



**BARNET & DISTRICT  
ATHLETIC CLUB**



**FRATERNITY & SORORITY CUP**

*... Combined with ...*

**NORTH WEST LONDON LEAGUE**

*... and ...*

**CHINGFORD LEAGUE**

**TRENT PARK**

**Saturday 25<sup>th</sup> November 2023**

TIME	RACE	ROUTE
12.45	Girls and Boys under 11	One half lap and one full lap of Start/Finish Field.  <b>approx. 2,000m</b>
13:00	Girls and Boys under 13	Approx. $\frac{3}{4}$ lap of the Start/Finish Field Dropping Down the Hill from the Gap to do Half of the Oakwood Lap & Returning to the Finish.  <b>approx. 3,000m</b>
13.20	Girls and Boys under 15	One full lap of the Start/Finish Field, followed by approx. $\frac{3}{4}$ lap of the Start/Finish Field, dropping down the hill from the gap to do half of the Oakwood Lap & returning to the Finish.  <b>approx. 4,000m</b>
13.45	Girls and Boys under 17	Approx. $\frac{3}{4}$ lap of the Start/Finish Field, Dropping Down the Hill from the Gap to Run Two Complete Laps of the Oakwood Side & Returning to the Finish.  <b>approx. 5,000m</b>
14.30	Fraternity & Sorority Cup and Chingford League  Senior Men & Women	1 $\frac{3}{4}$ laps of the Start/Finish Field Dropping Down the Hill from the Gap to Run <b>One</b> Lap of the Oakwood Side & Returning to the Start/Finish Field. <b>One</b> Further Complete lap of the Start/Finish Field, Dropping Down the Hill from the Gap to Run <b>One</b> Further Lap of the Oakwood Side & Returning to the Finish.  <b>approx. 7,700m</b>