

Access Instructions for Medway Park Track

Here are the instructions for accessing the athletics track at Medway Park. The post code is ME7 1HF.

For map and directions

http://www.medwaypark.org.uk/medway_park/map_directions/



Drop Off / Park in the designated Medway Park car parks or surrounding streets only where permitted. Access to the track is via the leisure centre, follow the signs.

- No chewing gum inside the perimeter fence.
- No sugary drinks on the red surfaces.
- No food to be consumed in the track & field areas.
- If in spikes 6mm max length, no mud. Clean your shoes before moving from throws field to outside track.

Track rules

- Lane 1 not to be used for training. All warm ups to be in lane 8 (10 in home straight) counter clockwise or otherwise on grass loop (summer).
- Lane allocations - 2&3 repetitions, 4-9 hurdles (home straight), 4-7 sprints (home straight).
- Lanes 4-7 on either bend or High Jump D for miscellaneous training.
- There is one High Jump for training / competition.
- There is one Pole Vault bed for training/competition, arrange in advance for stands to be erected.
- Long Jump /Triple Jump pits on the back straight side are for competition/training.
- There is one Shot Put circle for training / competition.
- Discus Throw /Hammer Throw leave the cage gates as directed by centre staff after use.
- The centre field is also a football pitch so check the agreement for throws use especially in the winter.
- All equipment is part of the hire agreement and not owned by the club. Liaise through coaches / club volunteers with leisure centre staff to access equipment.

Further information please email: contact@mandmac.org