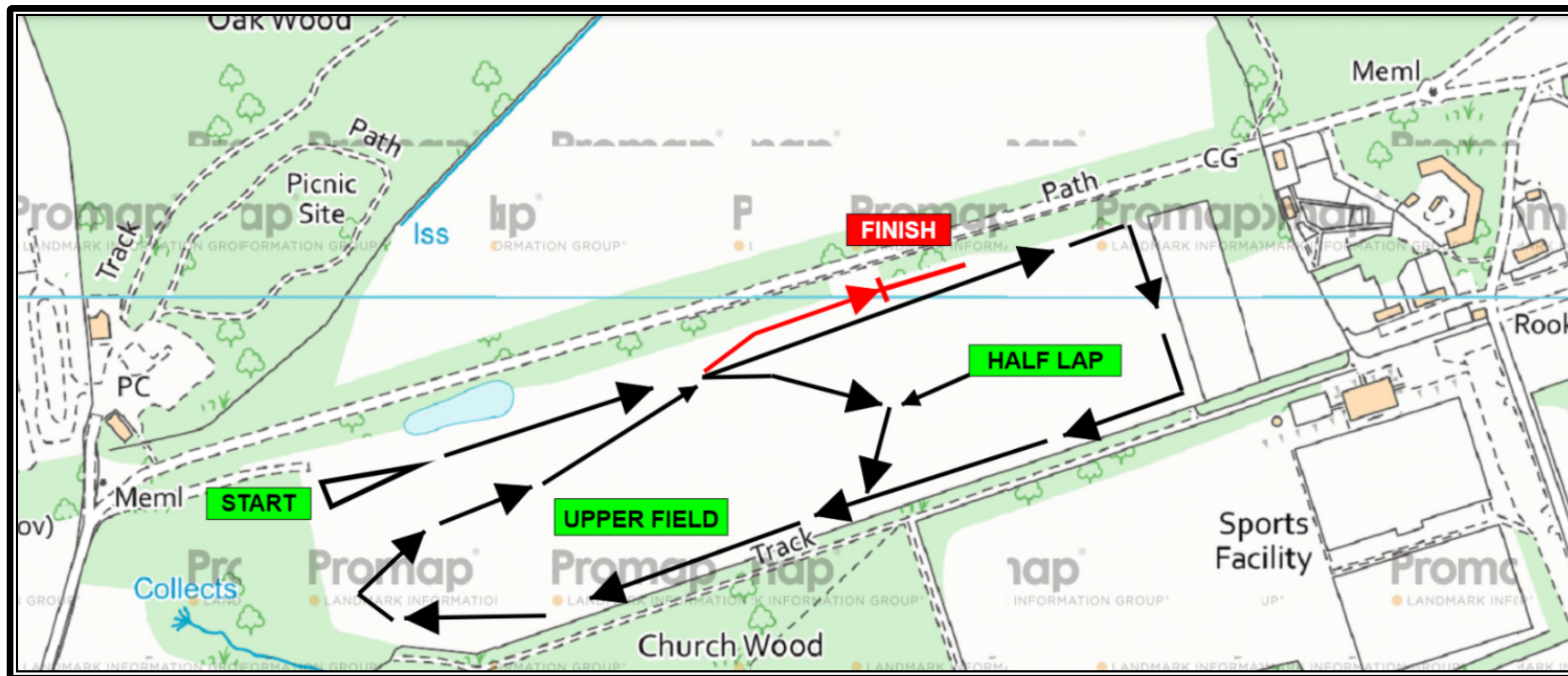




North West London Young Athletes League and Chingford League Saturday 25 November 2023



Girls and Boys Under 11
One half lap and one full lap of Start/Finish Field
2,000 metres approx.

