

# Metropolitan League 2022 Season

<b>Fixture</b>	5
<b>Date</b>	11/02/2022
<b>Venue</b>	Trent Country Park, Cockfosters, Enfield, London EN4 0JZ (please note; because of its size, Trent Park has several different postcodes. The one given is the most appropriate and closest to the Cockfosters Road entrance to the Park).

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## Venue

<b>Course Location</b>	<b>Start</b>	The main start/finish area is adjacent to the race HQ, located just beyond “Go Ape”, on the right-hand side (south) of Lime Avenue.
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**What3Words:** [What 3 Words location]

<b>Race HQ</b>	<b>Address</b>	Located just beyond “Go Ape”, on the right-hand side (south) of Lime Avenue.
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<b>Changing Facilities</b>	<b>Changing</b>	There are no dedicated changing facilities - please arrive ready to run.  <b>*** IMPORTANT - PLEASE NOTE ***</b> The area around ‘Go Ape’ is out of bounds. <u>Under no circumstances</u> should this area be used for changing and/or as a toilet – please use the facilities provided. Anyone ignoring this request will risk damaging our ability to hold future events at this venue.
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**Showers** No showers available

**Toilets** Male and female WCs adjacent to the Cockfosters Road entrance car park

<b>Refreshments</b>	Refreshments are available for purchase in the Trent Park café which is near to the Start/Finish area. In addition, the Wildlife Rescue & Ambulance Service (Enfield), located at the eastern end of the access road known as Lime Avenue (approx. 600 metres from the Start/Finish area), has a tea shop which is open until 4 pm.
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<b>Additional Notes</b>	A Club/Team Assembly Area has been identified in the field adjacent to the Start area. This is in the area to the south of Lime Avenue and close to the pond. Please see the map attached. <u>Please note that the area shown hatched in red must be kept clear.</u>
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## Travel

Where possible, please use public transport, walk or cycle. If travelling by car, please car share to reduce the impact and check for restrictions that may be in effect in the area (Ultra Low Emission Zone for example). Please also park with consideration of others.

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

<b>Public Transport</b>	<b>Details</b>	London Underground – Cockfosters station is the northern end of the Piccadilly Line.  <b><u>Use of public transport is strongly recommended due to the proximity of the underground station and limited car parking at Trent Park.</u></b>
	<b>Direction</b>	The station is 300 metres to the south of the Cockfosters Road entrance to Trent Park (approximately a 5-minute walk). Turn right out of the station, and walk north along Cockfosters Road, past the BP Garage (with M&S).
<b>Parking</b>	<b>Details</b>	Parking is available within Trent Park but is likely to be <b>very limited</b> . Given the proximity of Trent Park to Cockfosters underground station, the use of public transport is therefore strongly recommended. If you intend to drive, please car-share as much as possible. The main car parking facility is at the Cockfosters Road entrance to Trent Park.  <b><u>PLEASE NOTE:</u></b> The private car park close to the Southgate Hockey Centre at the top of Snakes Lane is <b><u>NOT</u></b> available. Please do not attempt to park there – you <b><u>WILL</u></b> be turned back.  Cars <b><u>must not</u></b> be parked on any of the roads within Trent Park.  Trent Park closes at sunset, which will be at approximately 17:00. The gate at the Cockfosters Road entrance is usually closed at this time, <b><u>but drivers must take care to check the closing time which will be shown on the sign inside the main entrance.</u></b>  <b><u>UNDER NO CIRCUMSTANCES SHOULD DRIVERS PARK ON THE SURROUNDING ROADS.</u></b> Anyone parking in local roads will risk damaging our ability to hold future events at this venue.
	<b>Direction</b>	Directions from major roads:  Cockfosters Road (A111) entrance; approximately two miles to the south of Junction 24 of the M25, on the left-hand side, or just over half a mile to the north of the junction of the A111 and A110 (Bramley Road), on the right-hand side (sat nav EN4 0JZ).

