

Metropolitan League 2025 Season

Fixture	Race 5
Date	7/2/2026
Venue	Trent Park, Cockfosters

Venue

Course Location	Start	Along the carriageway running east/west through the park. Entrance is via the Cockfosters Road Gate. What3Words: bronze.animal.glue
Race HQ	Address	Race HQ and Registration will be adjacent to the Start/Finish close to the duck pond along the carriageway.
Changing Facilities	Changing Showers	None – No dedicated changing facilities, please arrive ready to run.
Toilets		
		None
		Toilets are available in the amenity block in the car park and Park Café.
*** IMPORTANT - PLEASE NOTE *** The area around 'Go Ape' is out of bounds. <u>Under no circumstances</u> should this area be used for changing and/or as a toilet – please use the facilities provided. Anyone who ignores this request risks damaging our ability to hold future events at this venue.		
Refreshments	Refreshments will be available from the café by the car park and from the café attached to Wildlife Rescue & Ambulance Service Enfield at the end of the main carriageway.	
Additional Notes	A Club/Team Assembly Area has been identified in the field adjacent to the start/finish area. If you choose to set up adjacent to the course/exit road, rather than using this field, please ensure that you keep well clear of the course. End of season presentation for seniors will take place after the last race. The league will provide refreshments whilst we process the results.	

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 for 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	Cockfosters Underground Station on the Piccadilly line is approx. 800m from the start/finish area. Please check the TFL website in case of engineering works. The station is also served by 3/4 bus routes, with the 298 passing right past the Park Gates.
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		<p>Direction When exiting the station, head north on Cockfosters Road, the entrance to the park is approximately. 300m along the road.</p> <p><u>Use of public transport is strongly recommended due to the proximity of the underground station and limited car parking at Trent Park.</u></p>
<p>Parking</p>	<p>Details</p>	<p>Parking is available within Trent Park but is likely to be very limited. Given the proximity of Trent Park to Cockfosters underground station, use of public transport is therefore strongly recommended. If you intend to drive, please car-share as much as possible.</p>
		<p>The main car parking facility is at the Cockfosters Road entrance to Trent Park.</p> <p>Please check the car park closing times which are approximate 5:00 pm.</p> <p>PLEASE NOTE: The private car park close to the Southgate Hockey Centre at the top of Snakes Lane is <u>NOT</u> available. Please do not attempt to park there, as you WILL be turned back.</p> <p>Cars must not be parked on any of the roads within Trent Park.</p> <p>UNDER NO CIRCUMSTANCES SHOULD DRIVERS PARK ON THE SURROUNDING ROADS. Anyone parking in local roads will risk damaging our ability to hold future events at this venue.</p> <p>Direction The park entrance does not have a specific postcode, but for SatNav purposes, the postcode for almost directly opposite the park entrance is EN4 0JZ.</p>

Course details

<p>Description</p>	<p>Undulating course on open and rough parkland. Liable to be soft underfoot in places. Some exposed tree roots, drain covers and ground holes in places.</p>
	<p>Where the course crosses tarmac, matting will be provided.</p>
	<p>The course is likely to be very muddy and slippery in places, so it is not suitable for ordinary trainers. Spikes are recommended.</p>
<p>U11 course</p>	<p>One and a 3/4 laps of the “start/finish” field for a total of approximately 2000m.</p>
<p>U13 course</p>	<p>There is one lap, involving 1/4 a lap of the “start/finish” field, one lap of the field to the north of Limes Avenue finishing with $\frac{3}{4}$ lap of the “start/finish” field. Total distance appx 3000m.</p>
<p>U15/U17 and Senior Trial race course</p>	<p>Starting with 1 and a 1/4 laps of the “start/finish” field followed by one lap of the field to the north of Limes Avenue finishing with $\frac{3}{4}$ lap of the “start/finish” field. Total distance appx 3800m.</p>
<p>Senior course</p>	<p>As per the U15/u17race but repeated twice. The total distance is approximately 7,200m.</p>
<p>Additional Notes</p>	<p>The course maps are included with this notice. They will also be posted on notice boards on the day. The course is likely to be very slippery, so you are strongly advised to wear suitable footwear.</p>

Competitors and parents of competitors are reminded not to encroach on the course and to be mindful of runners on the course.

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

We have made an adjustment to the timings for this race.

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	2,000m
12:02	Under 11 Girls	2,000m
12:10	Under 13 Boys	3,000m
12:12	Under 13 Girls	3,000m
12:30	Under 17 Men/Under 15 Boys	3,800m
12:35	Under 17 Women/Under 15 Girls and Senior Mixed Race	3,800m
13:10	Senior Women/Veteran Women	7,200m
14:00	Senior Men/Veteran Men	7,200m

Additional Notes

The senior mixed trial race will start with the Junior women.

The Senior women will now start 10 minutes earlier.

The Senior men will then start 20 minutes earlier. However, may be delayed if senior women are still on the course.

Please join us after the last race for the end-of-season presentations, held at the start and finish area, where refreshments will be available. The presentation will be for the seniors only, junior trophies are collected at the AGM.

Contact Details

Host club London Heathside

Contact Name Jerry Odlin

Contact details Mobile: 07768 860417

Email: jerryodlin@mac.com

Welfare Officer Ruth Miller 07709 622140

This is also available as the registration tent.

Maps

Course Map – Under 11's



U11 Races

Races 1 & 2
Under 11 Boys and Girls

2,000m Approx
Full Lap (Yellow) followed by ¼ Lap (Yellow)
Start - A - B - K - L - M - A - K - L - M - Finish



Course Map – Under 13's

U13 Races

Races 3 and 4
U13 Boys and Girls
3000m (Approx)
¼ lap of the Start/Finish Field
then across road with big lap
before returning to the
Start/Finish Field to the Finiah
(Yellow)
Start - A - B - C - F - G - H - E - D
- I - J - B - K - L - M - Finish



Course Map – Under 15's/Under 17's and senior mixed

Junior and Trial Races

Races 5, 6 and 7

Junior Men and Women

3,800m Approx

One and (Orange) lap and then a (Yellow) lap then finish.

Start - A - B - K - L - M - A - B - C - F - G - H - E - D - I - J - B - K - L - M - Finish



Course Map – Seniors

Senior Races

Senior Men and Women

Races 7 & 8

7,200m approx.

1 Lap of Starting Field (Orange) and 2 Laps Fields (Yellow)
Start - A - B - K - L - M - A - B - C - F - G - H - E - D - I - J - B - K - L - M - A - B - C - F - G - H - E - D - I - J - B - K - L - M - Finish

