

# Metropolitan League 2024 Season

<b>Fixture</b>	3
<b>Date</b>	30/11/2024
<b>Venue</b>	Hillingdon House Farm, Uxbridge, Middlesex, UB8 1ES

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## Venue

<b>Course Location</b>	<b>Start</b>	Hillingdon House Farm, Uxbridge, Middlesex, UB8 1ES <b>What3Words:</b> spicy.slip.finds
<b>Race HQ</b>	<b>Address</b>	Hillingdon Athletics Stadium, Gatting Way, Uxbridge, Middlesex, UB8 1ES
<b>Changing Facilities</b>	<b>Changing</b>	Male and Female changing rooms and toilets at Hillingdon Athletics Stadium from 11am to 3pm. Please do <b>not</b> try to use the facilities within the main sports centre.
	<b>Showers</b>	No
	<b>Toilets</b>	Yes, at Hillingdon Athletics Stadium.
<b>Refreshments</b>		Yes, near the start line. Selection of sandwiches, cakes, sweets, and hot & cold drinks.

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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, 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.

<b>Public Transport</b>	<b>Details</b>	Recommended Hillingdon or Uxbridge stations, both 10-15 mins walk from the start/finish area and on the Metropolitan and Piccadilly Lines. U1 and U2 buses stop within 3 mins walk of Hillingdon Athletics Stadium.
<b>Cycle storage</b>	<b>Details</b>	Outside Hillingdon Athletics Stadium and the main sport centre.
<b>Parking</b>	<b>Details</b>	This year, Uxbridge College has kindly agreed to open its car park and there will be ample FREE spaces. The entrance to the car park is on Gatting Way, UB8 1ES where the barrier has a height limit of 6 feet 6 inches. <b>DO NOT ATTEMPT TO ENTER THE MAIN ENTRANCE TO UXBRIDGE COLLEGE ON PARK ROAD.</b>
	<b>Direction</b>	Head right out of the car park, past

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Hillingdon Athletics Stadium, and down the slope (with the enclosed rugby pitch on your left). Then head left along the path to find the start/finish area.

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## Course details

<b>Description</b>	A XC course with a bit of everything. An undulating course on grass and woodland trails, with one VERY steep hill per lap up an old ski slope. Very muddy areas likely. Option of a small river crossing for adults if conditions on the day allow. There will be a (slightly) longer route around for those who are unable/unwilling to cross the river.
<b>U11 course</b>	1 <u>small</u> undulating lap which includes the ski slope and woodland trail.
<b>U13 course</b>	1 <u>medium</u> undulating lap which includes the ski slope and woodland trail.
<b>U15/U17 course</b>	1 <u>large</u> undulating lap which includes the ski slope and woodland trail but <b>NOT</b> the river crossing.
<b>Senior course</b>	2 <u>large</u> undulating laps which include the ski slope and woodland trail and with the option of crossing the river.
<b>Additional Notes</b>	Liable to be very muddy in places, especially over the 'back' of the course after crossing (or going around) the river. If crossing the river, please use caution and respect other competitors.

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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.

**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 to allow 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

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## Contact Details

<b>Host club</b>	Hillingdon Athletic Club
<b>Contact Name</b>	James Laing
<b>Contact details</b>	07791237931 / jwlaing@hotmail.com

### Maps

**CROSS COUNTRY LEAGUE**  
Hillingdon House  
30<sup>th</sup> November

**HILLINGDON STATION**

**TIMETA**

Start	Race	Distance	Course
12 00	Under 11 Boys	2km	1 x Blue
12 02	Under 11 Girls	2km	1 x Blue
12 10	Under 13 Boys	3km	1 x Orange
12 12	Under 13 Girls	3km	1 x Orange
12 30	Under 17 Men/Under 15 Boys	4km	1 x Red
12 32	Under 17 Women/Under 15 Girls	4km	1 x Red
12 50	Senior Women/Veteran Women	8km	2 x Red
13 30	Senior Men/Veteran Men	8km	2 x Red