**Sunday League 2023/4 Season**

**Next race: Cassiobury Park, Watford**

**Sunday, 29 October - start time 10:30am**

The next race takes place in Cassiobury Park, Watford: Shepherds Road entrance.

The start will be near the Cafe in the Park, formerly known as the Cha.  This is our regular starting point.  What3Words reference: honey.vast.poetic

Travel by the underground brings you to Watford Metropolitan line station.

By mainline trains, Watford Junction is just over a mile away.  Please note that the Overground from Euston will not be operating, but the mainline trains will run.

Car parking can be found at the Avenue car park, Hempstead Road/The Avenue Roundabout, WD17 4NR, (What3Words: moss.boil.gazed) or other town centre car parks. The Gade car park is only a few minutes walk from the park and is another good option - <https://citipark.co.uk/car-parks/watford/gade-car-park>

Should you choose to park in the local surrounding roads, please be courteous and keep all access and driveways clear.

The course (map attached) will take runners across and down the park.  After crossing the river and canal by bridges that have a tarmac path, the runners will proceed to Whippendell Wood.  From the bottom of the hill the runners will complete 2 laps of the wood before returning up the hill and retracing steps back to the start.  Trail shoes are often a good option for this race.

Temporary toilets will be available at the start/finish and further loos can be found underneath Daisy's café, near the play area, down the park.

Ealing Eagles are supporting Watford Joggers, but if you have any travelling supporters that wish to volunteer there will be tasks at the finish available.

Good Luck with your teams training.  Watford Joggers look forward to a good turnout at a different time of year.

Colin Taylor

On behalf of Watford Joggers