

Metropolitan League 2022/23 Season

Fixture	Race 4
Date	14/01/2023
Venue	Stanborough Park, Welwyn Garden City

Venue

Course Location	Start	North Side of Stanborough Park, Welwyn Garden City, Hertfordshire, AL8 6DF
Race HQ	Address	Race HQ and Registration will be adjacent to the Start/Finish at the south end of the North Side of the park.
Changing Facilities	Changing Showers	There are no dedicated changing rooms, so please arrive ready to run. None
	Toilets	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.
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.
Additional Notes		A Club/Team Assembly Area has been identified in the field adjacent to Splashlands. Please use this area rather than setting up adjacent to the course/exit road.

Travel

Where possible, please use public transport, walk or cycle. If travelling by car, please car share to reduce the impact and check for restrictions that may be in effect in the area (Ultra Low Emission Zone for example). Please also park with consideration of others, especially if using on-street parking.

The league and/or host club/s do not warrant the accuracy of the information provided so take no responsibility for any fines or charges that may be levied.

Public Transport	Details	Welwyn Garden City Station (Main Line) 1¼ mile from the Park
	Direction	Walking – exit from the Station through the front entrance of the Howard Centre. Walk directly ahead along Howardsgate towards the fountain. Turn left into Parkway at the end of Howardsgate. Walk along Parkway for approximately ½ mile to the end (roundabout at Gosling Sports Park). Turn right and walk along Stanborough Green for approximately ½ mile until you reach the Park (on your right).
Cycle storage	Details	There are some cycle racks at the north end of the North car park adjacent to the amenity area.

Driving

Directions 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.

Parking

Details 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 camera operated and you must pay or you may incur a fine. You can pay at a meter by card. However, payment does not have to be immediate – see attached photo of sign “Ways to Pay for Parking”.

We have not been able to negotiate a reduced rate.



Direction There is a footpath under the road bridge, providing traffic-free access between the South Side and the North Side of the Park.

Additional Notes 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

Course details

Description The start and finish are in grassed parkland. The remainder is an undulating parkland course with two short woodland sections, all being suitable for spikes.

The Senior course, which includes a short steep hill, has a narrow section about ½ mile from the start, which will probably slow runners on the opening lap of the Men’s race.

U11 course 1 small lap of 1,700m.
Undulating parkland with two short woodland sections.

U13 course 2 laps - one smaller loop followed by one longer loop - 3,000m overall.
Undulating parkland with two short woodland sections per lap.

U15/U17 course

2 large laps, each with a short internal loop - 4,200m overall.
Undulating parkland with two short woodland sections per lap.

Senior course

3 large laps, each with a long internal loop - 7,800m overall.
Generally undulating parkland, with two short woodland sections on each longer loop and a short steep climb and then descent on each of the shorter loops.

Additional Notes

We will be using the Start/Finish and Course that we used in 2021. Course maps are included with this notice and these will also be posted on notice boards on the day. The course is likely to be very slippery, so you are strongly advised to wear suitable footwear.

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.

Competitors and parents of competitors are reminded not to encroach on the course and to be mindful of runners on the course.

Timetable

The timetable is approximate and subject to change without notice where necessary. Please plan to arrive early and listen for any announcements.

Please note

For the 2022 season, the timings have changed, and all races now start earlier. In addition, it should no longer be necessary for a start to be delayed to allow for finishers in the previous race.

Start Time	Race	Distance (approximate)
12:02	Under 11 Boys	1,700m
12:05	Under 11 Girls	1,700m
12:15	Under 13 Boys	3,000m
12:30	Under 13 Girls	3,000m
12:45	Under 17 Men/Under 15 Boys	4,200m
13:00	Under 17 Women/Under 15 Girls	4,200m
13:15	Senior Women/Veteran Women	7,800m
14:00	Senior Men/Veteran Men	7,800m

Additional Notes

Please note that the U11 Boys race will start 2 minutes later than at the previous meetings to avoid any clash with the start of U11 Girls race.

All clubs should arrive before the start of the meeting (12:00) 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 iPods/Walkman or similar when competing.

COVID Guidelines

Although official restrictions have been lifted, there are still many people still suffering from the virus.

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.

COMPETITORS 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. Also try to keep your distance, as far as possible, at the start and finish.