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## Course details

<b>Course Description</b>	Undulating course on open, rough, lumpy parkland. Liable to be soft underfoot in places. Some exposed tree roots in places, and several small wooden bridges that could be slippery.  Senior races only include a woodland path with a small stream crossing.  The course is suitable for spikes or trail shoes.
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The course is likely to be very muddy and slippery in some places **so is not suitable for ordinary trainers.**

<b>U11 course</b>	One-half lap and one full lap of Start/Finish Field. Approximately 1,800 metres
<b>U13 course</b>	Approx. $\frac{3}{4}$ lap of the Start/Finish Field Dropping Down the Hill from the Gap to do Half of the Oakwood Lap & Returning to the Finish. Approximately 3,000 metres.
<b>U15/U17 course</b>	One full lap of the Start/Finish Field, followed by approx. $\frac{3}{4}$ lap of the Start/Finish Field, dropping down the hill from the gap to do half of the Oakwood Lap & returning to the Finish. Approximately 4,000 metres.
<b>Senior course</b>	1 $\frac{3}{4}$ laps of the Start/Finish Field Dropping Down the Hill from the Gap to Run One Lap of the Oakwood Side & Returning to the Start/Finish Field. One Further Complete lap of the Start/Finish Field, Dropping Down the Hill from the Gap to Run One Further Lap of the Oakwood Side & Returning to the Finish. Approximately 7,800 metres.
<b>Additional Notes</b>	Competitors and parents of competitors are reminded not to encroach on the course and to be mindful of runners on the course.

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## Timetable

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

<b>Please note</b>	For the 2022 season, the timings have changed, and all races now start earlier. In addition, it may be necessary for a start to be delayed to allow for finishers in the previous race.
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Start Time	Race	Distance (approximate)
12:00	Under 11 Boys	1,800 metres
12:00	Under 11 Girls	1,800 metres
12:15	Under 13 Boys	3,000 metres
12:30	Under 13 Girls	3,000 metres
12:45	Under 17 Men/Under 15 Boys	4,000 metres
13:00	Under 17 Women/Under 15 Girls	4,000 metres
13:15	Senior Women/Veteran Women	7,800 metres
14:00	Senior Men/Veteran Men	7,800 metres

<b>Additional Notes</b>	<b><u>PLEASE NOTE: In the interests of safety and because of the nature of the course layout:</u></b>  1) The U11 Boys and Girls races will be run together;  2) The Senior Mens race will start at 14:15
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## Contact Details

<b>Host club</b>	Barnet & District AC
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**Contact Name** Rob Scott  
**Contact details** [robertscott@deloitte.co.uk](mailto:robertscott@deloitte.co.uk)  
+44 (0) 7775 698234

**Welfare Officer** TBC  
This is also available as the registration tent.

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**End-of-season presentations:** Please join us after the last race for the end-of-season presentations (and tea and cakes!), which will be held at:

11th Southgate Scout Group,  
1c Chalk Lane,  
Cockfosters,  
Barnet,  
Hertfordshire EN4 9JQ

Directions: Leave Trent Park by the main Cockfosters Road entrance and turn left down Cockfosters Road back towards the Underground station. Just after the BP Garage (with M&S), turn right down Chalk Lane. The Scout Hut is approximately 50 metres along the road on the left-hand side (see map).

Please note there is no car parking at this venue.

Please also note that the Scout Hut is quite small so there is limited space available.

**Polite Request; the Scout Hut has a wooden parquet floor so muddy shoes must be taken off and left at the entrance**

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**COVID Guidelines** Although official restrictions have been lifted, there are still many people still suffering from the virus.

Please **DO NOT TRAVEL** to this event if you are showing any symptoms of COVID-19 as defined by the NHS or if you have had a positive test.

**COMPETITORS** try to remain social distanced at all times whilst at the event, in particular when in the toilets or when queuing at the kiosk or café. Also try to keep your distance, as far as possible, at the start and finish.

**SPECTATORS** are encouraged to keep their distance from the competitors, especially when calling out encouragement.

All try to **AVOID PHYSICAL CONTACT** with runners, race officials, volunteers and spectators including high fives and hugs etc.

When using the toilets remember to **WASH YOUR HANDS** thoroughly.

You are also reminded to catch **COUGHS AND SNEEZES** and to avoid touching face, eyes, nose or mouth with unclean hands.

It is not practical to provide sanitising stations around the park, so **DO NOT UNNECESSARILY TOUCH OUTDOOR SURFACES**, and perhaps bring some sanitiser to use after touching anything.

