

# Metropolitan League 2023 Season

<b>Fixture</b>	1
<b>Date</b>	14/10/2023
<b>Venue</b>	Claybury Park, Woodford Green, IG8 8NN

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## Venue

<b>Course Location</b>	<b>Start</b>	Claybury Park, Roding Lane North, Woodford Green, IG8 8NN
<b>Race HQ</b>	<b>Address</b>	Ashton Playing Fields, Chigwell Road, Woodford Green, IG8 8AA
<b>Changing Facilities</b>	<b>Changing Showers</b>	Ashton Playing Fields Showers are available but hot water is not in abundance!
	<b>Toilets</b>	No toilets at course. Use those at Ashton Playing Fields
<b>Refreshments</b>	Light refreshments available throughout the day in WGEL clubhouse. The bar will be open after the final race.	

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## 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.

<b>Public Transport</b>	<b>Details</b>	Woodford Underground Station (Central Line)
	<b>Direction</b>	10-minute walk from Woodford Station along Snakes Lane East.
<b>Cycle storage</b>	<b>Details</b>	Cycles can be locked to racks outside WGEL clubhouse
<b>Parking</b>	<b>Details</b>	Approximately 150 spaces at Ashton Playing Fields (IG8 8AA). There are charges after 4 hours but these have been suspended for the day. Parking in the vicinity of the course is impossible OR extremely limited. Please look out for any restrictions and do not block access to residents' drives. There is virtually no parking in Roding Lane North due to residential parking. You are advised to park at Ashton Playing Fields and walk to the course. You must NOT park on the grass triangle in Roding Lane North so as to avoid confrontation with residents.
	<b>Direction</b>	Walk to course up Gaynes Hill Road (opposite Ashton Playing Fields) into Roding Lane North.

## Additional Notes

By car, from the eastbound A406, merge onto A1400 (Gants Hill) and at roundabout take A113 (Chigwell)

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## Course details

### Description

Parkland setting , undulating course with one steep climb per large lap on grass and woodland paths. The grass in the start /finish area may not have been cut and will therefore be quite long. This may restrict the ability of clubs to put up their small tents and generally limit the space in the area. The running surface will therefore not be ideal.

### U11 course

One small lap, 1500 metres.

### U13 course

Two small laps 3000 metres.

### U15/U17 course

One small, one large lap 4200 metres.

### Senior course

Three large laps 8100 metres.

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## 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 2023 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)
12:00	Under 11 Boys & Girls	1.5km
12:10	Under 13 Boys	3km
12:20	Under 13 Girls	3km
12:30	Under 17 Men/Under 15 Boys	4.2km
12:45	Under 17 Women/Under 15 Girls	4.2km
13:00	Senior Women/Veteran Women	8.1km
13:45	Senior Men/Veteran Men	8.1km

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## Contact Details

### Host club

Woodford Green Athletic Club with Essex Ladies

### Contact Name

Graham Pribul

### Contact details

Tel: 07932011262 or 01992813096, email: [grahampribul@btinternet.com](mailto:grahampribul@btinternet.com)

### Welfare Officer

This is available at the registration tent.

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## Maps

## Overall Course Map

