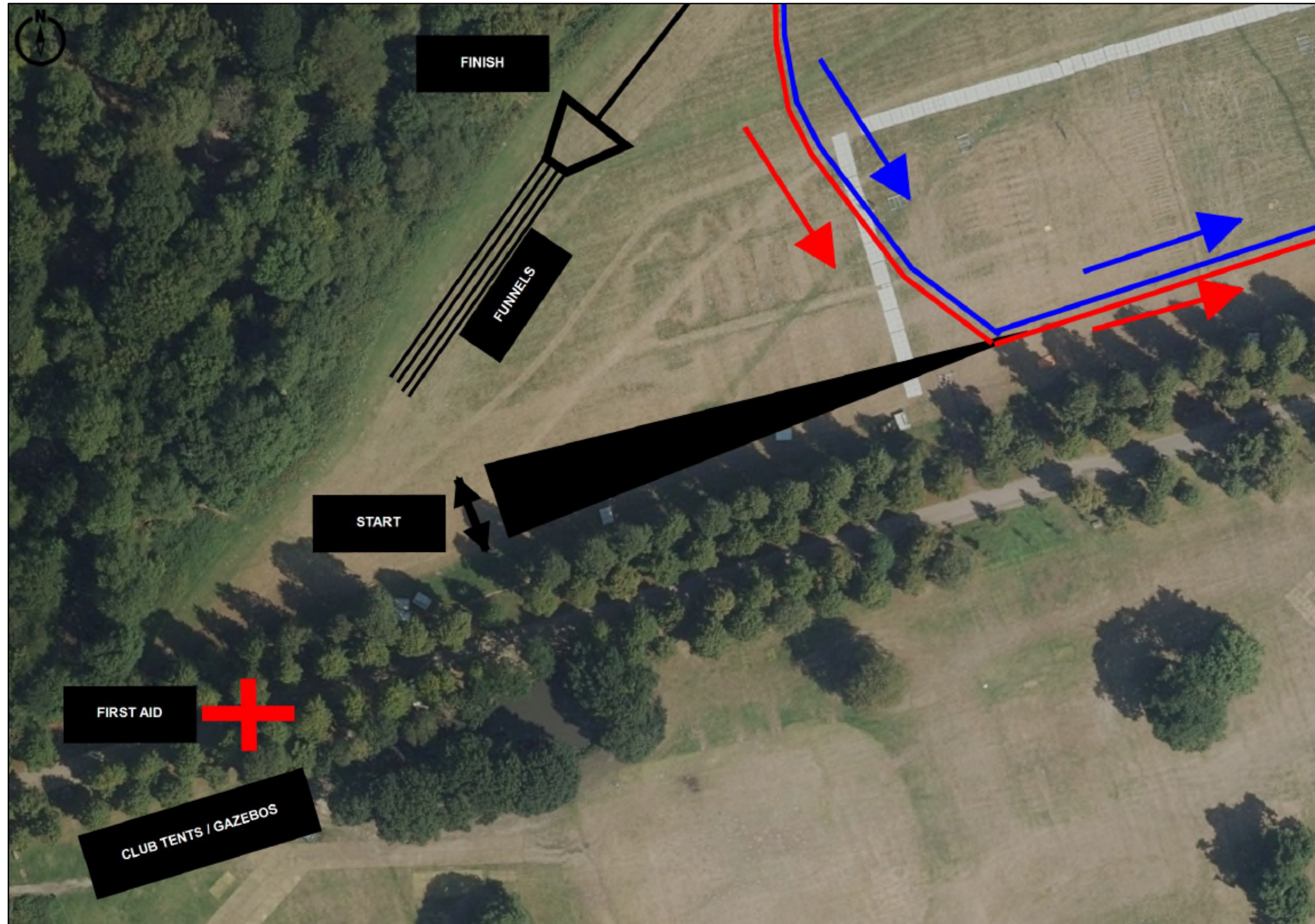


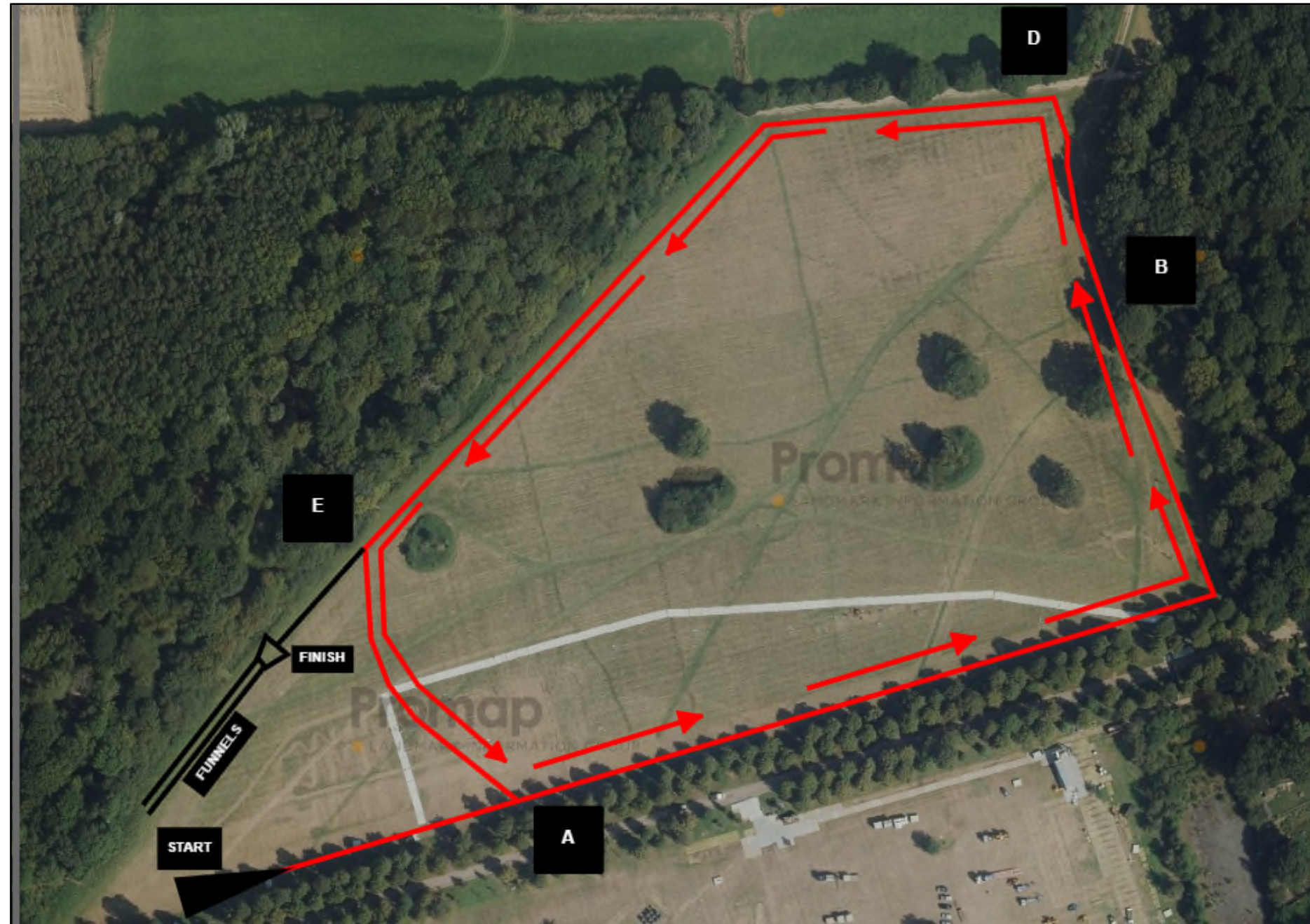


North West London Young Athletes League and
Fraternity Cup & Sorority Cup and Chingford League
Saturday 27 November 2021
Trent Park
Start and Finish Area





