

Metropolitan League 2025 Season

Fixture	1
Date	11/10/2025
Venue	Claybury Park, Woodford Green, IG8 8NN

Venue

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

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	Woodford Underground Station (Central Line)
	Direction	10 minutes walk from Woodford Station along Snakes Lane East.
Cycle storage	Details	Cycles can be locked to racks outside WGEL clubhouse
	Direction	
Parking	Details	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 no parking along 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.

Direction 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)

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.

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 2025 season, the timings have changed, with all age groups except U17/U15 having their own races. There is now a trial race for athletes wanting a slightly shorter race. It is to assist those new to running, returning from injury or those only doing road races. athletes to move down a distance, returning from moving up from the and all races now start earlier.

Start Time	Race	Distance (approximate)
12:00	Under 11 Boys	1.5km
12:02	Under 11 Girls	1.5km
12:10	Under 13 Boys	3km
12:12	Under 13 Girls	3km
12:30	Under 17 Men/Under 15 Boys	4.2km
12:32	Under 17 Women/Under 15 Girls	4.2km
12:50	Senior Race*(Trial Race – Mixed)	4.2km
13:20	Senior Women/Veteran Women	8.1km
14:20	Senior Men/Veteran Men	8.1km

Contact Details

Host club	Woodford Green Athletic Club with Essex Ladies
Contact Name	Paul Manson
Contact details	Tel: 07779 225097 or email: paulmanson001@btinternet.com
Welfare Officer	This is available at the registration tent.