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If you experience COVID-19 symptoms soon after the race, then please follow NHS guidance regarding testing and self-isolation, also please inform the Race Organiser.

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## UKA Anti-Doping Rules

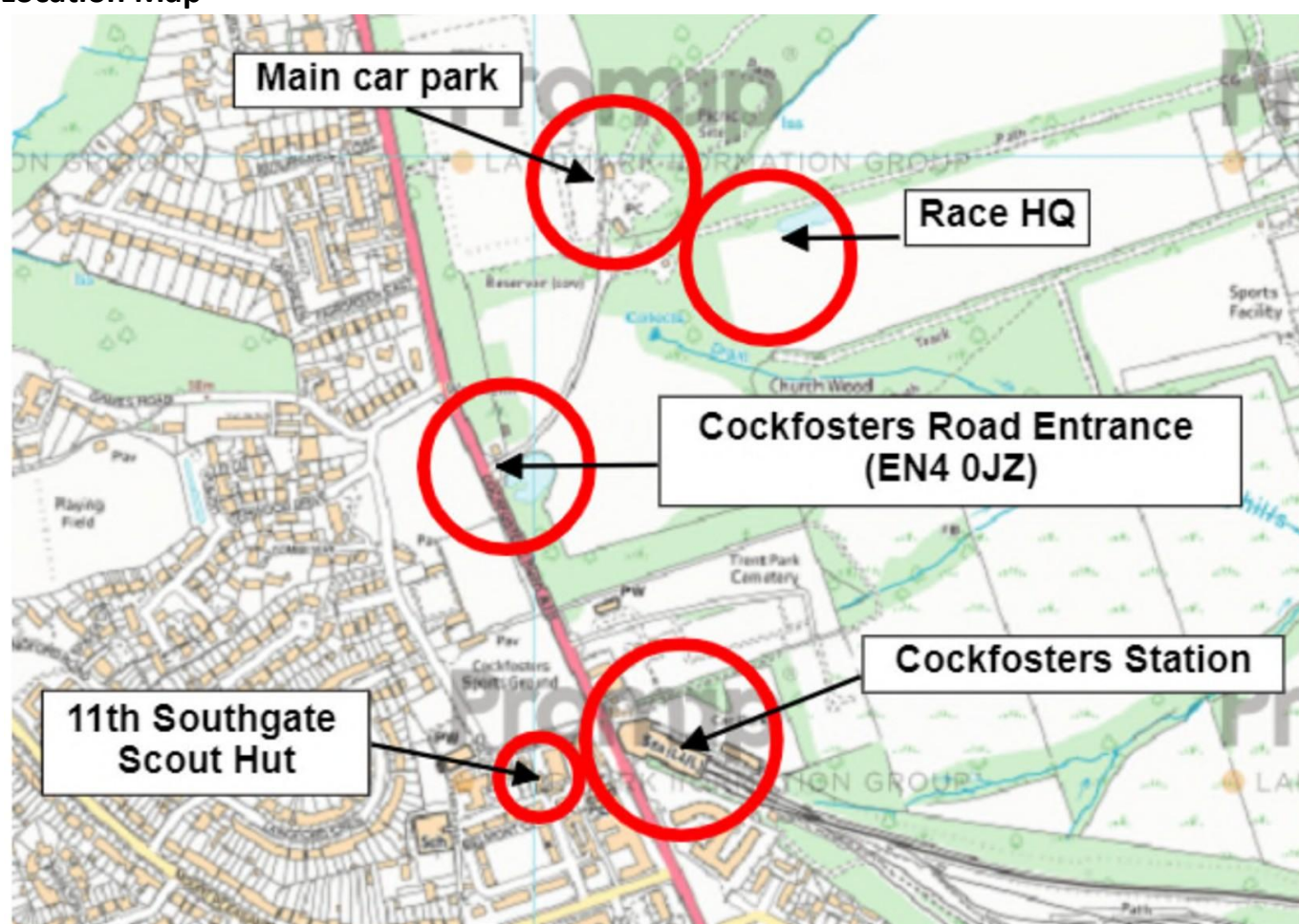
All entrants shall be deemed to have made him/herself familiar with, and agreed to be bound by the UKA Anti-Doping Rules and to submit to the authority of UK Anti-Doping in the application and enforcement of the Anti-Doping Rules.