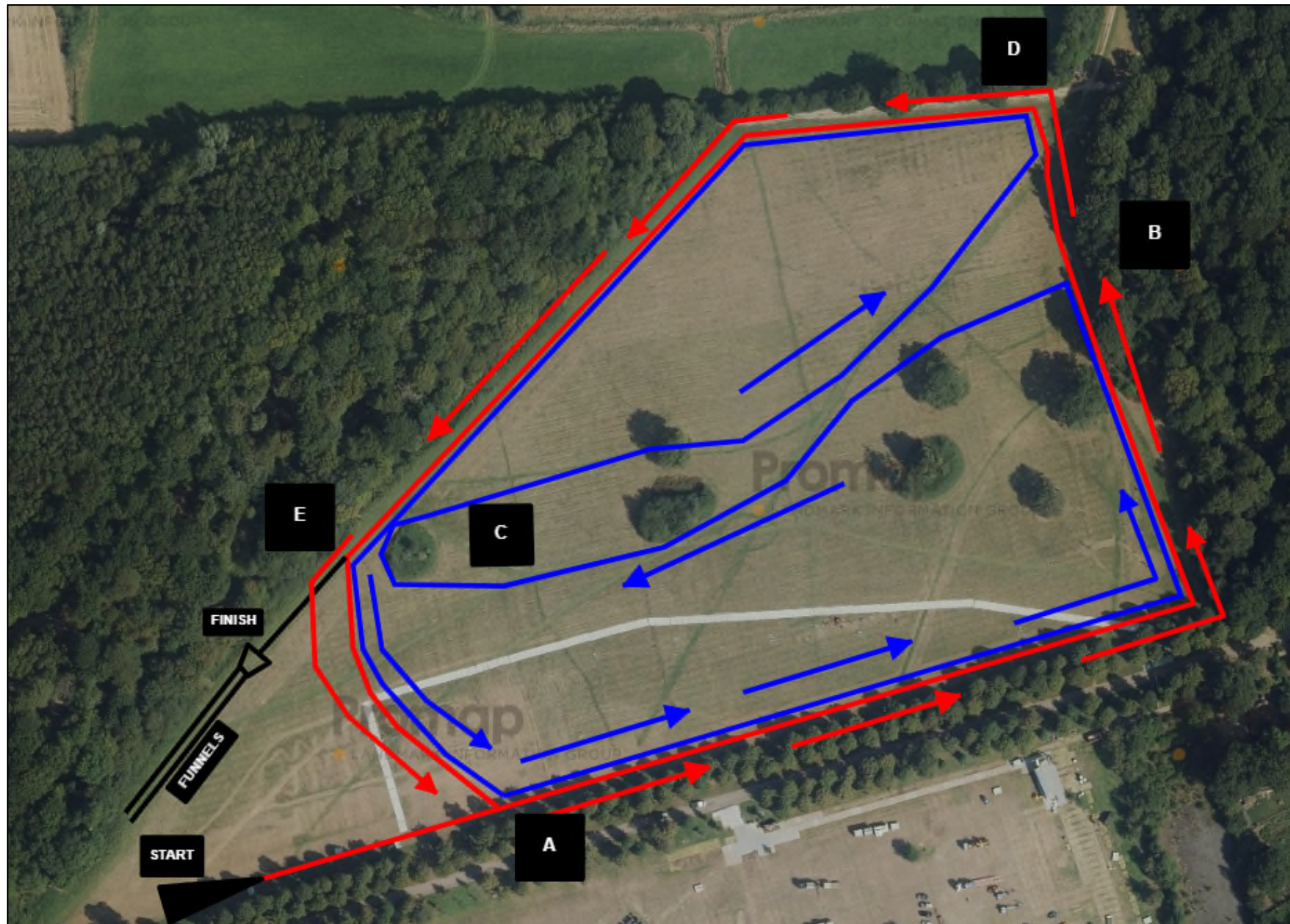
North West London Young Athletes League
Saturday 27 November 2021
Trent Park
Race 1 - Under 11 Boys and Under 11 Girls
Race 2 - Under 13 Boys and Under 13 Girls



Under 11 Boys and U11 Girls	Two red laps (Start – A – B – D – E – A – B – D – E - Finish)	2,000 metres (approx.)
Under 13 Boys and U13 Girls	Three red laps (Start – A – B – D – E – A – B – D – E - A – B – D – E - Finish)	3,000 metres (approx.)



