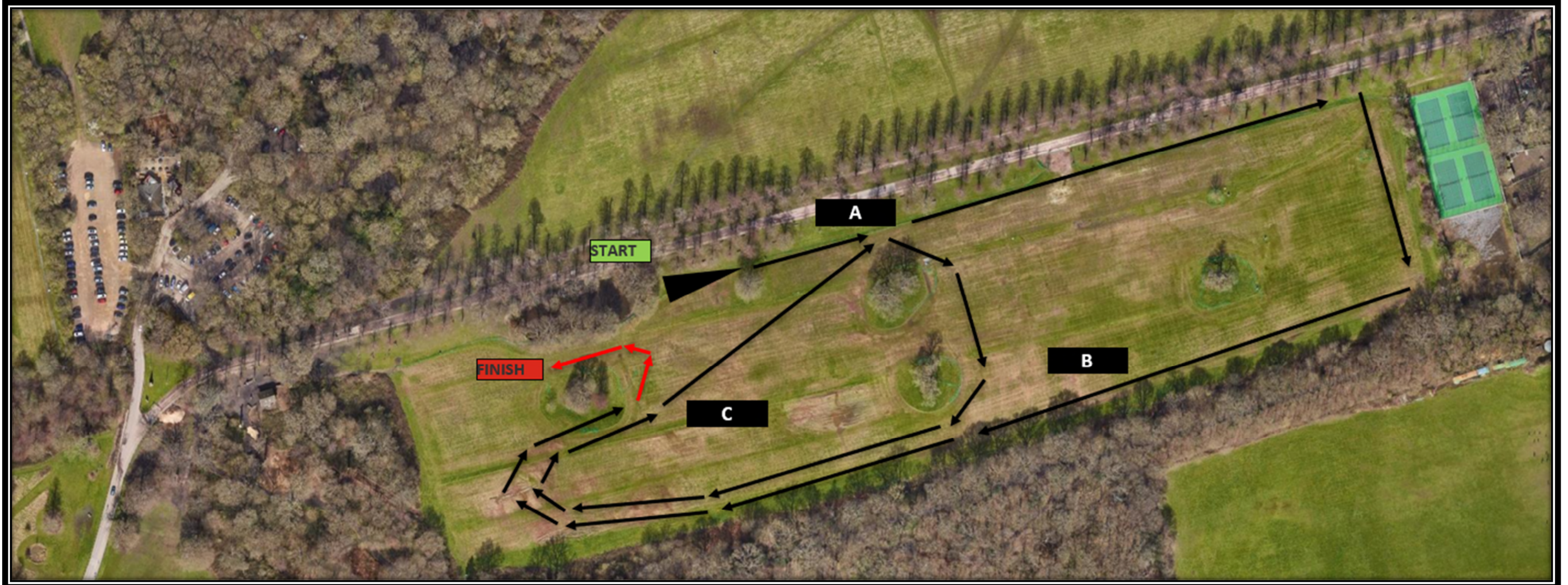




# Herts & Middlesex County Cross Country Championships Trent Park

Saturday 4<sup>th</sup> January 2025



|  |   |                                   |
|--|---|-----------------------------------|
| <p>Races 1 and 2<br/>Under 11 Boys and U11 Girls</p> | <p>One half lap and one full lap of Start/Finish Field<br/>(Start – A – C – A – B – C - Finish)</p> | <p>1,800 metres<br/>(approx.)</p> |
|--|---|-----------------------------------|