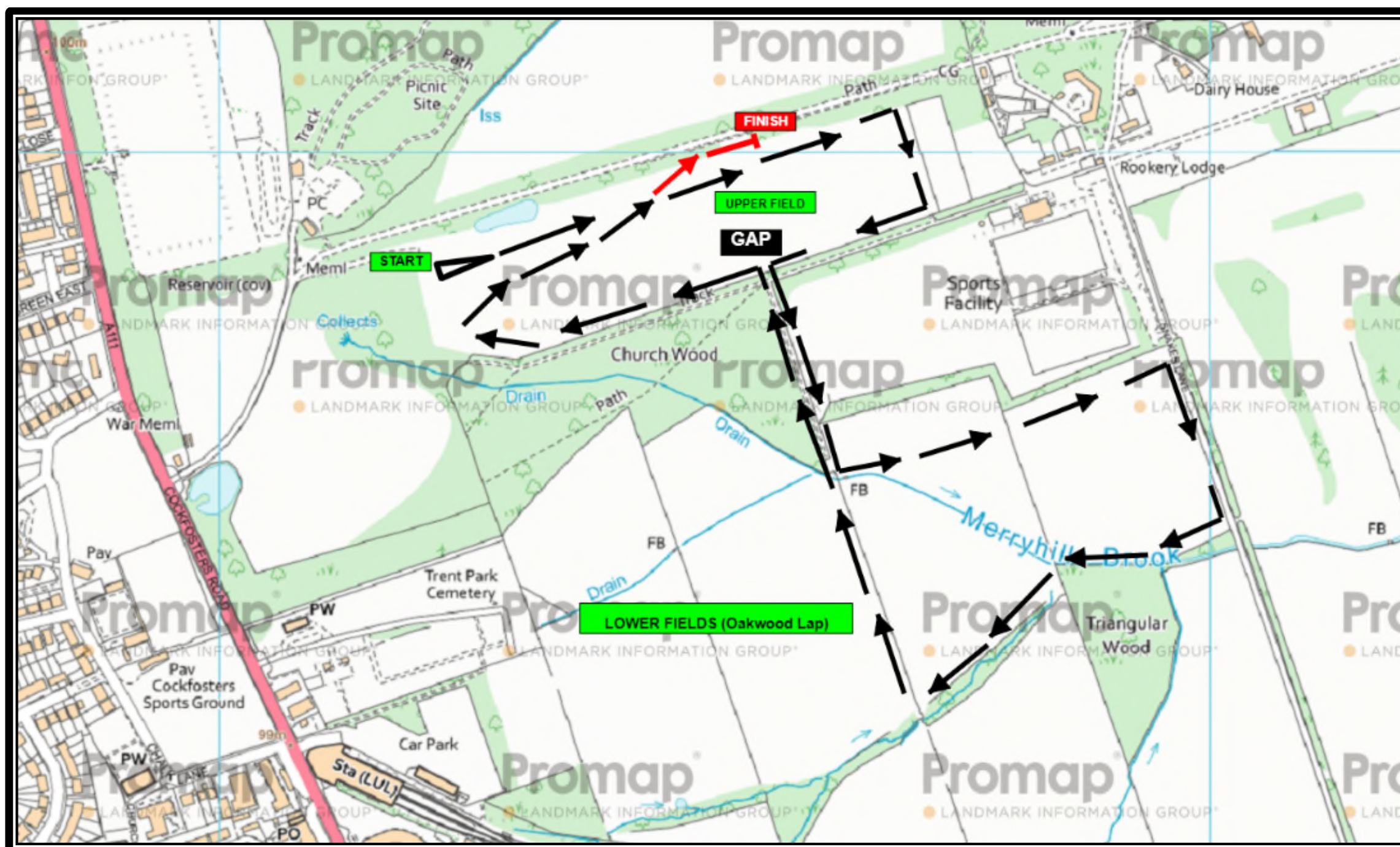




North West London Young Athletes League and Chingford League Saturday 25 November 2023



Girls and Boys Under 13
Approx ¾ lap of the Start/Finish Field, Dropping Down the Hill from the Gap to do half of the Oakwood Lap & returning to the Finish
3,000 metres approx.



