Boys
	Not before 13:05	Under 17 Women/Under 15 Girls
	Not before 13:08	Senior/Reserve/Under 20 Women
	Not before 14:05	Senior/Reserve/Under 20 Men



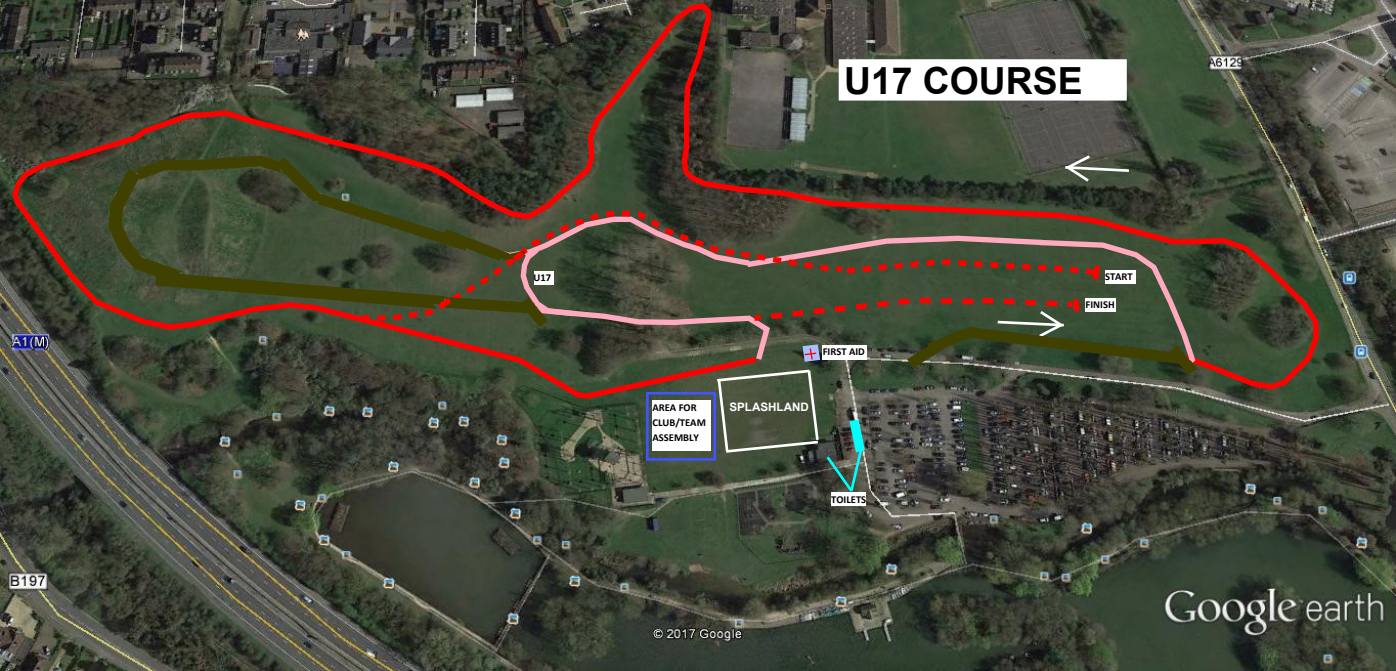


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Timeable	Time	Age Group
	12:30	Under 11 Boys
	12:40	Under 13 Girls
	12:40	Under 13 Boys
	12:45	Under 13 Girls
	Not before 13:00	Under 17 Males/Under 15 Boys
	Not before 13:00	Under 17 Women/Under 15 Girls
	Not before 13:30	Senior/Veteran/Under 20 Women
	Not before 14:05	Senior/Veteran/Under 20 Men



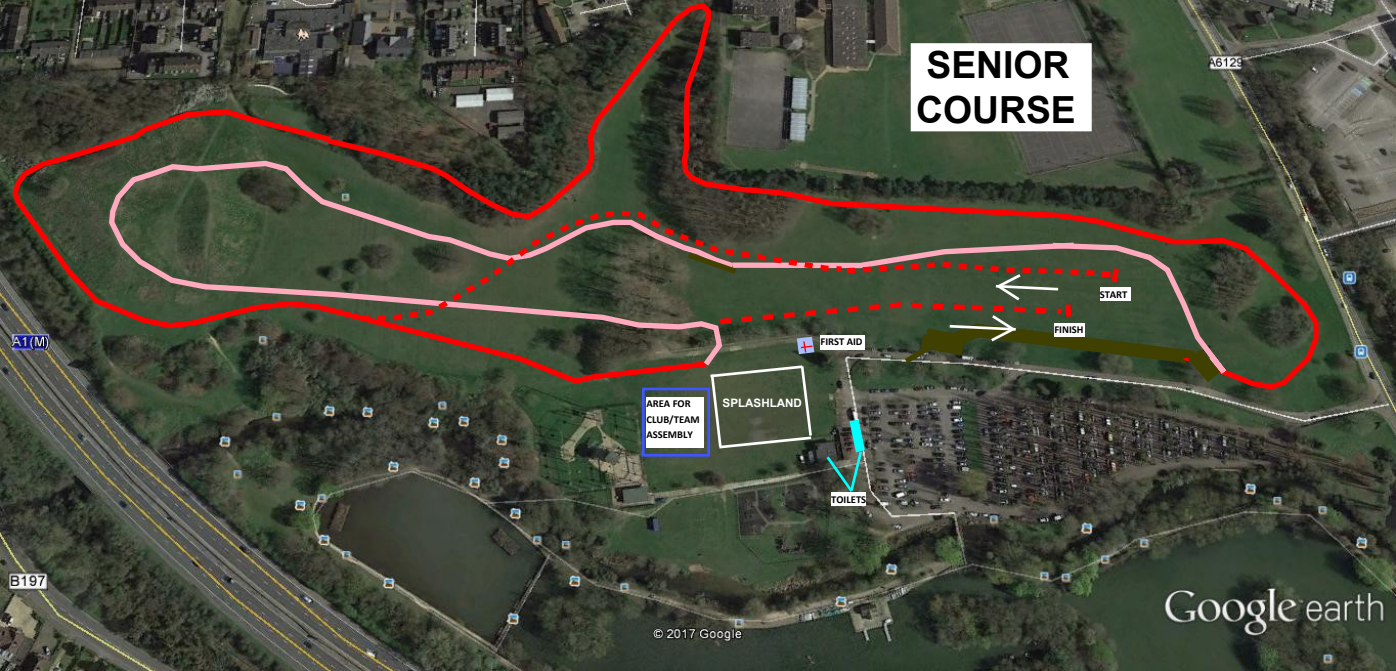


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Timeable:	12.30	Under 11 Boys
	12.30	Under 11 Girls
	13.40	Under 13 Boys
	13.45	Under 13 Girls
	14.05	Under 17 Males/Under 15 Boys
	Not before 13.00	Under 17 Women/Under 15 Girls
	Not before 13.05	Senior/Veterans/Under 20 Women
	Not before 13.30	Senior/Veterans/Under 20 Men
	Not before 14.35	Senior/Veterans/Under 20 Men





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Race 8	Senior/Vet Men	7,800m	Start - 3 large laps each with full (pink) loop - Finish

Timeable:	11:20	Under 11 Boys
	11:26	Under 13 Girls
	11:41	Under 13 Boys
	11:45	Under 13 Girls
	11:45	Under 17 Men/Under 15 Boys
	11:55	Under 17 Women/Under 15 Girls
	11:55	Senior/Veteran/Under 30 Women
	11:55	Senior/Veteran/Under 30 Men