# Herts & Middlesex County Cross Country Championships Trent Park

Saturday 4th January 2025

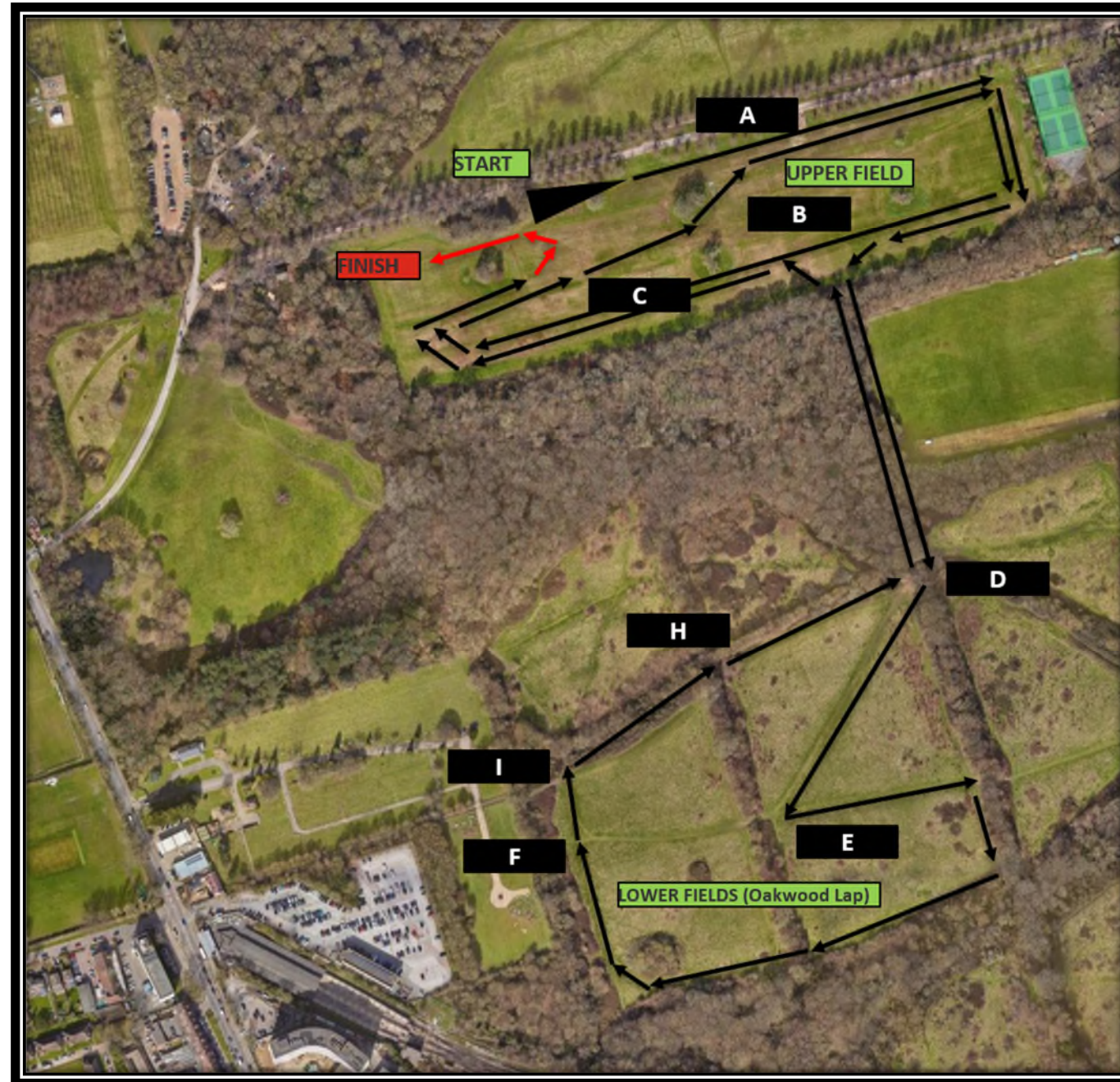


|   |   |  |
|---|---|--|
| <p><b>Races 3 and 4<br/>Under 13 Boys and U13 Girls</b></p> | <p><b>Approx ½ lap of the Start/Finish Field, Dropping Down the Hill from the Gap to do approx. ½ of the Oakwood Lap &amp; returning to the Finish<br/>(Start – A – B – D – E – F – I – H – D – B – C - Finish)</b></p> | <p><b>3,000 metres<br/>(approx.)</b></p> |
|---|---|--|



