

# North West London Young Athletes Cross Country League

2022/23 Season – Race 4

**Date:** Saturday February 4th 2023

**Venue:-** Hampstead Heath Extension, London NW11

**Start:** On the Playing Fields to the west of the Farmhouse

**Race HQ:** Farmhouse in Centre of the Extension



**Registration:** Numbers and Pins will be available from the Café in the Farmhouse at the centre of the Hampstead Heath Extension. Registration will be open from 10.30 am.

**Changing Facilities:** There are no dedicated changing rooms, so please arrive ready to run.

**Toilets:** There are public toilets available in the Farmhouse

**Refreshments:** There is a café open to all close in the Farmhouse

**Team Tents and Assembly Area:** Any Team Tents or meeting points should be on the area between the path and road to the north west of the Farmhouse on not on the Playing Fields.

**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.

**Public Transport:** Golders Green Underground Stations (Northern Line) is about a 10 minutes walk to the start. The No H3 Bus route runs immediately adjacent to the Hampstead Heath Extension with the 210 and 268 having stops 5 minutes away (Wellgarth Road Bus Stop).

**Timetable:**

Please ensure all athletes are at the start at least 5 minutes before their race is due to start. Please plan to arrive early and listen for any announcements.

**Race Timetable:**

- 12.00 pm – U11 Boys and Girls – 1.7k
- 12.15 pm – U13 Boys and Girls – 3k
- 12.35 pm – U15 Boys and Girls – 3.8k
- 1.00 pm – U17 Men and Women – 4.8k

**Course details:** The course is generally flat mix of playing fields and woodland sections, parts are likely to be muddy. The course is suitable for spikes.



**North West London League**

Fixture 4  
Hampstead Heath Extension,  
Hampstead Way NW11 7DY

Saturday 4th February 2023

**12:00 pm - U11 Boys and Girls**  
1700m - 1 Medium (Blue) Lap  
A-F-G-H-K-Finish

**12:15 pm - U13 Girls and Boys**  
3000m - 2 x Medium (Blue) Lap  
A-I-J-K-A-F-G-H-K-Finish

**12:35 pm - U15 Girls and Boys**  
3800m - 1 Small (Yellow) and 1 Large (Red) Laps  
A-I-J-K-A-B-C-D-E-F-G-H-K-Finish

**1:00 pm - U17 Women and Men Boys**  
4800m - 1 Medium (Blue) and 1 Large (Red) Lap  
A-I-F-G-H-A-B-C-D-E-F-G-H-K-Finish



**Spectators:** Competitors and parents of competitors are reminded not to encroach on the course and to be mindful of runners on the course. The course will be open to the public and although the course is marshalled there may be walkers and dogs crossing the course.

**Race Results:** will be published as soon as possible online after the race.

**Safety:** Runners are not allowed to wear iPods/Walkman or similar when competing.

**UKA Rules:** The competition will be subject to UKA rules and regulations

**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.