

Metropolitan League 2023 Season

Fixture	2
Date	11/11/2023
Venue	Wormwood Scrubs Park, London W12 0DF

Venue

Course Location	Start	Wormwood Scrubs Park, London W12 0DF
Race HQ	Address	Thames Valley Harriers clubhouse, Linford Christie Stadium, London W12 0DF
Changing Facilities	Changing Showers	Linford Christie Stadium No
	Toilets	Linford Christie Stadium changing rooms and Thames Valley Harriers clubhouse
Refreshments	Refreshments available throughout the day in the Thames Valley Harriers clubhouse.	

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, especially if using on-street parking.

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.

Public Transport	Details	East Acton Underground Station (Central Line). There are no planned closures on the Central Line on 11 th November but there are planned closures on several lines that weekend; Circle, District, Hammersmith & City, Jubilee, Waterloo & City, Metropolitan and London Overground. Please check the TfL website and plan your journey accordingly, local buses stop at Hammersmith Hospital on DuCane Road and on Scrubs Lane.
	Direction	Less than 10 minutes walk from East Acton station across Wormwood Scrubs. Turn left out of the station.
Cycle storage	Details	Cycles can be locked to railings by the track in Linford Christie Stadium.
Parking	Details	The Wormwood Scrubs Charitable Trust car park is adjacent to the course. Parking charges of £2.20 per hour 8am to 6:30pm 7 days a week, payment via card or RingGo app. The entrance for cars is Artillery Lane off Du Cane Rd , between the hospitals and prison, postcode for satnav W12 OAE. At the end of Artillery Lane approaching the Scrubs, there is a 6' 6" height barrier entrance to the main car park, the stadium and race start are located near the

end of the car park. There is also very limited parking on local streets adjacent to Wormwood Scrubs park, no parking charge at weekends.
ULEZ - Wormwood Scrubs park is located within the Ultra-Low Emission Zone

Course details

Description	Parkland setting , flat scrubland and playing fields. Areas of the course can be wet and muddy. Cracks in some areas where the ground has not recovered from 2022 drought but better than last year. Club tents will be located on the side of the park alongside Linford Christie Stadium and the start of the course.
U11 course	One small lap, 2000 metres.
U13 course	One medium lap, 3000 metres.
U15/U17 course	One large lap, 4000 metres.
Senior course	Two laps, 7200 metres.

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 2023 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.
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Start Time	Race	Distance (approximate)
12:00	Under 11 Boys & Girls	2km
12:10	Under 13 Boys	3km
12:20	Under 13 Girls	3km
12:30	Under 17 Men/Under 15 Boys	4km
12:45	Under 17 Women/Under 15 Girls	4km
13:00	Senior Women/Veteran Women	7.2km
13:45	Senior Men/Veteran Men	7.2km

Contact Details

Host club	Thames Valley Harriers
Contact Name	John Husbands
Contact details	Tel: 07951 927724 email: husbandsj08@gmail.com
Welfare Officer	This is available at the registration tent.