SPECTATORS are encouraged to keep their distance from the competitors, especially when calling out encouragement.

All try to AVOID PHYSICAL CONTACT with runners, race officials, volunteers and spectators including high fives and hugs etc.

When using the toilets remember to WASH YOUR HANDS thoroughly.
You are also reminded to catch COUGHS AND SNEEZES and to avoid touching face, eyes, nose or mouth with unclean hands.
It is not practical to provide sanitising stations around the park, so DO NOT UNECESSARILY TOUCH OUTDOOR SURFACES, and perhaps bring some sanitiser to use after touching anything.
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.

UKA Anti-Doping Rules

All entrants shall be deemed to have made him/herself familiar with, and agreed to be bound by the UKA Anti-Doping Rules and to submit to the authority of UK Anti-Doping in the application and enforcement of the Anti-Doping Rules.

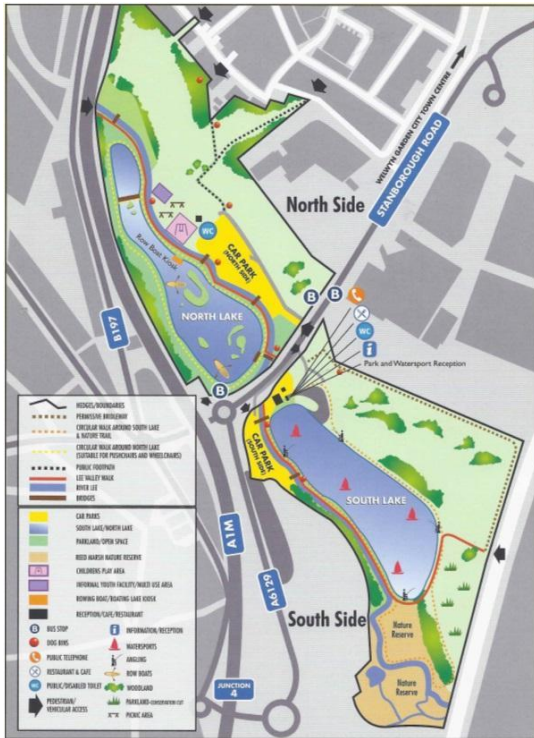
The UKA Anti-Doping Rules apply to entrants participating in the sport of Athletics, for 12 months from the date of entry into the Metropolitan Cross Country League 2022/23, whether or not the entrant is a citizen of, or resident in, the UK.

Contact Details

Host club	Herts Phoenix Athletic Club
Contact Name	Richard Bloom
Contact details	Mobile: 07941 927709 Email: rj.bloom@btinternet.com
Welfare Officer	Stuart Meakins
Contact details	Mobile: 07818 010468