North West London Young Athletes League
Saturday 27 November 2021
Trent Park
Race 3 - Under 15 Boys and Under 15 Girls

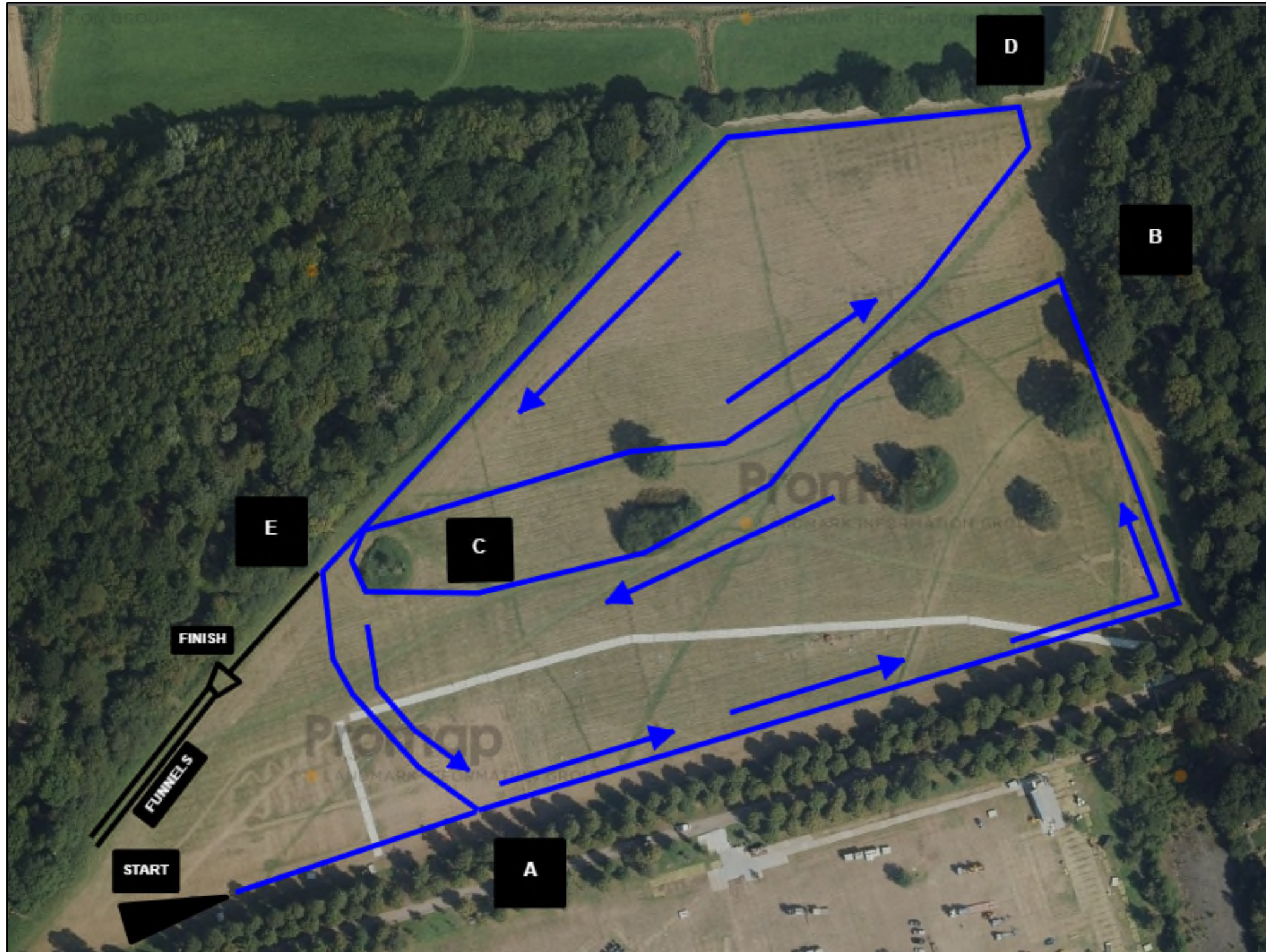


One red lap and two blue laps
(Start – A – B – D – E – A – B – C – D – E – A – B – C – D – E - Finish)

4,000 metres (approx.)



