

## **Training moves to Stratford on Wednesday 4th April**

All club training will take place at the London Marathon Community Track (LMCT) at Stratford from Wednesday 4th April. The club will not be paying for access to the facilities at Terence McMillan Stadium after that date. There will be no training on Monday 2<sup>nd</sup> April (Easter Monday)

We have access to the LMCT on Monday and Wednesday 6-9pm and Sunday 11am-1pm. There is currently no access to indoor track facilities at LMCT.

Some of the work on building a school next to the track has not been finished yet and the car park that will be used for the track long term is not in service yet. We have arranged to use the main car park on the other side of the track (the West Ham car park). To access this car park you will have to provide car registration details with your surname before you intend to use it. Please provide these to the Club Secretary at ([nebparking@gmail.com](mailto:nebparking@gmail.com)). This is for security reasons. Access will be denied otherwise. In the event of restrictions on use of that car park the club reserves the right to prioritise access. Please be aware that we will only update the parking list once a week so the cut-off time will be Friday at 6pm. The reason for this is that we do not want to spend a lot of time chasing up car parking – so it is down to you to Get Organised or Get Public Transport.

We expect most users will get to the LMCT by public transport. There is a DLR station around 500m away at Pudding Mill Lane and the 339 bus from Leytonstone to Shadwell via the Stratford City Bus Station has stops in Carpenters Road close to the stadium (<http://content.tfl.gov.uk/bus-route-maps/queen-elizabeth-olympic-park-london-stadium-0417.pdf>).

There are changing facilities and an indoor seating area. There is a 200-seat covered stand.

During the first Summer we are at the new track there will be some things still to be completed, notably on throws where the new cage is yet to be installed and the shot area is also to be laid down. Getting used to new routines is bound to throw up issues. So please be patient and keep the Committee informed ([nebacfeedback@gmail.com](mailto:nebacfeedback@gmail.com)) where you encounter problems and we will try to resolve them. For the first few sessions we will have a desk where you can report your problems.

There will be some concerts in the main arena during the Summer. Our track will be used as a holding area for some of the equipment for these concerts. While that is happening we will not be able to use the track. This will only affect a few training days (mainly Sundays). For weekday training currently there is only one clash and the club will book the McMillan for that evening and let you know in advance. During July UK Athletics uses the LMCT as part of its arrangements to hold big international meetings. This may cause some disruption to our use of the track but we currently expect this to be minimal.