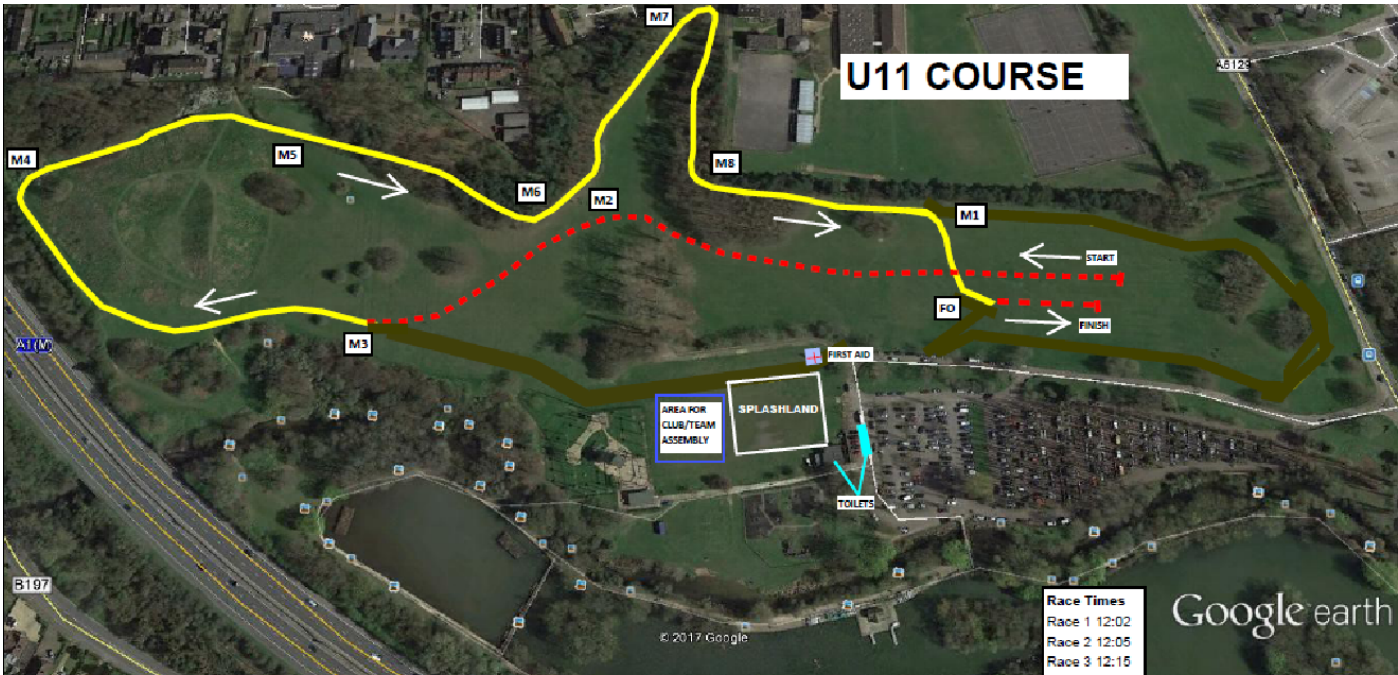
Maps

Map showing Location and Parking



Note
 This is a public park.
 Be mindful of your surroundings and impact on other park users and the public in general.
 Please dispose of any rubbish responsibly.
 Only use the toilets provided.

