



BARNET & DISTRICT ATHLETIC CLUB MIDWEEK ROAD RACE LEAGUE 2026

Race 2 – TRENT PARK

Date Thursday 4 June 2026

Venue Trent Country Park, Cockfosters, Enfield, London EN4 0JZ
(please note; because of its size, Trent Park has several different post codes. The one given is the most appropriate and closest to the Cockfosters Road entrance to the Park).

Venue

Course Location **Start** The main start / finish area is adjacent to the race HQ, located just beyond "Go Ape", on the right-hand side (south) of Lime Avenue.

What3Words: bronze.animal.glue

Race HQ **Address** Located just beyond "Go Ape", on the right-hand side (south) of Lime Avenue.

Race Numbers Race numbers are issued by your club rep. Make sure you arrive in plenty of time if you still need to collect your number from them.

Your race number must be pinned to the front of your shirt/top and must be visible at all times until you're scanned. Please keep your number for the rest of the season.

Changing Facilities **Changing** There are no dedicated changing facilities - please arrive ready to run.

***** IMPORTANT - PLEASE NOTE ***** The area around 'Go Ape' is out of bounds. Under no circumstances should this area be used for changing and/or as a toilet – please use the facilities provided. Anyone ignoring this request will risk damaging our ability to hold future events at this venue.

Showers No showers available

Toilets Male and female WCs adjacent to the Cockfosters Road entrance car park.

Refreshments Complimentary refreshments will be provided by the host club after the race close to the Race HQ. This will comprise cold drinks and snacks. Please do not expect a banquet!

Please note: Cold drinks will be provided but we recommend runners bring their own water as it is likely to be a warm evening.

Additional Notes A Club/Team Assembly Area has been identified in the field adjacent to the Start area. This is in the area to the south of Lime Avenue and close to the pond. Please see map attached. **Please note that the area shown hatched in red must be kept clear.**

Travel

Where possible, please use public transport, walk or cycle. If travelling by car, please car share to reduce the impact. Please also park with consideration of others.

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** London Underground – Cockfosters station is the northern end of the Piccadilly Line.

Use of public transport is strongly recommended due to the proximity of the underground station and limited car parking at Trent Park.

Directions The station is 300 metres to the south of the Cockfosters Road entrance to Trent Park (approximately 5-minute walk). Turn right out of the station, walk north along Cockfosters Road, past the BP Garage (with M&S).

Parking **Details** Parking is available within Trent Park but is likely to be **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.

The main car parking facility is at the Cockfosters Road entrance to Trent Park.

There is also car parking at the Ferney Hill/Hadley Road entrance to Trent Park. Please note this is approximately one mile from the start.

PLEASE NOTE: The private car park close to the Southgate Hockey Centre at the top of Snakes Lane is **NOT** available. Please do not attempt to park there – you **WILL** be turned back.

Cars **must not** be parked on any of the roads within Trent Park.

Trent Park closes at sunset, which will be at approximately 21:30. The gate at the Cockfosters Road entrance is usually closed at this time, **but drivers must take care to check the closing time which will be shown on the sign inside the main entrance.**

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

Station, Cockfosters Rd, Barnet EN4 0DZ). Please note this is a pay and display car park.

Direction Directions from major roads:

Cockfosters Road (A111) entrance; 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).

Course details

Course Description

The start will be on the grass field near the Cockfosters Road car park, close to the pond and to 'Go Ape'.

Please ensure you make your way to the Start area by 7.35pm so that everyone can hear important safety information, and so that the Race can start on time.

The course is approximately 8.50km (or as close as we can make it!), to be run on the roadways and paths of Trent Park (see course map).

The course will start on the field just to the east of the pond to the south of Lime Avenue, before heading east on Lime Avenue. The course completes two anti-clockwise laps of the woodland section, before returning west along to Lime Avenue and 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.

There will be marshals on junctions and along the route. Please follow marshals' instructions.

The course is classed as mixed terrain and does not hold an official course measurement certificate.

Water

There will be a water station at the approximate halfway stage on the course, as marked on the Course Map.

Please put cups in the bins provided on the course.

There will also be water available at the finish.

Run Safety

There will be no time cut off. Tail runners will be at the back of the field to ensure no one is left behind or gets lost.

Runners are responsible for their own safety.

Do not run if you have a medical condition that may jeopardise your health or if you feel unwell on the day.

There will be medical support provided for the race. Please write medical information and emergency contact information on the rear of your number as it is quicker to locate the information in an emergency.

If you require medical support during the race, make yourself known to the nearest marshal. If you are unable to reach a marshal, let another runner know, so they can inform the next marshal on the route and get medical assistance.

If you see another runner who needs assistance, either stop and assist them or carry on and advise the next marshal.

If you decide not to finish the race for any reason, please ensure that you report to the finish area or let the race organisers know before going home.

Finish

After you cross the finish line, you must stay in finishing sequence and take the token given to you as you reach the end of the funnel.

When you exit the funnel, find the scanning volunteers and have your bib and finish token ready to be scanned.

After scanning, put the token in the orange buckets. **DO NOT** take this token away with you as they will be needed for future races.

Results

These will be published on www.mwrrl.org.uk normally within a day or two of the race.

Additional Notes

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.

UKA Anti-Doping Rules

UKA Anti-Doping Rules apply to all Athletics participants in the UK, including all those entered in the Mid-week Road Race League 2026.

Contact Details

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