



# Fraternity Cup & Sorority Cup and Chingford League Saturday 25 November 2023



## Senior Men & Women

1  $\frac{3}{4}$  laps of the Start/Finish Field Dropping Down the Hill from the Gap to Run One Lap of the Oakwood Side & Returning to the Start/Finish Field. One Further Complete lap of the Start/Finish Field, Dropping Down the Hill from the Gap to Run One Further Lap of the Oakwood Side & Returning to the Finish  
7,700 metres approx.

