

Leighton Buzzard Athletic Club

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Chiltern League – Match 2 – Saturday 11th November 2023

This venue is being used for the ninth time and primarily selected because of available parking at the nearby National Bowl. It is **absolutely essential** that all athletes use this parking facility which is only a 10 minute walk from the course and does not involve the crossing of any roads.

- Venue:** **Teardrop Lakes, Milton Keynes. (With grateful thanks to the “Milton Keynes Parks Trust”).**
- Parking:** **Do NOT** use the postcode for “The National Bowl”, **do NOT** use the “Car Auctions Parking”- use the official travel instructions and **park as signposted opposite MK5 8PA on H7 Chaffron Way.**
There are hundreds of free spaces at the Car Park, and it is a very short walk to the course, which does not involve crossing any roads. *An alternative may be to travel by train to MK Central Station as it is only a 10-minute walk from the station again with no roads to cross.*
- Changing:** Club tents will be the only cover for changing. There will be portable toilets adjacent to the start/finish areas.
- First Aid:** This will be provided by Acute Ambulance Medical Services
- Refreshments:** A retail refreshment van will be available for food and drink.
- Declarations:** All declarations must be finalized on your portal by 6pm on the day of the race. Athletes should use the same number throughout the season. Lost/forgotten numbers can be replaced for a £5 charge.
- The Start:** *The start line and finish lines are adjacent to the main Club Tent area.*
- The Course:** This is an essentially flat grassland course with a couple of short but steep hills.
- Timetable:** The first seven races will be as per the normal timetable starting at 11.30 with U11 Girls through to U20/U17 Women at 13.00.
Due to the course configuration and to limit lapping, the last three start times will be delayed:
13:25 Senior Women
14:00 U17 Men
14:20 Senior Men

Travel details

Walking route from Central Milton Keynes Rail Station to Teardrop Lakes (10 - 15 minutes)

Turn right out of the Rail Station, after 100m you will see in front of you an office building, turn right and walk over a bridge which crosses the railway line and A5 Trunk Road.

At the end of the bridge turn left along the “Redway” (National Cycle Route 51) signposted MK Bowl continue on this path after about half a mile, go under a road bridge and you will then be at Teardrop Lakes at this point you should be able to see the start and finish areas.

All Car parking is at “The National Bowl”

The nearest postcode is MK5 8PA this will bring you within sight of the “Car Park” signs.

Do NOT park at the main entrance to The Bowl as this is closed early on Saturdays.

The walk from the car park to the course is about 5 minutes and to the start/finish area a further 5 minutes.

From the West A421

Follow the A421 into Milton Keynes, at the roundabout with “Watling Street” (V4) turn left, follow this road to the next roundabout, turn right and the Car Park is about 100m on the right.

From Towcester and the North via A5 and from Dunstable and the South via A5

Follow the A5 Dual Carriageway and exit at “Central Milton Keynes”, at the roundabout at the top of the slip road take the first exit from the South and the third exit “Portway” (H5) from the north, follow this road to the next roundabout “Watling Street” (V4) take the first exit along V4, at the second roundabout “The Bowl” take the first exit onto “Chaffron Way” (H7) and the car park is about 100m on the right.

From M1 North (Southbound)

Leave the M1 at Junction 14, at the roundabout take the third exit (ideally in L/H lane), straight on at next roundabout (also traffic lights) on A4146 “Childs Way” (H6) – follow this road for a further 8 roundabouts, at the next roundabout called “South Grafton” turn left onto “Grafton Street” (V6), at the next roundabout “Leadenhall” take the third exit onto “Chaffron Way” (H7) the Car Park is about half a mile on the L/H side.

From M1 South (Northbound)

Leave the M1 at Junction 13 and follow A421 towards Milton Keynes. Continue on A421 “Standing Way” (H8) passing the Hospital. After the hospital roundabout continue through a further two roundabouts and at the third roundabout “Elfield Park” take the third exit onto “Watling Street” (V4), at the next roundabout “The Bowl” take the third exit and the car park is about 100m on the right-hand side.

From the East

Approach Junction 13 of M1 from Bedford via A421 – then follow as above “From M1 South (Northbound)”.