

London Frontrunners Changing Facilities

Centre & Sociability App Link	Operator	Runs	Women's and Men's Changing Rooms									Non-gendered						Notes
			Changing Rooms	Individual Cubicles	Open Showers	Shower Cubicles	Toilets	Accessible Changing Room	Accessible Toilet	Accessible Shower	Individual Cubicles	Shower Cubicles	Toilets	Accessible Changing Room	Accessible Toilet	Accessible Shower		
The Castle Centre	LB Southwark	Monday	✓	✓	✗	✓	✓	✗	✗	✗	✓	✓	✓	✓	✓	Non-gendered is marked as Group or Family Change		
Mile End Stadium	Better	Tuesday Track	✓	✗	✓	✗	✓	✓	✓	✓	✗	✗	✗	✗	✗	Please enquire ----->		
Kentish Town Sports Centre	Better	Wednesday Regent's Park Wednesday coaching	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	[1] Please enquire ----->	Website states accessible changing and toilet but not where Non-gendered changing cubicles are downstairs before the gendered changing, labelled as family change [1] Non-gendered toilet is at reception before the gates.		
The Greenwich Centre	Better	Wednesday Greenwich Park	✓	✗	✗	✓	✓	✓	✓	✓	✓	✓	✓	✓	[1]	Mens and womens changing is dry side. Wet side is all mixed gender changing and shower cubicles. [1] Non-gendered toilet is the accessible toilet poolside		
Clapham Leisure Centre	LB Lambeth	Thursday	✓ [1]	✗	✗	✗	✗	✗	✗	✗	✓ [1]	✓	✓	✓	✓	[1] LFR have use of group changing rooms 3&4, or wet side changing which is all cubicles. All showers are in the wet side changing and are cubicles. All toilets are non-gendered accessible changing facilities and are in the reception area not the changing area.		
The Seymour Centre	Everyone Active	CLOSED FOR REFURBISHMENT	✓	✗	✗	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	Please enquire ----->	Website states accessible changing and toilet but not where. NOTE: the non-gendered changing has no lockers - will need to get another runner to drop bag into a locker in M/F changing.	
Little Venice Sports Centre	Everyone Active	Saturday Hyde Park	✓	✓	✗	✓	✓	✓	✓	✓	✗	✗	✗	✓	✓	✗	Accessible unisex toilet / changing rooms available - no shower	
<a href="#">Queen Mother Sports Centre</a>	Everyone Active	Saturday Long Run	✓	✗	✓	✓	✓	✓	✓	✗	✗	✗	✓	✓	✗	✗	Accessible unisex toilet / changing rooms available - no shower	
Victoria Park Community Centre	n/a	Saturday Victoria Park	✗	✗	✗	✗	✓	✗	✗	✗	✗	✗	✗	✗	✗	✗	Bag drop facility only. Non-gendered and accessible toilets available in the park itself.	