

Metropolitan League 2022 Season

Fixture	2
Date	12/11/2022
Venue	Wormwood Scrubs Park, London W12 OAE

Venue

Course Location	Start	Wormwood Scrubs Park, adjacent to Linford Christie Stadium W12 ODF What3Words: serve.freed.spell
Race HQ	Address	Thames Valley Harriers Clubhouse, Linford Christie Stadium, off Artillery Way, London W12 ODF
Changing Facilities	Changing Showers Toilets	Limited changing in Stadium. No lockers are available. None. Toilets located in stadium changing rooms and TVH clubhouse.
Refreshments		Hot and cold drinks and snacks are available from Race HQ.

Travel

Where possible, competitors are strongly advised to use public transport, walk or cycle. Parking charges of £2.20 per hour now apply in the Wormwood Scrubs Charitable Trust car park next to the course. There is limited parking available in the Wormwood Scrubs Charitable Trust car park next to the course (payment by card or parking app) and limited parking in surrounding residential streets near Wormwood Scrubs park, if using these please park with consideration for others. Please note that the venue is in the Ultra Low Emission Zone.

The league and/or host club do not warrant the accuracy of the information provided so take no responsibility for any fines or charges that may be levied.

Public Transport	Details	East Acton on the Central Line is the closest station, a few minutes' walk from the stadium, turn right out of the station and follow the road up to Wormwood Scrubs. Buses stop on DuCane Rd, please see details for buses stopping at Hammersmith Hospital on the Transport for London website, Artillery Lane between the hospitals and prison takes you to Wormwood Scrubs.
Parking	Details	Parking at the venue is far more limited than in previous years when we had the additional use of hospitals staff car park for events at weekends. This is no longer possible with the introduction of weekend parking charges of £2.20 per hour in the Wormwood Scrubs Charitable Trust car park next to the course. Parking is free at weekends in surrounding residential streets near Wormwood Scrubs park but very limited and primarily for the use of local residents.

Course details

Description

U11 course	1 lap approx 1.75km around football pitches and the perimeter of the park to the finish.
U13 course	1 lap approx 3km to the far corner of the park by Braybrook St, alongside Old Oak HS2 development, around football pitches and the perimeter of the park to the finish.
U15/U17 course	1 lap approx 3.8km around the perimeter of the park, cutting in around copse running back around football pitches and perimeter of the park to the finish.
Senior course	2 laps of the U15/U17 course approx 7.6km

Additional Notes Club tents will be positioned along the start of the course on the side nearest Linford Christie Stadium.

Timetable

The timetable is approximate and subject to change without notice where necessary. Please plan to arrive early and listen for any announcements.

Please note For the 2022 season, the timings have changed, and all races now start earlier. In addition, it should no longer be necessary for a start to be delayed to allow for finishers in the previous race.

Start Time	Race	Distance (approximate)
12:00	Under 11 Boys	1.75km
12:05	Under 11 Girls	1.75km
12:15	Under 13 Boys	3km
12:30	Under 13 Girls	3km
12:45	Under 17 Men/Under 15 Boys	3.8km
13:00	Under 17 Women/Under 15 Girls	3.8km
13:15	Senior Women/Veteran Women	7.6km
14:00	Senior Men/Veteran Men	7.6km

Contact Details

Host club	Thames Valley Harriers
Contact Name	John Husbands
Contact details	07951 927724
Welfare Officer	Samantha Brewer This is also available at the registration tent.

Maps

METROPOLITAN CROSS COUNTRY LEAGUE FIXTURE 2 – WORMWOOD SCRUBS, SAT 12th NOVEMBER 2022



Race 1	12.00	Under 11 Boys	approx 1.75km
Race 2	12.05	Under 11 Girls	approx 1.75km

METROPOLITAN CROSS COUNTRY LEAGUE FIXTURE 2 – WORMWOOD SCRUBS, SAT 12th NOVEMBER 2022



Race 3	12.15	Under 13 Boys	approx 3km
Race 4	12.30	Under 13 Girls	approx 3km

METROPOLITAN CROSS COUNTRY LEAGUE FIXTURE 2 – WORMWOOD SCRUBS, SAT 12th NOVEMBER 2022



Race 5	12.45m	Under 17 Men / Under 15 Boys	1 lap approx 3.8km
Race 6	1.00pm	Under 17 Women / Under 15 Girls	1 lap approx 3.8km
Race 7	1.15pm	Senior / Veteran / Under 20 Women	2 laps approx 7.6km
Race 8	2.00pm	Senior / Veteran / Under 20 Men	2 laps approx 7.6km