

## SUNDAY LEAGUE CROSS COUNTRY - TRENT PARK

Trent Park Running Club invite you to the next fixture of the  
2023/24 Season on:

# SUNDAY, 5th November 2023

## starting at 10.30 am

- Location:** Trent Park Country Park, Cockfosters Entrance, EN4 0DZ
- Time:** 10.30am start. Women and men run together.
- Course:** 5 miles/8K of rolling park and woodland.
- Surface:** Grass and gravel paths. Trail shoes or spikes recommended.
- Facilities:** Public toilets available near café and car park area.
- Kit:** Unsupervised area around the start and finish.
- Travel:** Parking is available within Trent Park via the main entrance on the Cockfosters Road, EN4 0JZ but is likely to be limited. Given the proximity of Trent Park to Cockfosters and Oakwood underground stations (Piccadilly line), use of public transport is therefore strongly recommended.
- If you do intend to drive, please car-share as much as possible. ***There is NO parking available at Southgate Hockey Club, please DO NOT attempt to park there.***
- Cockfosters tube station car park has 336 spaces, cost £3, and Oakwood tube has 145 spaces, cost £5 (neither Arsenal or Spurs are playing at home, so there should be spaces).
- There is street parking on Mount Pleasant and roads off this (EN4 9HQ). This is about 10-minutes walk from Trent Park.
- Start/Finish** The start and finish area will be approx. 600 metres along Limes Avenue.

### Additional Notes:

- Please be aware that wearing headphones, including bone conductor types, or any impediments to hearing is no longer permitted.
- **Spitting is banned.** Do not do this. There have been spitting incidents previously.
- Please be mindful that this is a public park and we therefore share it with many other users, particularly dog walkers.
- First aid will be present. Please report any issues to the nearest marshal who will assist
- Please do not run if you feel unwell or have any injuries
- DO NOT RUN if you have any possible Covid symptoms.