Course Map – Under 11's

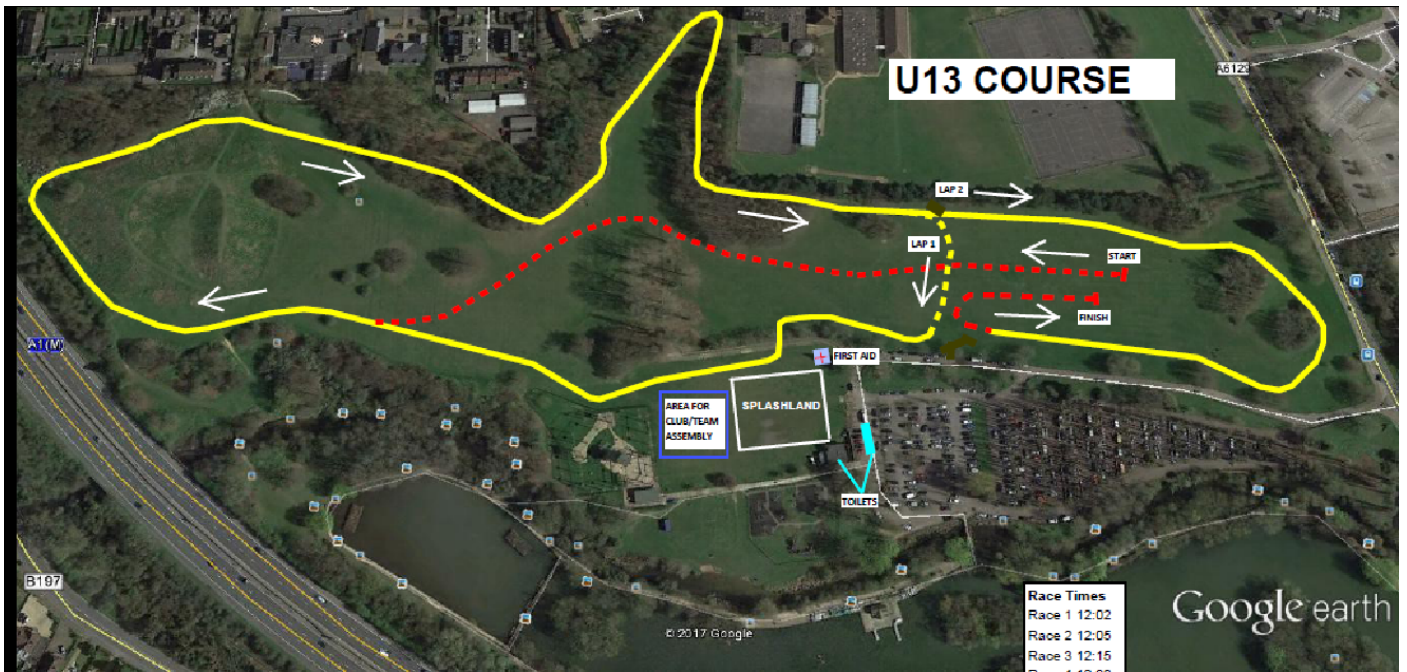


Start Fitness Metropolitan League
 Race 4 - 14 January 2023
 Stanborough Park, Welwyn Garden City

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

Race Times
Race 1 12:02
Race 2 12:05
Race 3 12:15
Race 4 12:30
Race 5 12:45
Race 6 13:00
Race 7 13:15
Race 8 14:00

Course Map – Under 13's

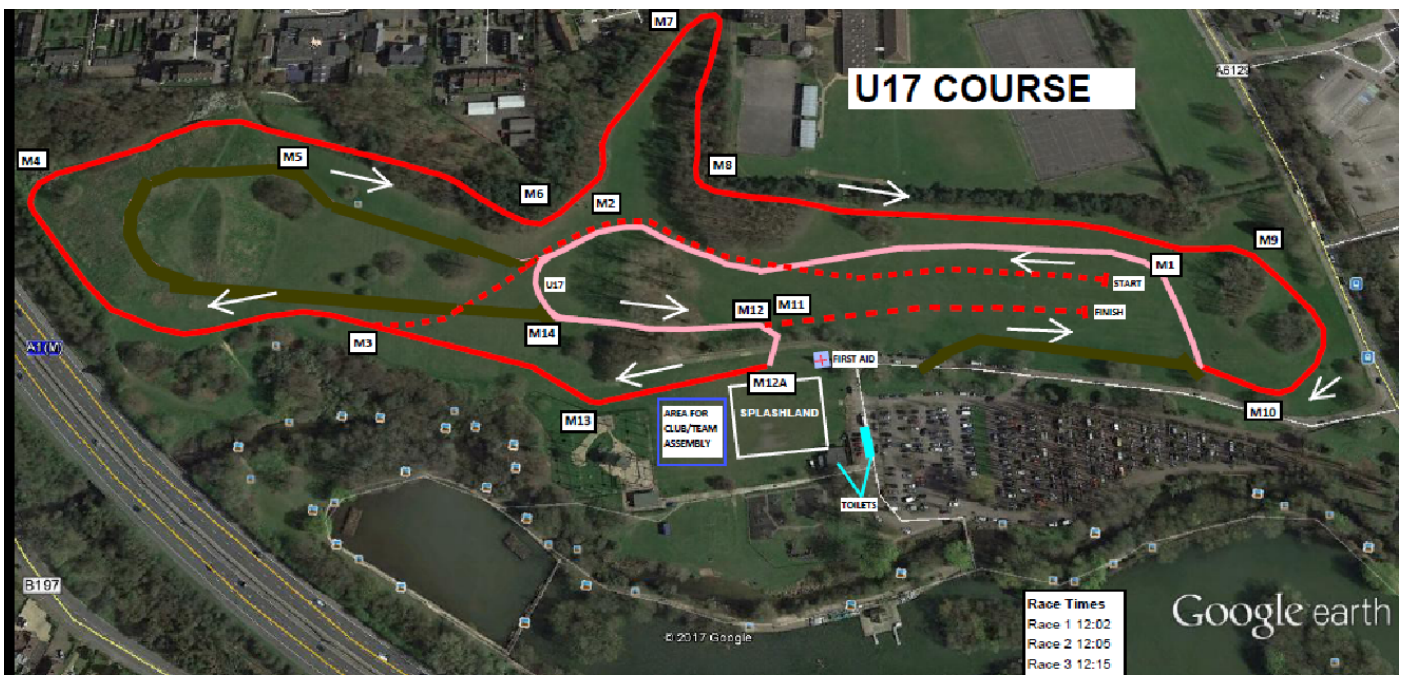


Start Fitness Metropolitan League
 Race 4 - 14 January 2023
 Stanborough Park, Welwyn Garden City

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 15s	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

