



Trent Park Running Club cordially invite you to the second fixture of the 2019 - 2020 Season

SUNDAY 1st DECEMBER, starting at 10.30 am

- Location:** Trent Park Country Park, Cockfosters Entrance, EN4 0DZ
- Time:** 10.30am Start
- Course:** 5 miles [8K] of rolling park and woodland, as in previous years
- Surface:** Grass and gravel paths. Trail shoes 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 but is limited. Given the proximity of Trent Park to Cockfosters and Oakwood underground stations, 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. Car parking is available at:

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

Race Course: You can find an interactive course map at –

<https://www.trentparkrc.com/routes/trent-park-sunday-league-course/>

Additional Notes:

- Please be aware that wearing headphones or other impediments to hearing is no longer permitted. Runners will be disqualified.
- Please be mindful that this is a public park and we therefore share it with many other users.
- First aid will be present. Please report any issues to the nearest marshal who will assist
- Running is an intense physical exercise. Please do not run if you feel unwell or have any injuries.