The UKA Anti-Doping Rules apply to entrants participating in the sport of Athletics, for 12 months from the date of entry into the Metropolitan Cross Country League 2022/23, whether or not the entrant is a citizen of, or resident in, the UK.

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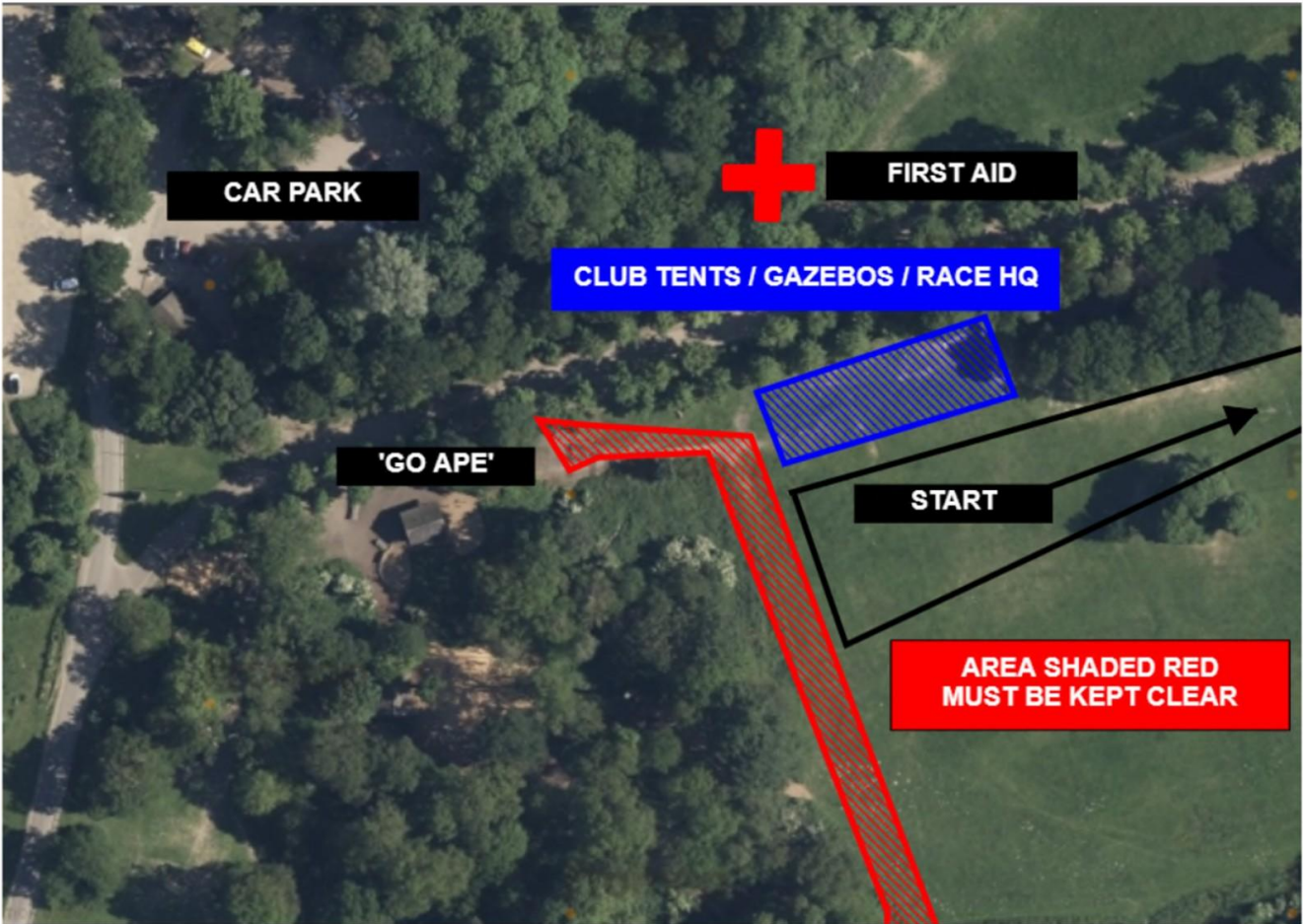
## Maps

