

**TRENT PARK RUNNING CLUB  
SCOTT'S TRAVEL MIDWEEK ROAD RACE LEAGUE 2022**

**Race 4 – TRENT PARK**

**Date:** Thursday 30th June 2022

**Start Time:** 7.45 pm

**Distance and Course:** 10km (or as close as we can make it!), to be run on the roadways and paths of Trent Park (see the attached course map).

The course will start with a clockwise lap of the field to the south of Lime Avenue, before heading east on Lime Avenue. The course then continues past the Southgate Hockey Centre to start two laps of the woodland section in an anticlockwise direction (not as arrows show on map), before returning to Lime Avenue and on to the field for the finish.

The course is undulating and may be wet in places depending on the weather conditions. It is however suitable throughout for normal road running shoes.

**Location:** Trent Park (see below for directions)

**Changing:** Changing & Shower facilities are available at Trent Park Running Club HQ:

Southgate Hockey Centre  
Snakes Lane  
London  
EN4 0PS

**Parking:** Parking is available within Trent Park but is likely to be limited. Given the proximity of Trent Park to Cockfosters and Oakwood underground stations, the use of public transport is therefore strongly recommended. If you intend to drive, please car-share as much as possible.  
Please note – there is **NO** parking available at Southgate Hockey Club due to the on-going development by Berkeley Homes. Please **DO NOT** attempt to park there - you will be turned away.

Car parking is available at:

The Cockfosters entrance to Trent Park  
Cockfoster Road  
London  
EN4 0JZ

**It is essential that all cars leave here after the race, as this car park will shut at 9:30 pm.**

**Please note there have been roadworks outside the entrance to the Park recently and these may be ongoing on the evening of the race. If this is the case, it will take longer to get into the Park. Please ensure you leave sufficient time to complete your journey and get to the start in time!**

Cars must **not** be parked on any of the roads within Trent Park, including Snakes Lane.

**UNDER NO CIRCUMSTANCES SHOULD DRIVERS PARK ON THE SURROUNDING ROADS. 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.**

If car parks become full at Trent Park, runners will be told to use local car parks, for example at Cockfosters underground station.

**Start & Finish:** The start will be on the grass field near the Cockfosters Road car park, close to the pond and to 'Go Ape'. This is approximately 5 mins walk from race HQ - Southgate Hockey Centre.

Please ensure you make your way to the Start area by 7.35pm so that the Race can start on time.

**Please note that, in accordance with the rules of the Midweek Road Race League and UK Athletics, the wearing of earphones of any sort, or iPods/mp3 players, is not permitted and will lead to disqualification by the race referee.**

**Refreshments:** Complimentary refreshments will be provided after the race at the race HQ- Southgate Hockey Centre. This is a short walk from the finish area.

**Covid-19:** If you have symptoms of a respiratory infection, such as COVID-19, and you have a high temperature or you do not feel well enough to go to work or carry out normal activities, you are advised to try to stay at home and avoid contact with other people. Please follow Government advice at all times, which can be found at:

<https://www.gov.uk/guidance/people-with-symptoms-of-a-respiratory-infection-including-covid-19>

**Directions from major roads:** The Cockfosters Road (A111) entrance to Trent Park is approximately two miles to the south of Junction 24 of the M25, 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 0JZ).

**Public Transport:** Access Trent Park by tube is from either Cockfosters or Oakwood stations, the last two stops 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.

From Oakwood station; approximately 15 minute walk to the Race HQ. Turn right out the station, walk approx. 50 meters, cross Bramley Road and turn left into Snakes Lane, walk approx. 1200m. Southgate Hockey Club is at the top of Snakes lane.

Both stations are also served by bus routes; - Cockfosters 289 / 299 / 384 & Oakwood 121, 307 / 377 / 299.

Trent Park Running Club welcome you to Trent Park and hope that you enjoy your Race!

Any queries please contact Race Director  
Domenico Romanelli ([domenico\\_romanelli@hotmail.com](mailto:domenico_romanelli@hotmail.com)) or  
Chas Taylor ([chas@nowshowme.co.uk](mailto:chas@nowshowme.co.uk)).