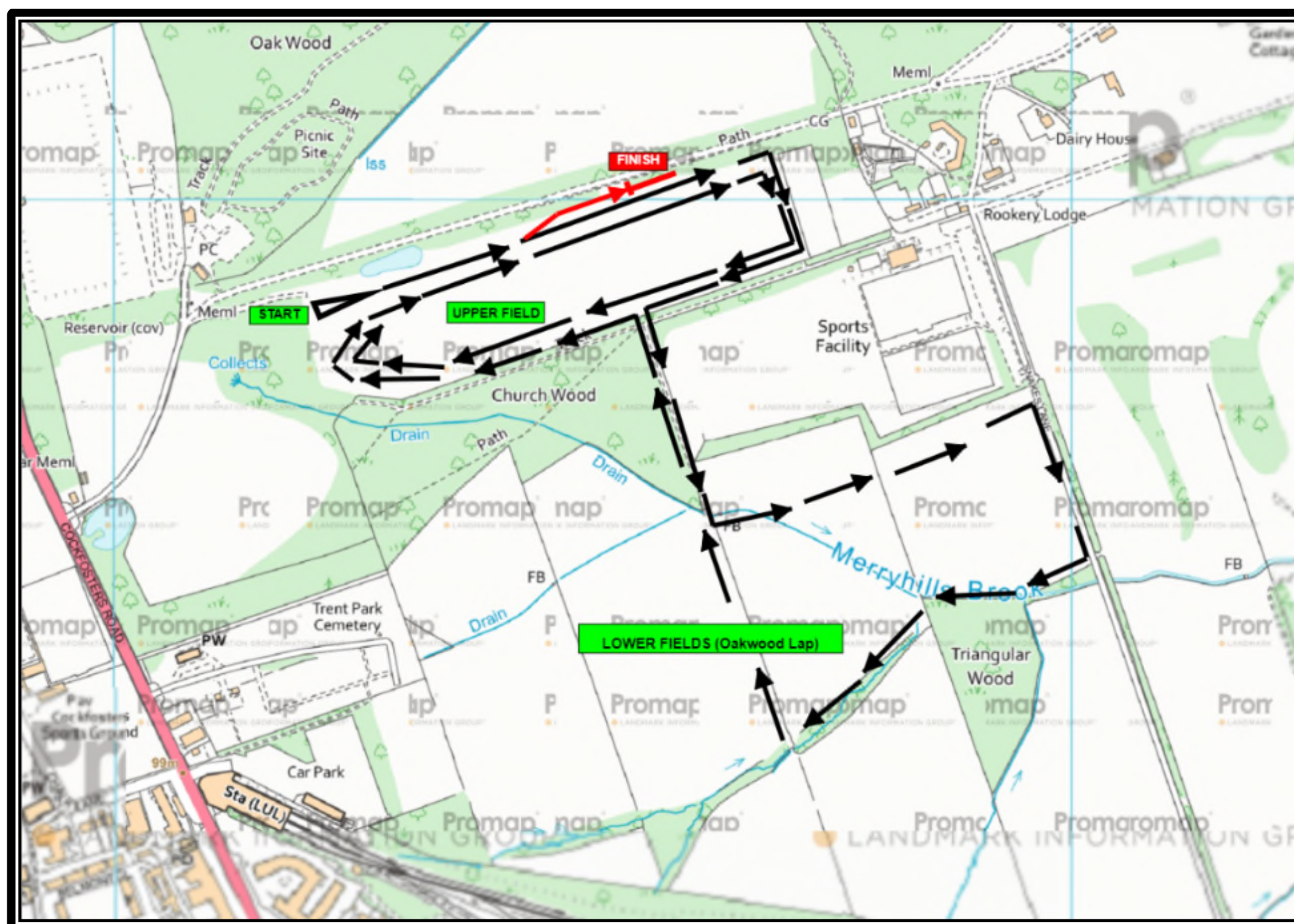


North West London Young Athletes League and Chingford League Saturday 25 November 2023



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
4,000 metres approx.





North West London Young Athletes League and Chingford League Saturday 25 November 2023



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
5,000 metres approx.