# Herts & Middlesex County Cross Country Championships Trent Park

Saturday 4th January 2025

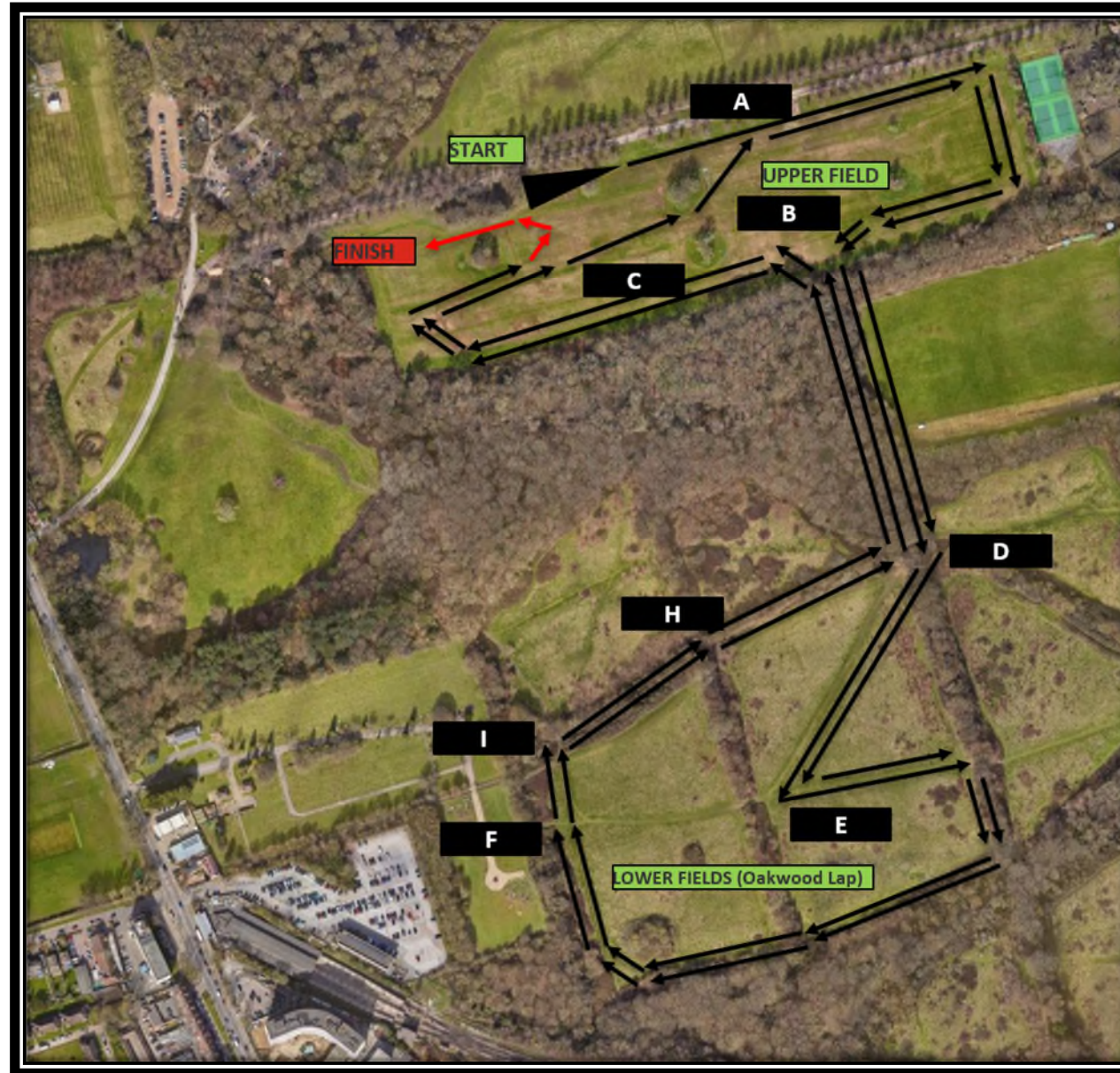


|  |  |                                   |
|--|--|-----------------------------------|
| <p>Races 5 and 6<br/>Under 15 Boys and U15 Girls</p> | <p>One full lap of the Start/Finish Field, followed by approx ½ lap of the Start/Finish Field, dropping down the hill from the gap to do approx. ½ of the Oakwood Lap &amp; returning to the Finish<br/>(Start – A – B – C – A – B – D – E – F – I – H – D – B – C - Finish)</p> | <p>4,000 metres<br/>(approx.)</p> |
|--|--|-----------------------------------|



