

Metropolitan League 2025 Season

Fixture	3
Date	06/12/2025
Venue	Wormwood Scrubs, London W12 0DF

Venue

Course Location	Start	Wormwood Scrubs park, London W12 0DF What3Words: encounter.large.wake
Race HQ	Address	Thames Valley Harriers clubhouse, Linford Christie Stadium, Artillery Lane, London W12 0DF (approx 1 min from races start line)
Changing Facilities	Changing Showers	None – No dedicated changing facilities, please arrive ready to run
	Toilets	None Portaloos will be located inside stadium close to entrance gate.
Refreshments		Will be on sale in the TVH clubhouse / race HQ.

Travel

Where possible, please use public transport, walk or cycle. If travelling by car, please car share to reduce the impact, Linford Christie Stadium is located within the Ultra Low Emission Zone.

The league and/or host club 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	The closest station is East Acton on the Central line. For buses please check on TfL website for stops on DuCane Rd (Hammersmith Hospital) or Scrubs Lane.
	Direction	Less than 10 mins walk from East Acton station, turn left and follow road up to Wormwood Scrubs park.
Cycle storage	Details	Can be locked to railings in the stadium around the track.
Parking	Details	The Wormwood Scrubs Charitable Trust car park is next to the course, entrance from DuCane Road (satnav postcode W12 0AE), £2.20 per hour payment by card or app. The car park will be very busy, where possible travel by public transport is recommended.

Additional Notes There are roadworks with temporary traffic lights and delays at the other side of Wormwood Scrubs on Scrubs Lane and Wood Lane.

Course details

Description Flat scrubland and playing fields. Can be wet and muddy in some areas of the course at this time of year.

U11 course 1 lap of approx 1.85km around playing fields.

U13 course 1 lap of approx 2.8km with extra loop around field above copse.

U15/U17 course 2 laps total distance approx 4.3km

Senior course 3 slightly larger laps including circuit around field above copse total distance approx 7.1km.

Additional Notes All races apart from U11s include running through wooded area at the far side of the course by the Old Oak Common railway sidings. The start line will be located approx 100m back from the finish area.

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 2025 season, the timings have changed**, with the senior races now starting later to accommodate the 4km senior race, which is being run as a trial for the 2025 season.

The Senior 4km race will run the same course as the Under 17 race and does not count for team points.

Start Time	Race	Distance (approximate)
12:00	Under 11 Boys	1.85km
12:02	Under 11 Girls	1.85km
12:10	Under 13 Boys	2.8km
12:12	Under 13 Girls	2.8km
12:30	Under 17 Men/Under 15 Boys	4.3km
12:32	Under 17 Women/Under 15 Girls	4.3km
12:50	Senior Race mixed start	4.3km
13:20	Senior Women/Veteran Women	7.1km
14:20	Senior Men/Veteran Men	7.1km

