

BARNET & DISTRICT ATHLETIC CLUB



FRATERNITY & SORORITY CUP

... Combined with...

NORTH WEST LONDON LEAGUE ...and... CHINGFORD LEAGUE

TRENT PARK Saturday 25th November 2023

TIME		
TIME	RACE	ROUTE
12.45	Girls and Boys under 11	One half lap and one full lap of Start/Finish Field.
	·	
		approx. 2,000m
42-00	Ciula and Davis undan 10	Approx. ¾ lap of the Start/Finish Field Dropping Down
13:00	Girls and Boys under 13	the Hill from the Gap to do Half of the Oakwood Lap & Returning to the Finish.
		Trotarring to the Fillion.
		approx. 3,000m
		One full lap of the Start/Finish Field, followed by approx.
13.20	Girls and Boys under 15	3/4 lap of the Start/Finish Field, dropping down the hill from the gap to do half of the Oakwood Lap & returning
		to the Finish.
		approx. 4,000m
40.45	Ciula and Davis undan 47	Approx. ¾ lap of the Start/Finish Field, Dropping Down
13.45	Girls and Boys under 17	the Hill from the Gap to Run Two Complete Laps of the Oakwood Side & Returning to the Finish.
		g as and a man
		approx. 5,000m
	Fratarnity & Caratity	1 3/4 laps of the Start/Finish Field Dropping Down the Hill
	Fraternity & Sorority Cup and Chingford	from the Gap to Run <u>One</u> Lap of the Oakwood Side & Returning to the Start/Finish Field. One Further
14.30	League	Complete lap of the Start/Finish Field, Dropping Down
	0	the Hill from the Gap to Run One Further Lap of the
	Senior Men & Women	Oakwood Side & Returning to the Finish.
		approx. 7,700m
		αρρισκι 1,1 σσιιι