Race Times
Race 1 12:02
Race 2 12:05
Race 3 12:15
Race 4 12:30
Race 5 12:45
Race 6 13:00
Race 7 13:15
Race 8 14:00

Course Map – Under 15's/Under 17's

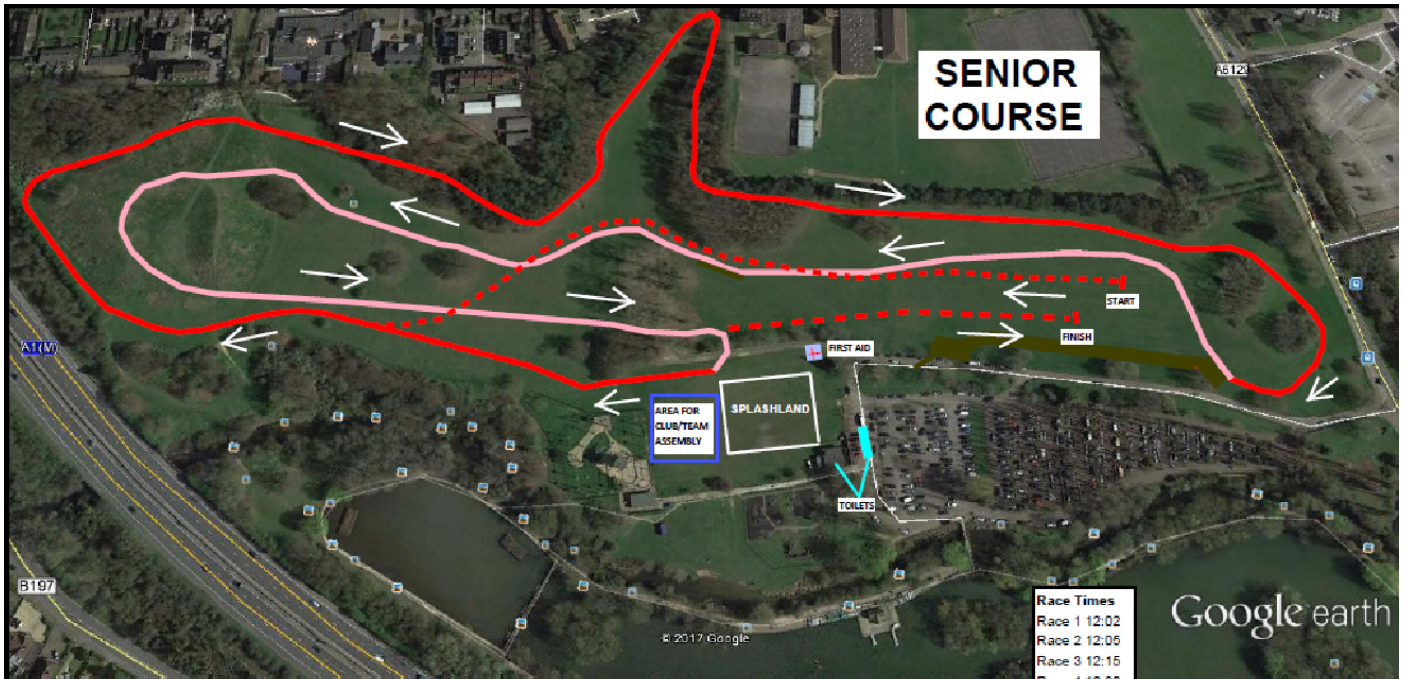


Start Fitness Metropolitan League
 Race 4 - 14 January 2022
 Stanborough Park, Welwyn Garden City

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 15s	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

Race Times
Race 1 12:02
Race 2 12:05
Race 3 12:15
Race 4 12:30
Race 5 12:45
Race 6 13:00
Race 7 13:15
Race 8 14:00

Course Map – Seniors



Metropolitan Cross Country League
 Race 4 - 14 January 2023
 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/Net Women	7,800m	Start - 3 large laps each with full (pink) loop - Finish
Race 8	Senior/Net Men	7,800m	Start - 3 large laps each with full (pink) loop - Finish

Race Times	
Race 1	12:02
Race 2	12:05
Race 3	12:15
Race 4	12:30
Race 5	12:45
Race 6	13:00
Race 7	13:15
Race 8	14:00

