



BARNET & DISTRICT ATHLETIC CLUB



NORTH LONDON CROSS COUNTRY ASSOCIATION *Founded 1904*

NORTH LONDON CROSS COUNTRY CHAMPIONSHIPS

TRENT COUNTRY PARK
Saturday 25TH October 2025

(UKA Permitted Event)

Venue:	Trent Country Park, Cockfosters, Enfield, London EN4 0JZ (please note; because of its size, Trent Park has several different post codes. The one given is the most appropriate and closest to the Cockfosters Road entrance to the Park). PLEASE NOTE: THE MAIN ENTRANCE TO TRENT PARK, FROM COCKFOSTERS ROAD, IS <u>CLOSED</u> TO TRAFFIC BECAUSE OF REPAIR WORKS. IT IS <u>OPEN</u> TO PEDESTRIANS. PLEASE SEE DETAILS BELOW ('Parking') FOR ALTERNATIVE PARKING ARRANGEMENTS, BUT PLEASE USE PUBLIC TRANSPORT IF POSSIBLE.
Race Headquarters:	Located just beyond "Go Ape", on the right-hand side (south) of Lime Avenue. <u>PLEASE NOTE:</u> The attached plan shows the start area layout and the area shown shaded red on the plan must be kept clear of tents etc, as this is needed at all times by Go Ape for access for emergency vehicles.
Changing / WC facilities:	There are no dedicated changing facilities. The Park's public male and female WCs are available and are located adjacent to the Cockfosters Road entrance car park. Please make use of the facilities – <u>do not</u> use the parkland as a WC! *** IMPORTANT - PLEASE NOTE *** The area around 'Go Ape' is out of bounds. Under no circumstances 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.
Showers:	No showers available.

Course location:	The main start / finish areas are adjacent to the race HQ – see course maps.
HQ to course walk time:	Less than a minute.
Course Description:	Undulating course on open, rough, lumpy park land. Liable to be soft underfoot in some places, although it could also be quite dry and hard in others. Some exposed tree roots in places. Suitable for spikes or trail shoes/studs. Part of the Course crosses the central avenue (known as 'Lime Avenue'). Matting will be provided.
Public Transport:	Use of public transport is strongly recommended due to the proximity of the underground station and very limited car parking at Trent Park. <u>THIS IS ESPECIALLY IMPORTANT ON THIS OCCASION DUE TO THE CLOSURE TO TRAFFIC OF THE COCKFOSTERS ROAD ENTRANCE.</u> Access Trent Park from Cockfosters Tube stations, the last stop on the Piccadilly Line. From Cockfosters station: approximately 5-10 minute walk to start area. Turn right out of the station, walk approx. 300 metres north along Cockfosters Road, past the BP Garage (with M&S), main gates of the park are on the right-hand side of the road. Cockfosters station is also served by bus routes; 289 / 299 / 384.
Parking:	PLEASE NOTE: THE MAIN ENTRANCE TO TRENT PARK, FROM COCKFOSTERS ROAD, IS <u>CLOSED</u> TO TRAFFIC BECAUSE OF REPAIR WORKS. <u>Parking will be very limited.</u> Given the proximity of Trent Park to Cockfosters underground station, use of public transport is therefore strongly recommended, and we would urge you to consider this in light of the limited parking. If you intend to drive, please car-share as much as possible and where practicable. Hadley Road Car Park This is located at the northern side of Trent Park and is accessed via Hadley Road (postcode EN4 0QA – please see attached Location Map). From this car park, the Race HQ and Start is approximately one mile to the south, along gravel paths in Trent Park. Marshals will be on hand to give directions. Please allow plenty of time to get to the venue, and to get to the Start. Trent Park closes at sunset. Drivers are urged to take care to check the closing time which will be shown on the sign inside the main entrance.

	Cockfosters Underground Station Pay and Display Car Park There is a pay and display car park immediately to the north of Cockfosters Underground Station. This is a 5–10-minute walk to the main entrance of Trent Park. It is liable to become very busy and it is therefore recommended that, if you plan to use this car park, get there as early as possible. <u>PLEASE NOTE:</u> There is <u>NO</u> parking available at Southgate Hockey Club or at the top of Snakes Lane. Please <u>DO NOT</u> attempt to park there - <u><i>you will be turned away.</i></u> Cars <u>must not</u> be parked on any of the roads within Trent Park. <u>UNDER NO CIRCUMSTANCES SHOULD DRIVERS PARK ON THE SURROUNDING ROADS.</u> This is to comply with restrictions imposed by London Borough of Enfield. Anyone parking in local roads will risk damaging our ability to hold future events at this venue.									
Directions from major roads:	To Cockfosters Underground Station Car Park: Approximately two miles to the south of Junction 24 of the M25, along Cockfosters Road (A111), 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 0DZ). To Hadley Road (Trent Park) Car Park: Approximately two and half miles to the south of Junction 24 of the M25, along Cockfosters Road (A111), turning left after approximately 1.5 miles onto Ferney Hill. The entrance to the car park is on the right-hand side after approximately one mile. Or, from the west, approximately two miles from the A1005 (The Ridgeway), along Hadley Road.									
Refreshments:	The Trent Park café is open and Trades as “Ripe Café”. Please note, because of the closure of the Cockfosters Road entrance, the café has restricted opening hours and will close at 3pm. 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.									
Timetable:	<table><tr><th>Start Time</th><th>Race</th><th>Distance (approx.)</th></tr><tr><td>13:30</td><td>Senior Women</td><td>7,500 metres</td></tr><tr><td>14:15</td><td>Senior Men</td><td>7,500 metres</td></tr></table> Race packs will be distributed at the Start/ Finish area.	Start Time	Race	Distance (approx.)	13:30	Senior Women	7,500 metres	14:15	Senior Men	7,500 metres
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Presentations	The presentation of trophies and medals for the first three individuals and the first three teams will take place as soon as possible after the race outside the Cafe by the Cockfoster Road entrance car park.									

Additional Notes	Please note that, in accordance with UK Athletics rules, the wearing of earphones of any sort, or iPods/mp3 players, is not permitted and will lead to disqualification by the race referee.
COVID Guidelines	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. 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. 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.
UKA Anti-Doping Rules	UKA Anti-Doping Rules apply to all Athletics participants in the UK, including all those entered in the North London Cross Country Championships.

On behalf of all members of Barnet & District Athletic Club, welcome to Trent Park and we hope that you enjoy your race!

Any queries please contact Rob Scott on Tel: +44 (0) 7775 698234 or email: robertscott@deloitte.co.uk

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