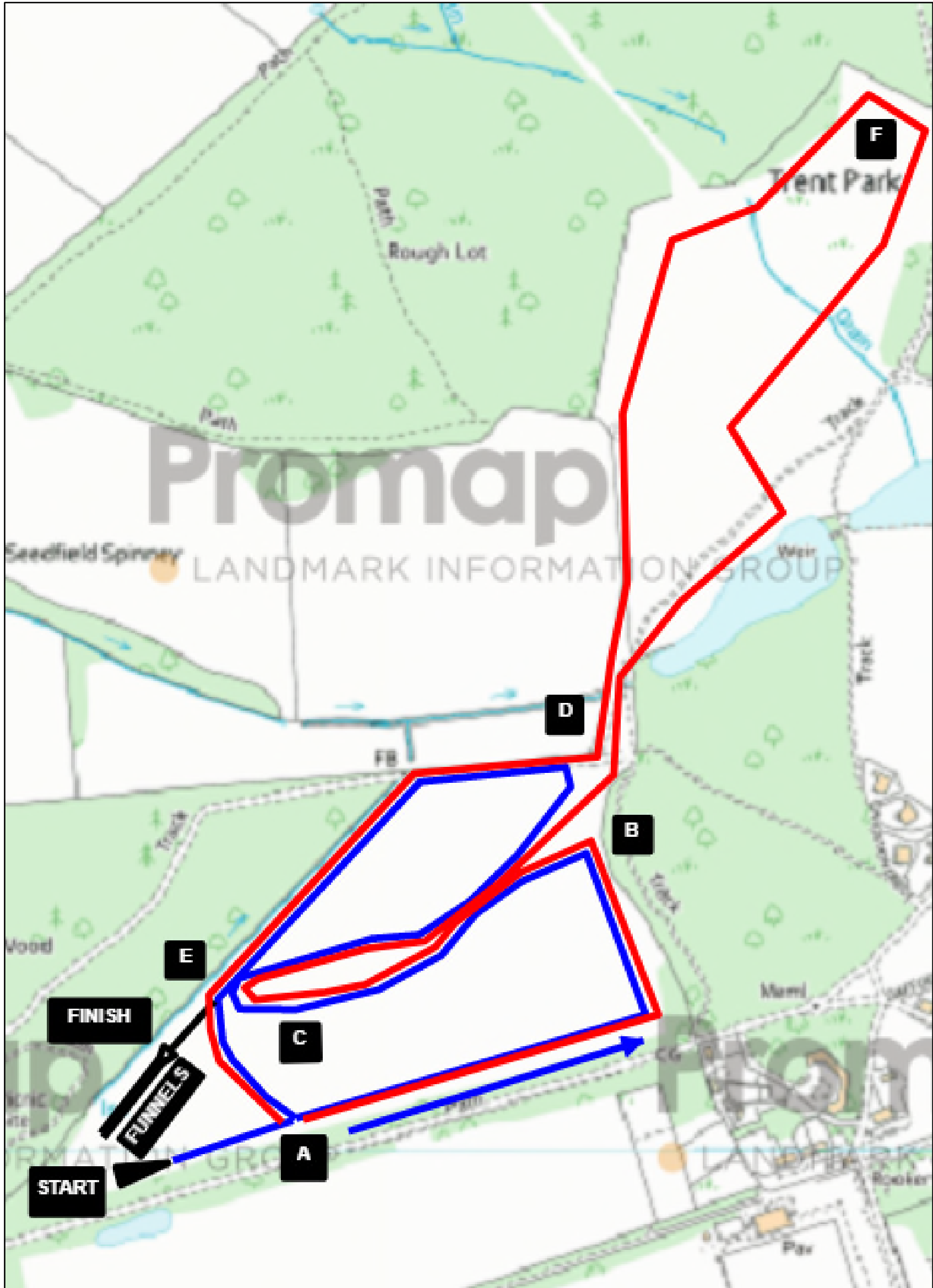
North West London Young Athletes League
Saturday 27 November 2021
Trent Park
Race 4 - Under 17 Boys and Under 17 Girls



