

From: [Deborah Steer](#)
Sent: Monday, November 07, 2011 8:32 PM
To:
Subject: Saturday 12th November Chiltern League 2 Watford

This Saturday it's the second league fixture at Cassiobury park. Not too much of a challenging course so lets see all of you out there running. If you try and arrive 1 hr before your race we can sort out numbers course and warm up. When you arrive at Cassiobury park head for the tennis courts and look out for the St Albans AC flag. Any questions don't hesitate to email me.

Venue: [Cassiobury Park, Watford](#).
The nearest postcode is WD18 7LD.

Timetable of events (as standard):

- 11.30 Under 11 girls
- 11.45 Under 11 boys
- 12.00 Under 13 girls
- 12.15 Under 13 boys
- 12.30 Under 15 girls
- 12.45 Under 15 boys
- 13.00 Under 20/17 ladies
- 13.15 Senior/Veteran ladies
- 13.40 Under 17 men
- 14.00 Senior/Junior/Veteran men

Special notes: There are no home football or rugby matches this year but there may still be difficulty parking in the town, please allow extra time to travel to the venue and try and arrive early. The meeting does not have exclusive use of the area for the race and consideration should be taken of other users of the park.

The courses: These are over common park land, woodland and tracks. In the woods care should be taken of tree roots and rutted paths. At present conditions are fairly good. Please note the courses for under 15 boys, under 17's and seniors may be best suited for off road shoes and runners should judge conditions on the day. All runners are advised to bring their own water or drinks with them in case of warm weather.

Toilets: Facilities are limited to a few near the start/finish and about 800m down the park. Additional facilities exist in the underpass by the Town Hall approx 900m away.

Route to venue: From M25 exit junction 19 for those travelling west or junction 20 for those travelling east then down the A411 Hempstead Road into Watford. From M1 it is best to exit junction 5 then take the ring road into Watford. The best places for parking are the car park in Cassiobury Park or the streets on the Hempstead Road side of the park. The nearest postcode for those with Sat Nav is WD18 7LD.

Public transport: The venue is only a couple of minutes walk from Watford Metropolitan Line station. It is about 20/25 minutes walk from Watford Junction station.

