

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 Crescent.
	Direction	See Parking map and Google maps to the Start/ What 3 Words Course

location.

Additional Notes

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

UNDER 11s
2 laps = 2,000m



Course Map – Under 13's

UNDER 13s
2 laps = 3,000m



Course Map – Under 15's/Under 17's

UNDER 15/17
2 laps = 4,200m



Course Map – Senior/ Vets

SENIOR/ VET
3 laps = 8,000m