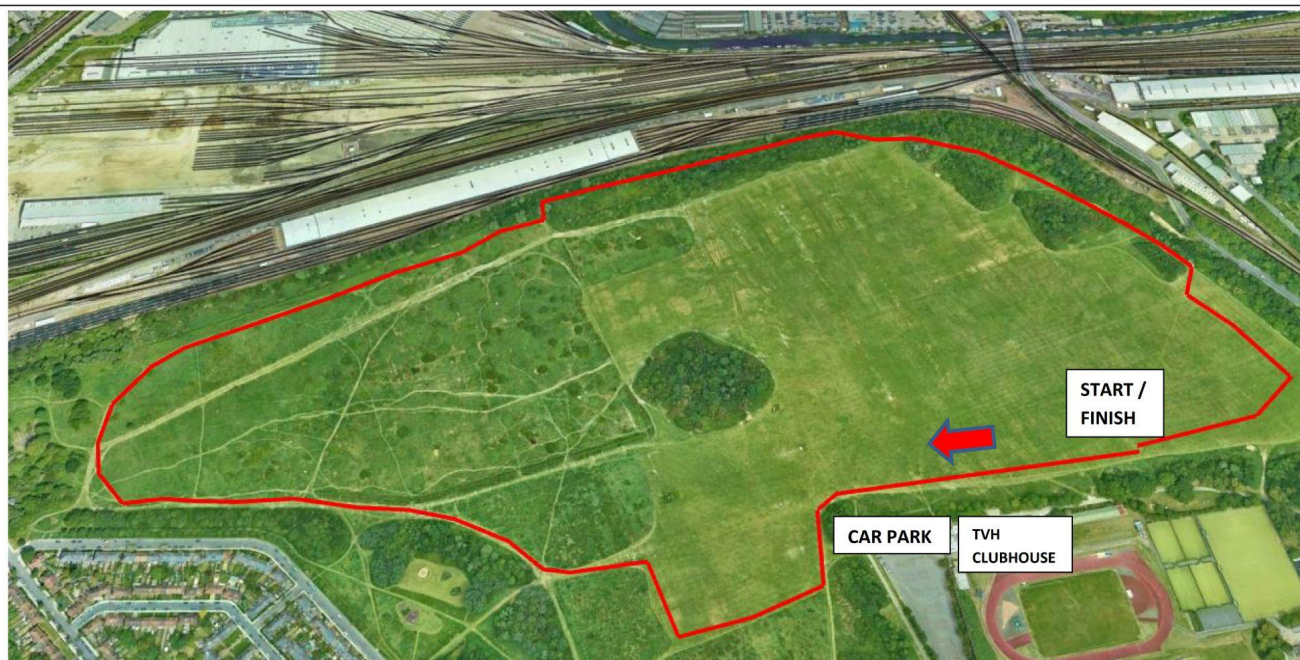
Maps

METROPOLITAN CROSS COUNTRY LEAGUE FIXTURE 2 – WORMWOOD SCRUBS, SAT 11th NOVEMBER 2023



Race 1	12.00	Under 11 Girls and Boys 2km
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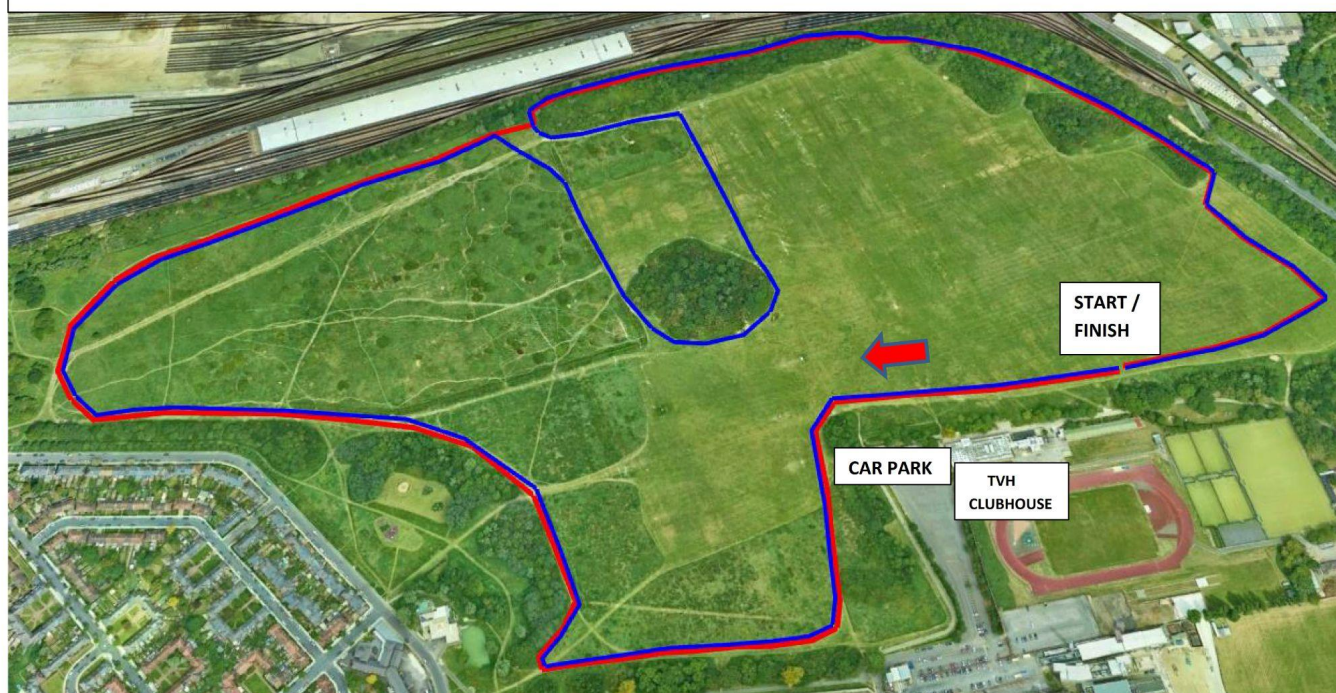
Race 2	12.10	Under 13 Boys 3km
Race 3	12.20	Under 13 Girls 3km

METROPOLITAN CROSS COUNTRY LEAGUE FIXTURE 2 – WORMWOOD SCRUBS, SAT 11th NOVEMBER 2023



Race 4	12.30m	Under 17 Men / Under 15 Boys	4km
Race 5	12.45m	Under 17 Women / Under 15 Girls	4km

METROPOLITAN CROSS COUNTRY LEAGUE FIXTURE 2 – WORMWOOD SCRUBS, SAT 11th NOVEMBER 2023



Race 6	13.00m	U20 / Senior / Veteran Women	7.2km	(Blue 4km then Red 3.2km)
Race 7	13.45m	U20 / Senior / Veteran Men	7.2km	(Blue 4km then Red 3.2km)