Metropolitan League 2024 Season

Fixture	2			
Date	09/11/2024			
Venue	Horsenden Hill			
Venue				
Course Location	Start	Berkeley Avenue, Greenford UB6 0NZ		
		What3Words: ///blunt.lawn.frosted		
Race HQ	Address	The Pavilion, Berkeley Avenue,		
		Greenford UB6 0NZ		
Changing Facilities	Changing	None – No dedicated changing		
		facilities please arrive ready to run		
	Showers	None		
	Toilets	(X6) Portaloo's in car park outside the		
		Pavillion		
Refreshments	Hot drinks van located in Pavilion car park. Subject to availability			

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	Buses 18, 487, H17, 297, 204, 92, E1, E2, E10 have routes that pass near Horsenden Hill. Tube Sudbury Hill + Sudbury Town (Piccadilly line) Perivale (Central Line) + Greenford (Central Line + National Rail)
	Direction	Sudbury Hill [1 mile] + Sudbury Town [1.2] miles Perivale [1.5 miles] + Greenford [1 mile]
Cycle storage	Details	None.
Parking	Details	Off Street - Limited Parking at The Pavilion and Horsenden Hill Summit. On Street – Surrounding areas of Greenford Avenue, Eton Avenue, Horsenden Lane North, Rosewood Avenue, Oakwood Cresent.
	Direction	See Parking map and Google maps to the Start/ What 3 Words Course

Additional Notes	location. There have been on-going HS2 works in and around Greenford tube station and has had an impact on the flow of traffic around Greenford Road and Rockware Avenue. Please allow ample time to accommodate possible delays or your journey in.			
Course details				
Description	Undulating, challenging, soft underfoot if heavy rain.			
U11 course	(x2) Small Laps -2k – Flat			
U13 course	(x1) Medium lap and (x1) Small lap - 3k - Flat			
U15/U17 course	[x2) Large laps - (4k) -Undulating			
Senior course	(x3) Large laps - (8k) – Undulating			

Timetable

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

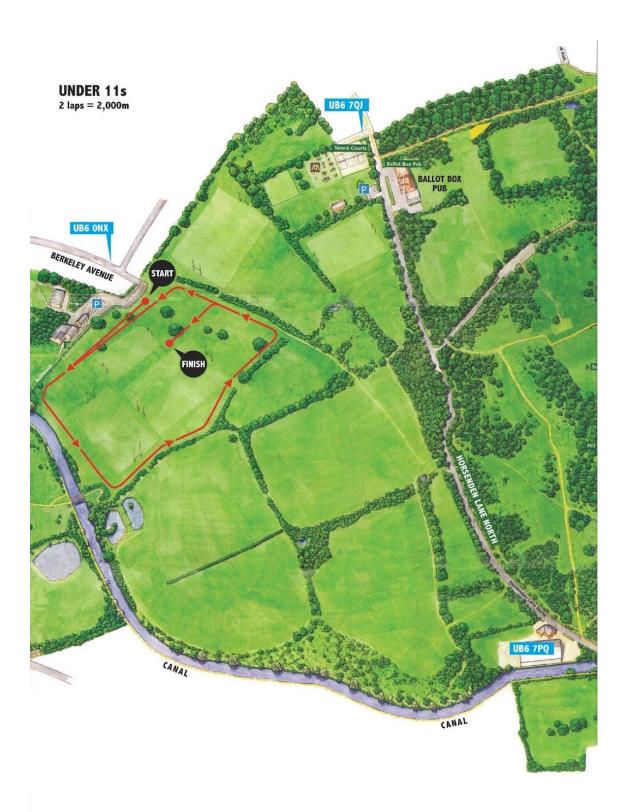
Please note	For the 2024 season, the timings have changed, and all races now start earlier. In addition, it should no longer be necessary for a start to be delayed allowing for finishers in the previous race.			
Start Time	Race	Distance (approximate)		
12:00	Under 11 Boys	2km		
12:02	Under 11 Girls	2km		
12:10	Under 13 Boys	[3km]		
12:12	Under 13 Girls	[3km]		
12:30	Under 17 Men/Under 15 Boys	[4km]		
12:32	Under 17 Women/Under 15 Girls	[4km]		
12:50	Senior Women/Veteran Women	[8km]		
13:30	Senior Men/Veteran Men	[8km]		
Additional Notes	15mm spikes are recommended on a very wet day. Come prepared.			
Contact Details				
Host club	Ealing Southall and Middlesex AC and Ealing Eagles Running Club			
Contact Name	Peter Flewitt / Nils-Kristian Liborg			
Contact details	admin@esm.org.uk / nils@liborg.no or race@ealingeagles.com			
Welfare Officer	Bob Densley			

Maps

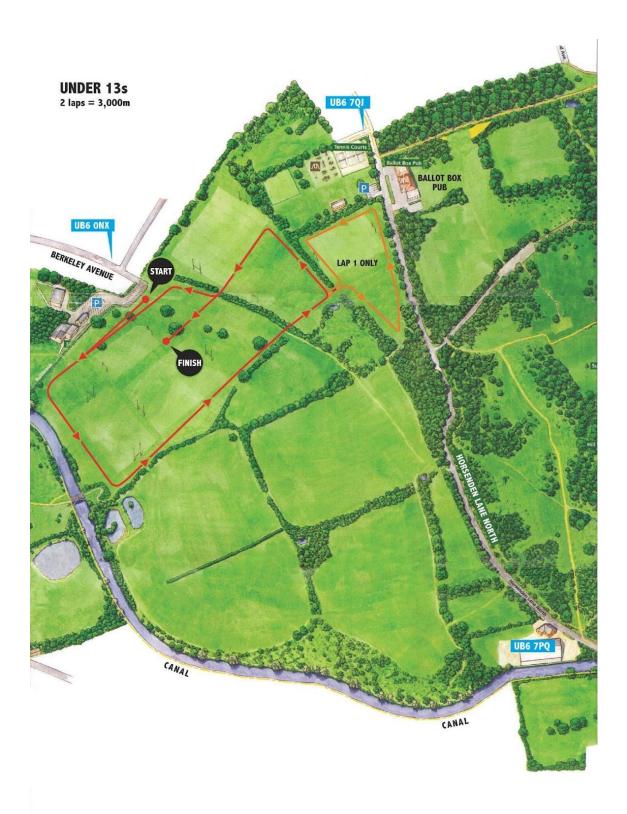
Parking Map



Course Map – Under 11's



Course Map – Under 13's



Course Map – Under 15's/Under 17's



Course Map – Senior/ Vets

