



START
FITNESS

**BARNET &
DISTRICT
ATHLETIC CLUB**

**In conjunction with
TRENT PARK RUNNING
CLUB**



START FITNESS METROPOLITAN LEAGUE

Season 2017/2018 - Race 5

Saturday 10th February 2018

TIME	RACE	ROUTE
12:40	Under 11 Boys	Start - one small (Blue) lap - finish. Start – A - B - C - Finish Approx. 1,500m
12.45	Under 11 Girls	Start - one small (Blue) lap - finish. Start – A – B – C – Finish Approx. 1,500m
12.55	Under 13 Boys	Start - two small (Blue) laps - finish. Start – A – B – C – A – B - C – Finish Approx. 3,000m
13.00	Under 13 Girls	Start - two small (Blue) laps - finish. Start – A – B – C – A – B - C – Finish Approx. 3,000m
Not before 13.20	Under 17 Men and Under 15 Boys	Start - one large (Red) lap - finish. Start – A – B – D – E – F – I – J – K – L – M – N - D – B – C - Finish Approx. 4,000m



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Saturday 10th February 2018

TIME	RACE	ROUTE
Not before 13.25	Under 17 Women/Under 15 Girls	Start - one large (Red) lap - finish. Start - A - B - D - E - F - I - J - K - L - M - N - D - B - C - Finish <i>Approx.4,000m</i>
Not before 13.55	Senior/Veteran/Under 20 Women	Start - one small (Blue) lap, then one large (Red) lap, with extra (Green) loop - finish. Start - A - B - C - A - B - D - E - F - G - H - F - I - J - K - L - M - N - D - B - C - Finish <i>Approx.6,000m</i>
Not before 14.35	Senior/Veteran/Under 20 Men	Start - two large (Red) laps - finish. Start - B - D - E - F - I - J - K - L - M - N - D - B - C - A - B - D - E - F - I - J - K - L - M - N - D - B - C - Finish <i>Approx.8,000m</i>