### Location Map

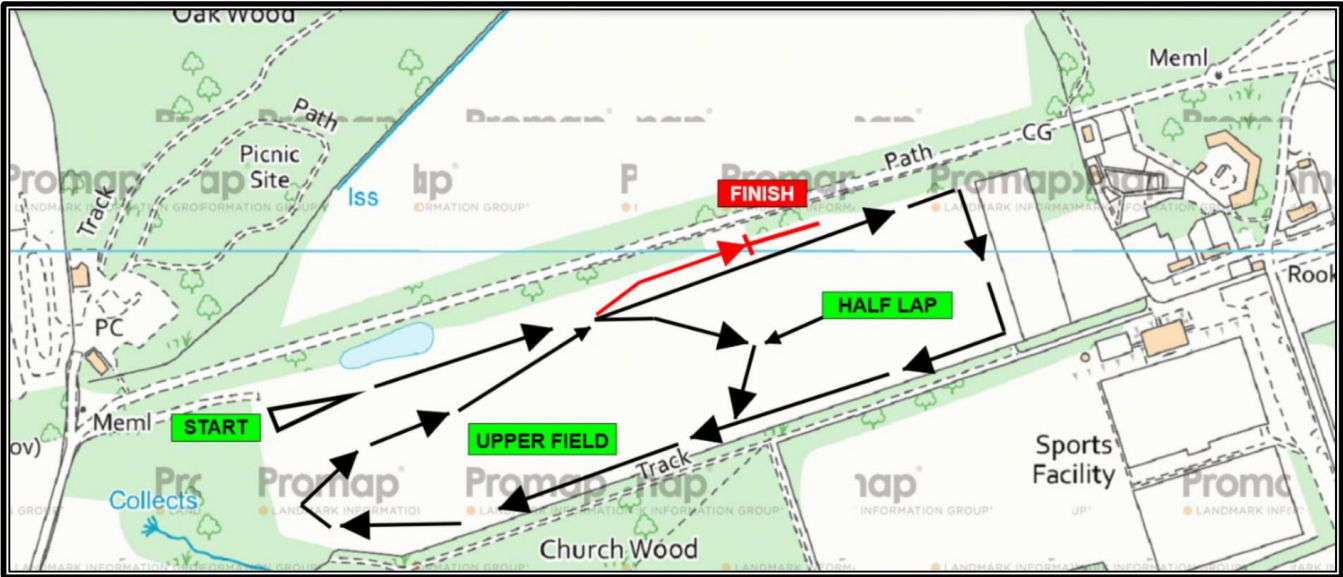




Start Area

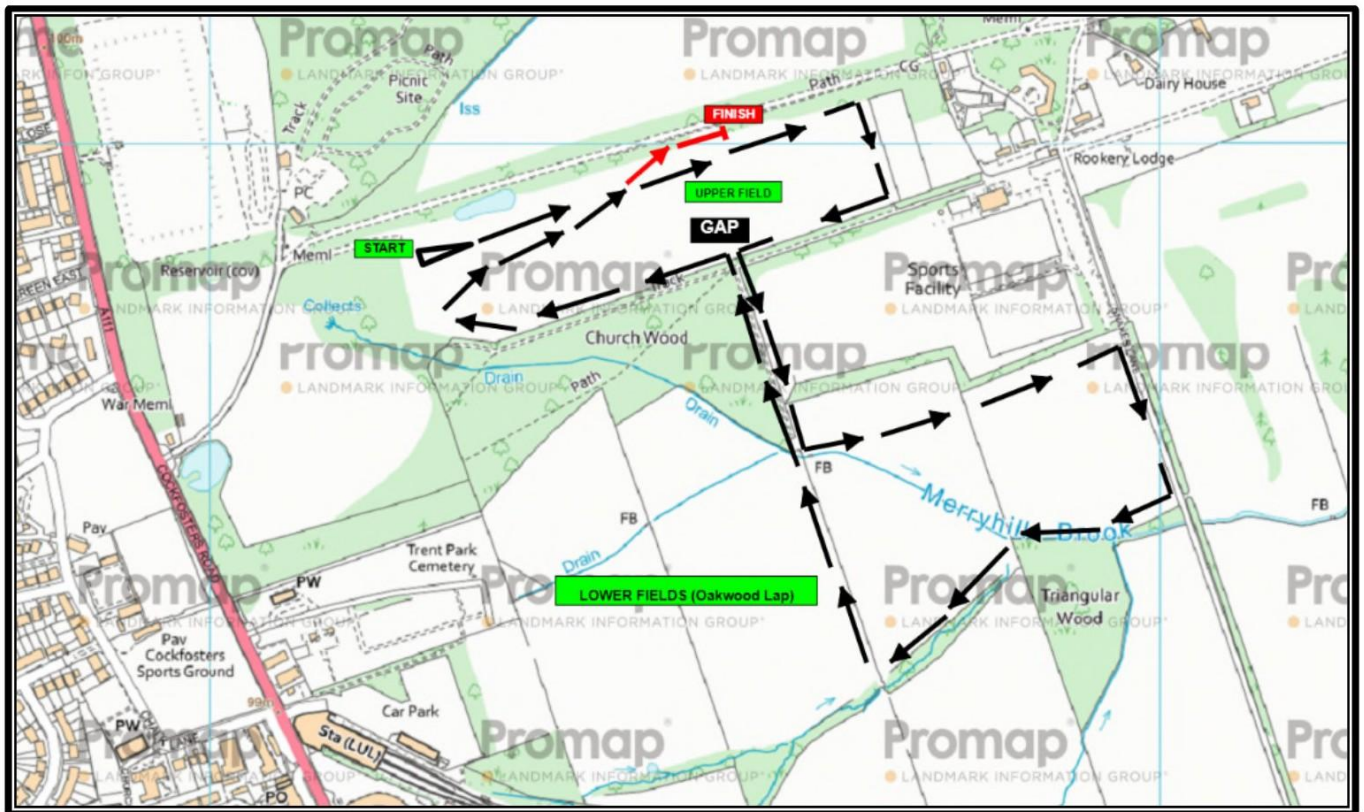


Course Map – Under 11's

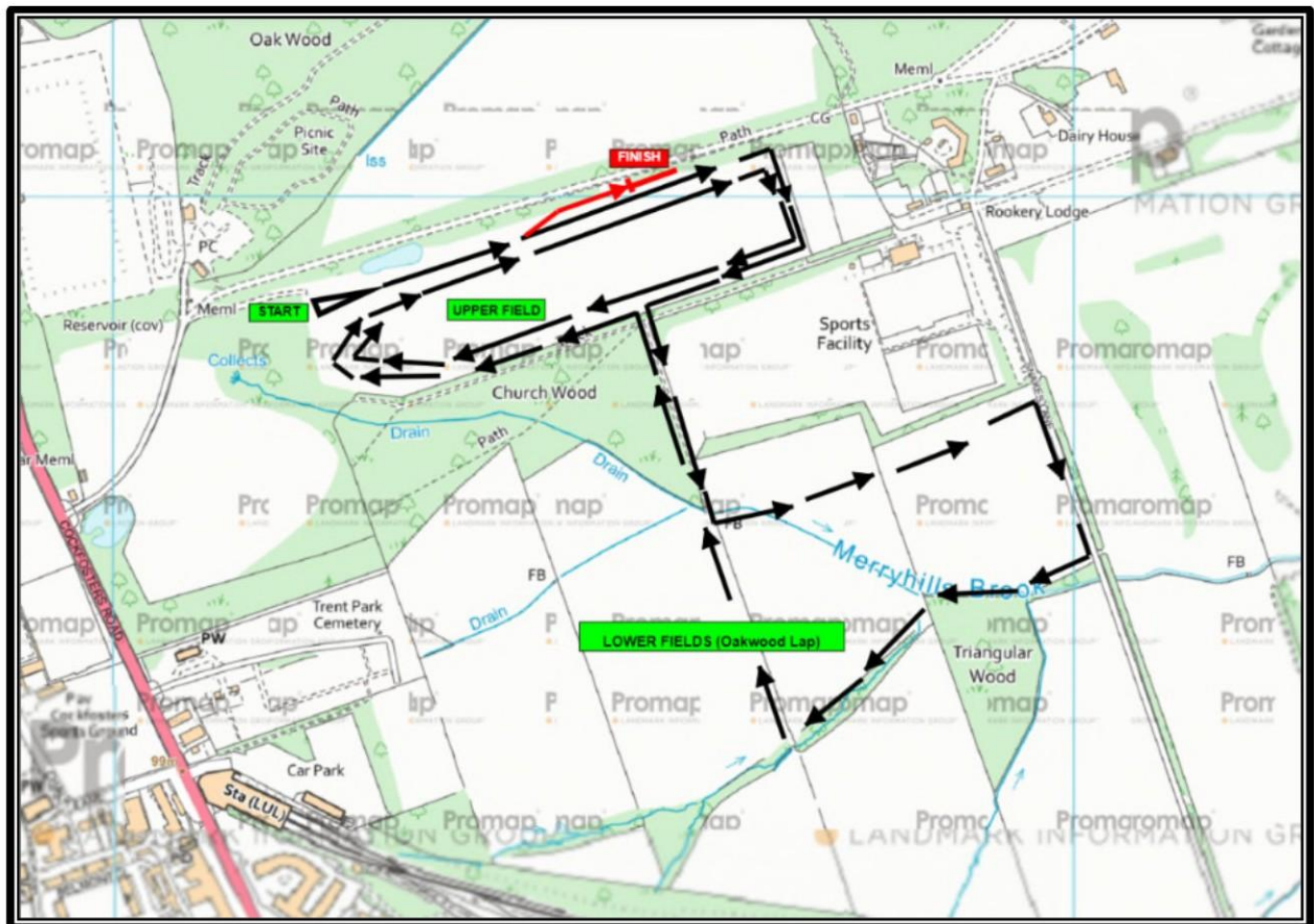




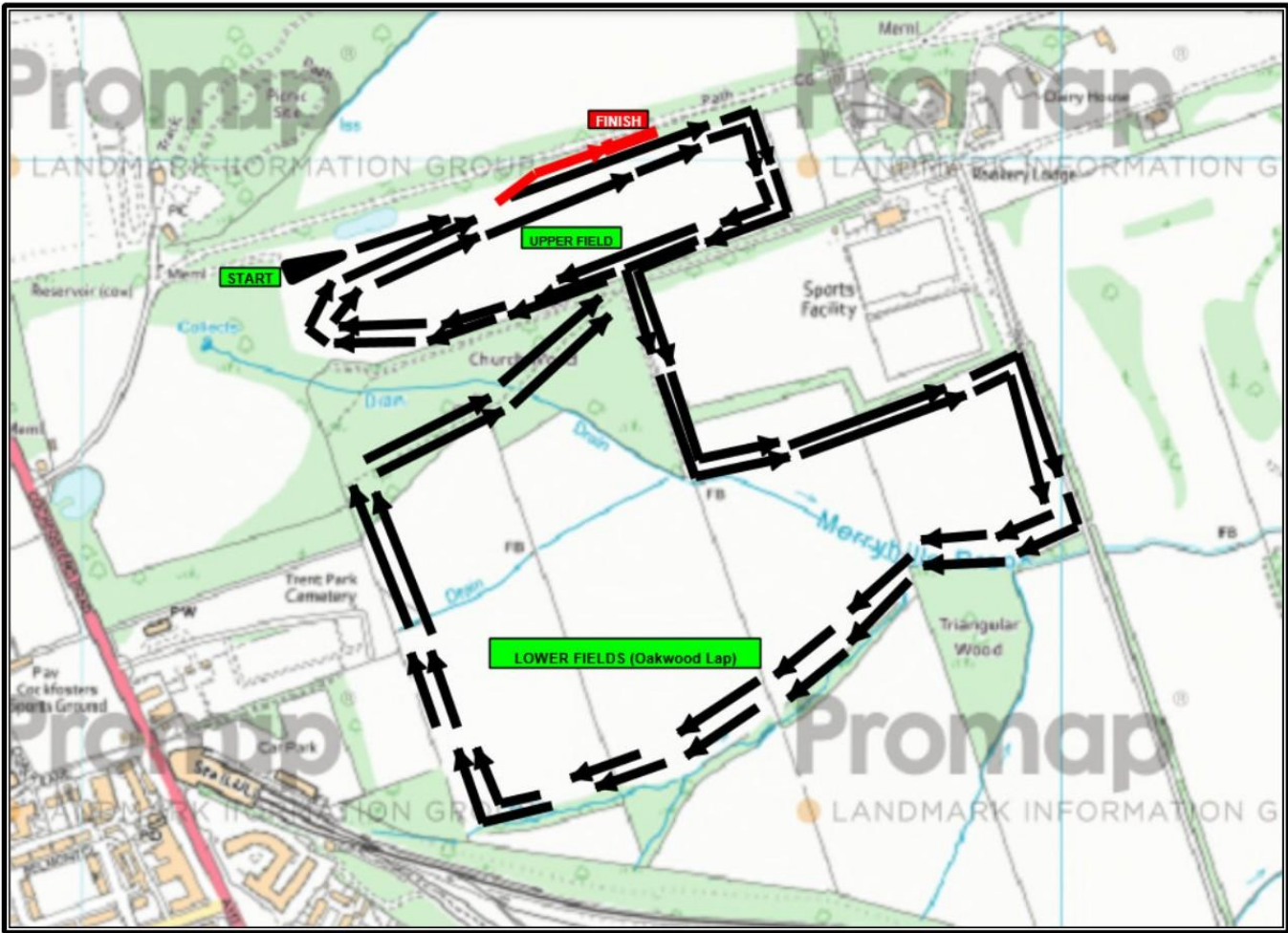
## Course Map – Under 13's



## Course Map – Under 15's/Under 17's



Course Map – Seniors



Full details





**START**  
FITNESS

**BARNET &  
DISTRICT  
ATHLETIC CLUB**



**START FITNESS METROPOLITAN LEAGUE**

***Season 2022/2023 - Race 5***

**Saturday 11<sup>th</sup> February 2022**

TIME	RACE	ROUTE
12:00	Under 11 Boys <b>AND</b> Under 11 Girls	One half lap and one full lap of Start/Finish Field.  approx. 1,800m
