SUNDAY LEAGUE CROSS COUNTRY - TRENT PARK

Trent Park Running Club invite you to the next fixture of the 2025/26 Season on Sunday 2nd November 2025

Location: Start at Limes Avenue Trent Park Country Park, Access via Snakes Lane or Hadley Road entrance. Please note the parking and travel arrangements below.

Time: 10.30am start. Women and men run together.

Course: 5 miles/8K of rolling park and woodland. Map of course attached.

Surface: Grass and gravel paths. Trail shoes or spikes recommended, road shoes if dry.

Facilities: Public toilets available near café and Cockfosters car park area.

Kit: Unsupervised area around the start and finish.

Travel: Because of remedial work the entrance to the park via Cockfosters Road is not usable. This means that the car park at the Cockfosters end of the park is not available.

If you do intend to drive, please car-share as much as possible and please allow extra time to cope with these issues.

There is an alternative car park in Hadley Road, post code EN4 0QA or w3w weep.laser.bike (approx. 15 minute walk to start).

We have also been allowed some parking space at Southgate Hockey Centre (post code EN4 0BW and w3w only.remote.shine) in Snakes Lane within Trent Park (approx.. 5 minute walk to start).

The parking at these two locations is limited and is unlikely to meet all the requirements of the race.

Cockfosters tube station car park has 336 spaces (approx.. 20 minutes walk to the start), and Oakwood tube has 145 spaces (approx. 20 minutes walk to the start). Parking charges apply to both. Pedestrian entry is possible through the main Cockfosters Road entrance.

There is street parking on Mount Pleasant and roads off this (EN4 9HQ). This is approx. 25 minutes walk to the start. Some parking is possible around Oakwood tube station also with approx. 25 minutes walking time to the start.

Start/Finish The start and finish area will be approx. 600 metres along Limes Avenue from the Cockfosters entrance. In the other direction it is approx. 200 metres from the Animal Rescue Centre. Trent Park RC volunteers will be on hand to guide runners to the start/finish area from alternative parking.

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Additional Notes:

- If you park in the roads outside of the Park please be very respectful of the local residents. We cannot afford to upset the local community.
- Please be aware that wearing headphones, including bone conductor types, or any impediments to hearing is no longer permitted.
- 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.

As Race Director I am very happy to answer questions on any of the details, particularly the travel and parking options, but also other details.

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