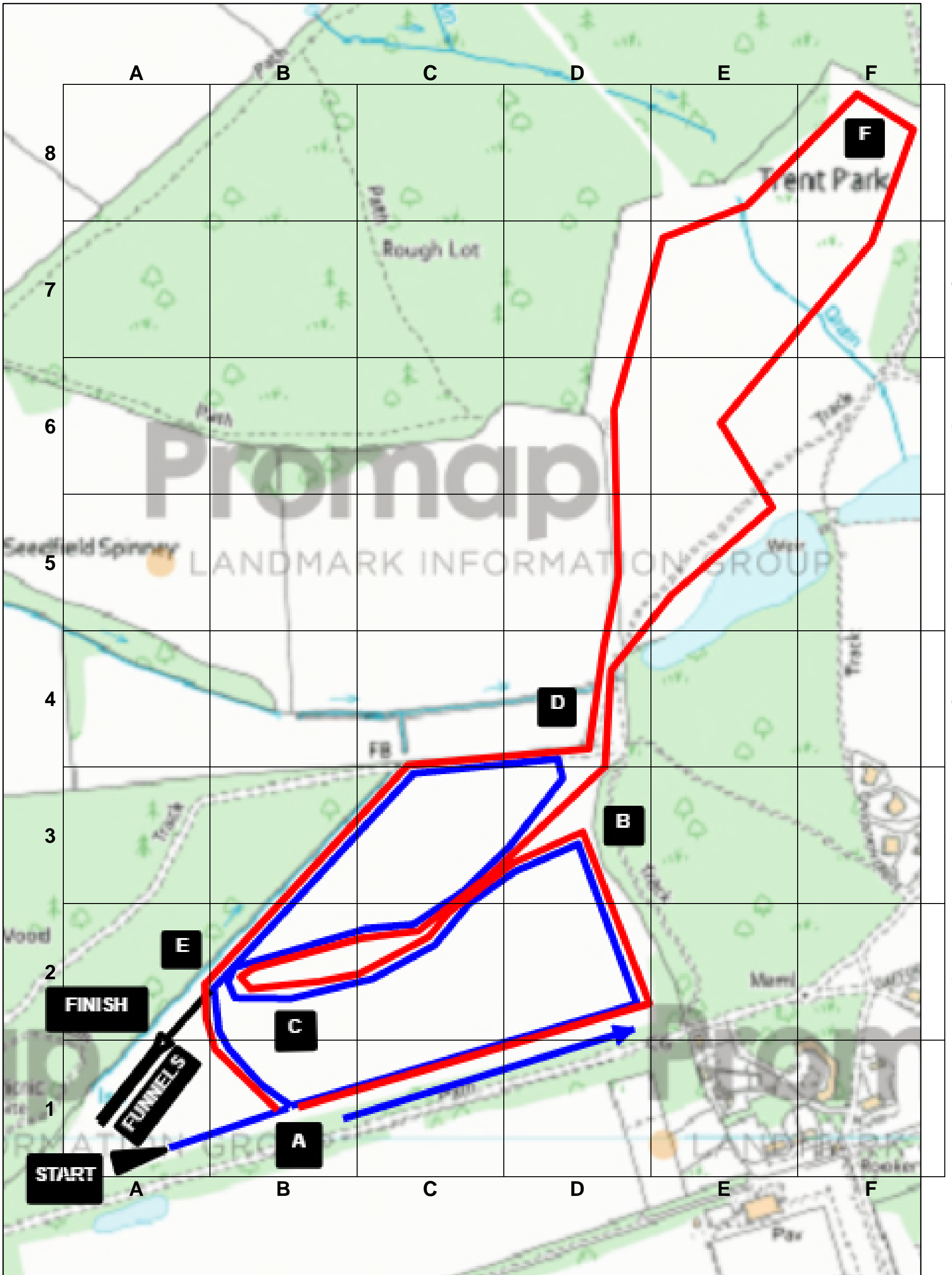
<p>Three blue laps (Start – A – B – C – D – E - A – B – C – D - E - A – B – C – D – E - Finish)</p>	<p>5,000 metres (approx.)</p>
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**Fraternity Cup & Sorority Cup and Chingford League
Saturday 27 November 2021
Trent Park**



<p>One blue lap and two red laps (Start – A – B – C – D – E – A – B – C – D – F – D – E – A – B – C – D – F – D – E – Finish)</p>	<p>8,000 metres (approx.)</p>
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Post Codes (to be used in case of emergency)

- South West part of course
(grid square A1) – EN4 0JZ
- South East Part of Course
(Grid Square F1) – EN4 0PS
- Northern Part of Course
(Grid Square F8) – EN4 0QA