12:15	Under 13 Boys	Approx. $\frac{3}{4}$ lap of the Start/Finish Field Dropping Down the Hill from the Gap to do Half of the Oakwood Lap & Returning to the Finish.  approx. 3,000m
12:30	Under 13 Girls	Approx. $\frac{3}{4}$ lap of the Start/Finish Field Dropping Down the Hill from the Gap to do Half of the Oakwood Lap & Returning to the Finish.  approx. 3,000m
12:45	Under 17 Men and Under 15 Boys	One full lap of the Start/Finish Field, followed by approx. $\frac{3}{4}$ lap of the Start/Finish Field, dropping down the hill from the gap to do half of the Oakwood Lap & returning to the Finish.  approx. 4,000m
13:00	Under 17 Women/Under 15 Girls	One full lap of the Start/Finish Field, followed by approx. $\frac{3}{4}$ lap of the Start/Finish Field, dropping down the hill from the gap to do half of the Oakwood Lap & returning to the Finish.  approx. 4,000m



**START**  
FITNESS

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**START FITNESS METROPOLITAN LEAGUE**

***Season 2022/2023 - Race 5***

**Saturday 11<sup>th</sup> February 2022**

TIME	RACE	ROUTE
13:15	Senior/Veteran/Under 20 Women	1 $\frac{3}{4}$ laps of the Start/Finish Field Dropping Down the Hill from the Gap to Run <u>One</u> Lap of the Oakwood Side & Returning to the Start/Finish Field. <b>One</b> Further Complete lap of the Start/Finish Field, Dropping Down the Hill from the Gap to Run <u>One</u> Further Lap of the Oakwood Side & Returning to the Finish.  approx. 7,800m
14:15	Senior/Veteran/Under 20 Men	1 $\frac{3}{4}$ laps of the Start/Finish Field Dropping Down the Hill from the Gap to Run <u>One</u> Lap of the Oakwood Side & Returning to the Start/Finish Field. <b>One</b> Further Complete lap of the Start/Finish Field, Dropping Down the Hill from the Gap to Run <u>One</u> Further Lap of the Oakwood Side & Returning to the Finish.  approx. 7,800m