Contact Details

Host club Thames Valley Harriers

Contact Name John Husbands

Contact details

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Welfare Officer

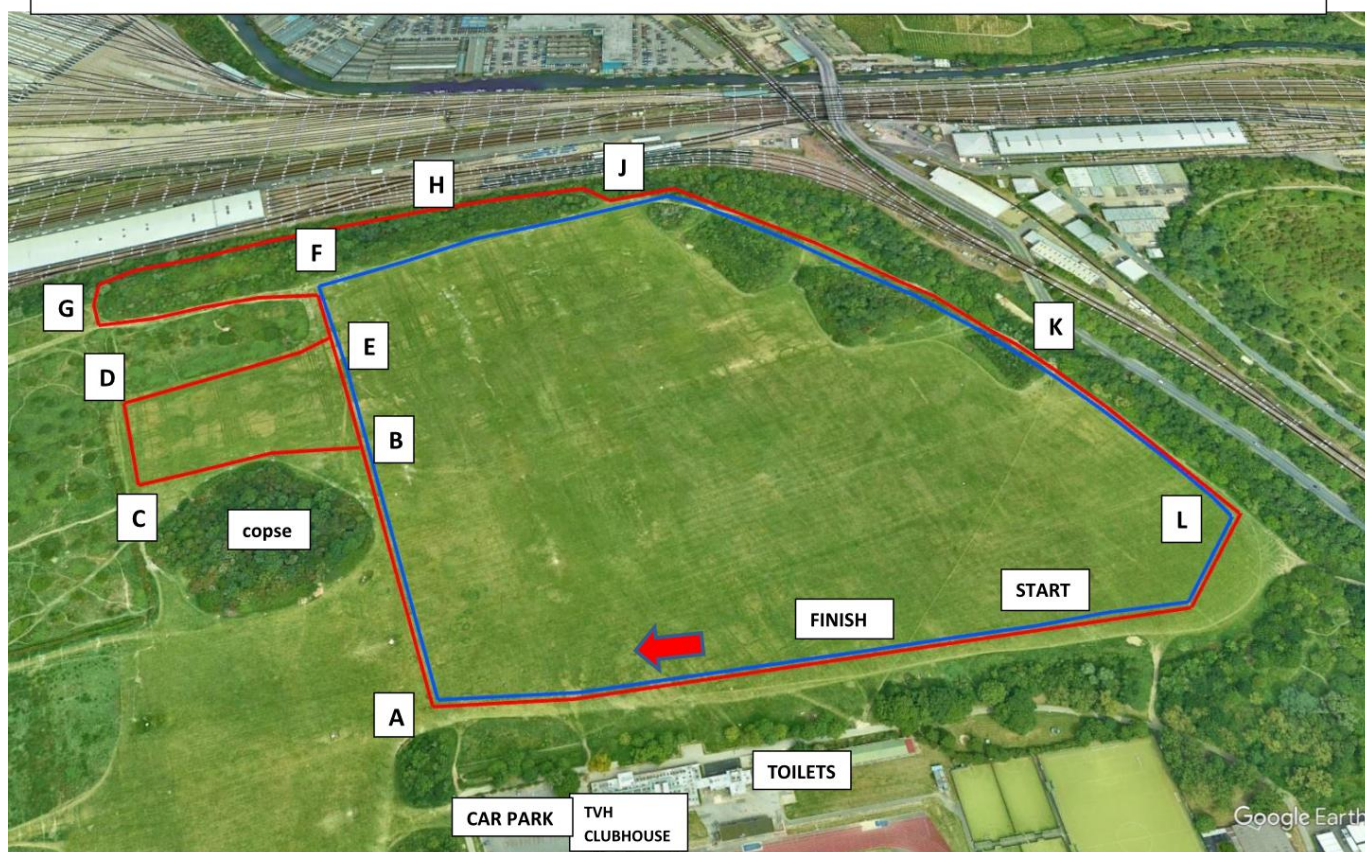
TBC

This will be available at the registration tent.

Maps

Overall Course Map

METROPOLITAN CROSS COUNTRY LEAGUE FIXTURE 3 – WORMWOOD SCRUBS, SAT 6th DECEMBER 2025



Race 1 12:00	U11 Boys approx 1.85km BLUE LAP(ABEFJKL)
Race 2 12:02	U11 Girls approx 1.85km BLUE LAP(ABEFJKL)
Race 3 12:10	U13 Boys approx 2.8km larger RED LAP + extra loop around field above copse (ABCDEBCDEFGHJKL)
Race 4 12:12	U13 Girls approx 2.8km larger RED LAP + extra loop around field above copse (ABCDEBCDEFGHJKL)
Race 5 12:30	U15 Boys / U17 Men approx 4.3km 2 x shorter RED LAP (ABEFGHJKL)
Race 6 12:32	U15 Boys / U17 Men approx 4.3km 2 x shorter RED LAP (ABEFGHJKL)
Race 7 12:50	Senior Mixed short Race approx 4.3km 2 x shorter RED LAP (ABEFGHJKL)

Race 8 13:20	U20 / Senior / Vets Women approx 7.1km 3 x longer RED LAP (ABCDEFGHJKL)
Race 9 14:20	U20 / Senior / Vets Men approx 7.1km 3 x longer RED LAP (ABCDEFGHJKL)