# Herts & Middlesex County Cross Country Championships Trent Park

Saturday 4th January 2025



Race 7 - U17 Women and U20 Women  
Race 8 – U17 Men

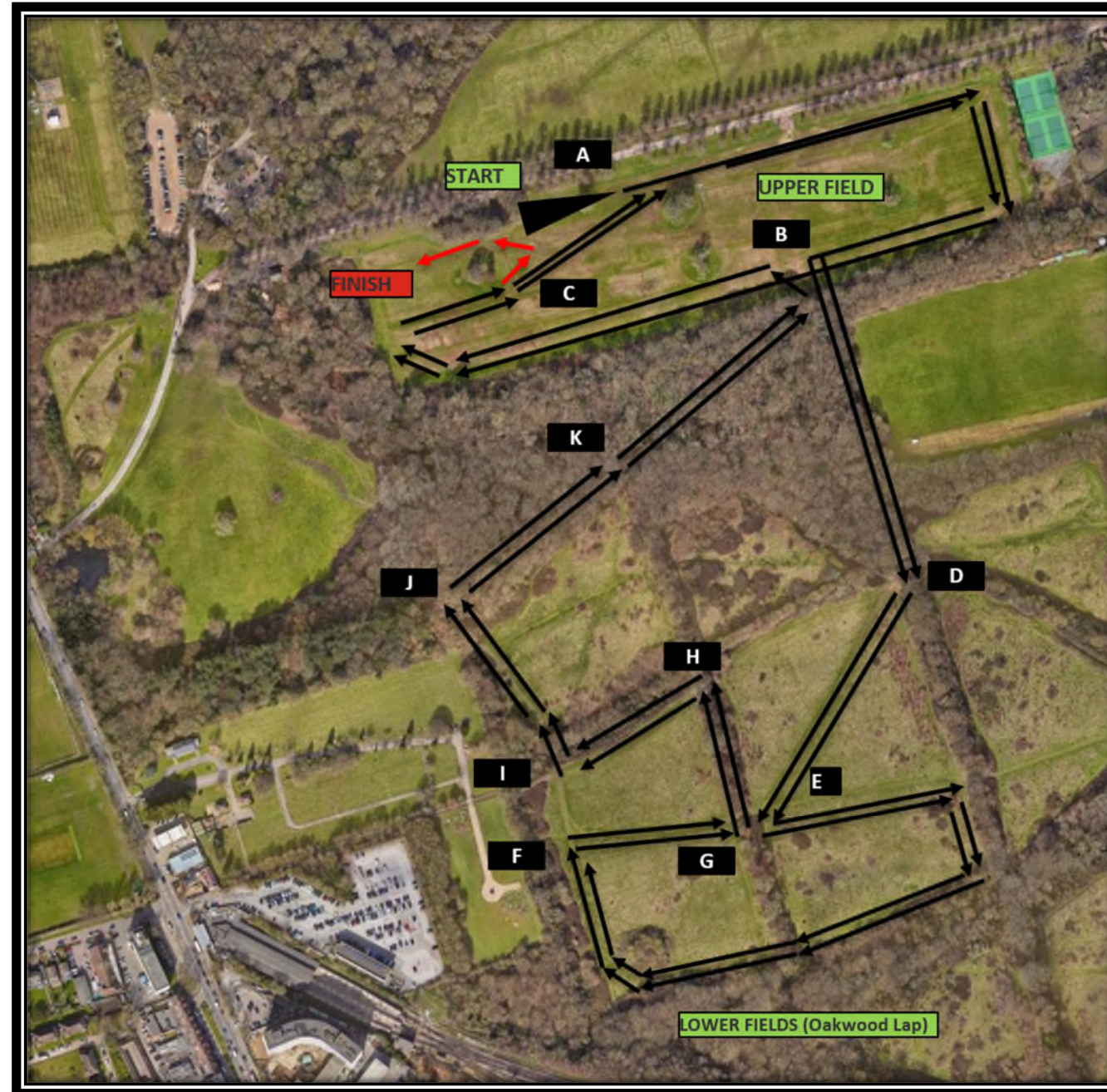
Approx ½ lap of the Start/Finish Field, Dropping Down the Hill from the Gap to do approx. ½ of the Oakwood Lap & returning to the start/Finish Field, followed by another approx ½ lap of the Start/Finish Field, dropping down the hill from the gap to do approx. ½ of the Oakwood Lap & returning to the Finish  
(Start – A – B – D – E – G – F – D – B – C – A – B – D – E – G – F – D – B – C – A – Finish)

6,000 metres  
(approx.)



# Herts & Middlesex County Cross Country Championships Trent Park

Saturday 4th January 2025



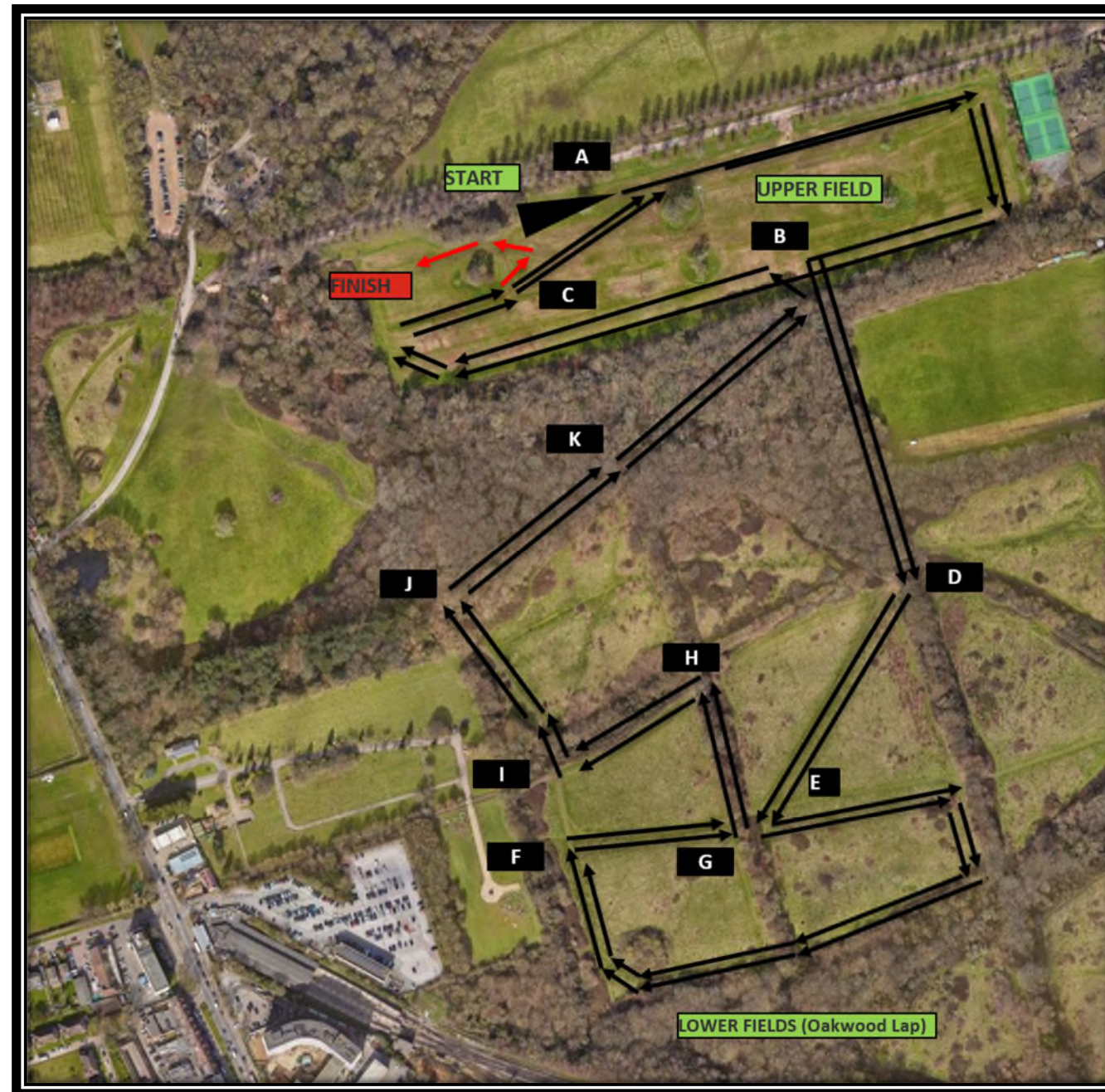
|   |   |                                      |
|---|---|--------------------------------------|
| <p><b>Race 9 - Senior and Veteran Women and U20 Men</b></p> | <p><b>One lap of the Start/Finish Field, then two full laps including the Oakwood Fields to the Finish</b><br/> <b>(Start – A – B – C – A – B – D – E – F – G – H – I – J – K – B – C – A – B – D – E – F – G – H – I – J – K – B – C – - Finish)</b></p> | <p><b>7,000 metres (approx.)</b></p> |
|---|---|--------------------------------------|



# Herts & Middlesex County Cross Country Championships

## Trent Park

Saturday 4th January 2025



|  |   |                                |
|--|---|--------------------------------|
| <p><b>Race 10 - Senior Men and Veteran Men</b></p> | <p>One lap of the Start/Finish Field, then three full laps including the Oakwood Fields to the Finish<br/>         (Start - A - B - C - A - B - D - E - F - G - H - I - J - K - B - C - A - B - D - E - F - G - H - I - J - K - B - C - A - B - D - E - F - G - H - I - J - K - B - C Finish)</p> | <p>10,750 metres (approx.)</p> |
|--|---|--------------------------------|