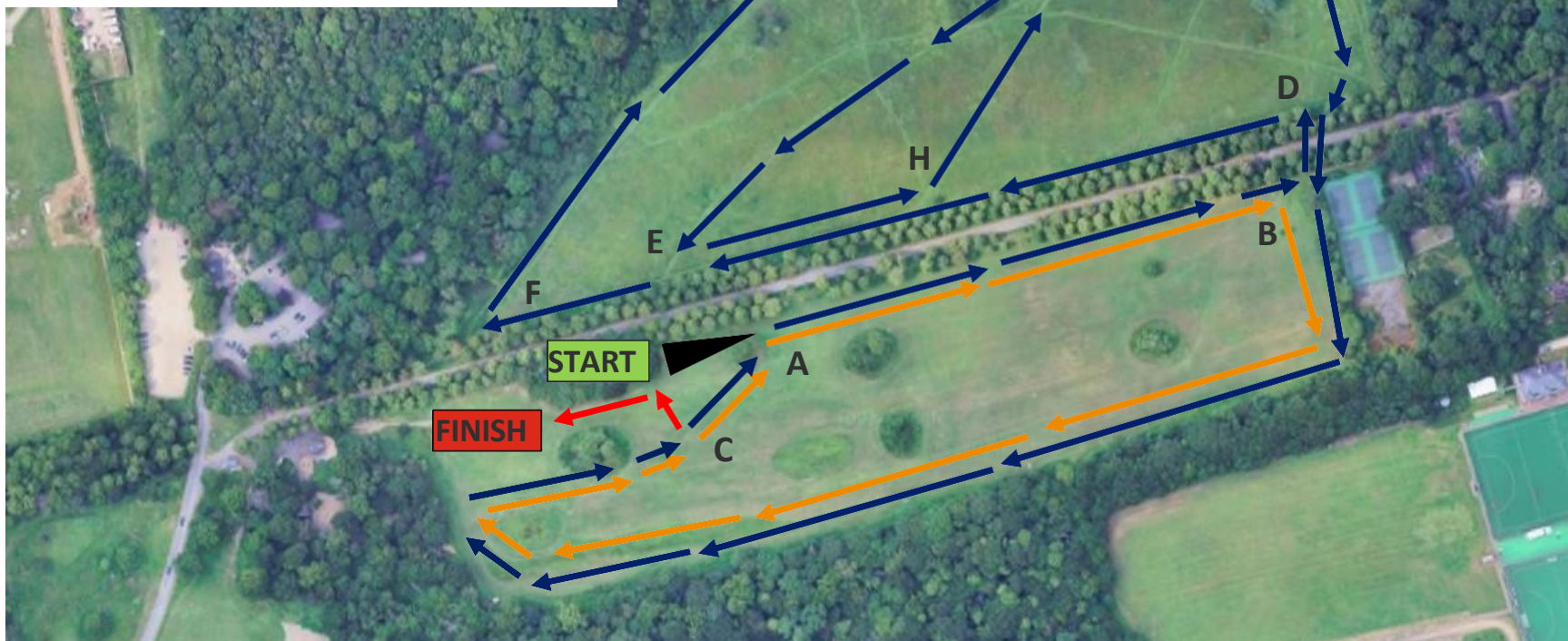


Senior Men and Women

7,500m approx.

1 Lap of Starting Field (Orange) and 2
Laps of both Fields (Blue)

Start – A – B – C – A – B – D – E – F – G
– E – H – I – D – B – C – A – B – D – E –
F – G – E – H – I – D – B – C – Finish



NORTH LONDON CROSS COUNTRY ASSOCIATION

Founded 1904



Saturday 25 October 2025

Trent Park

Women's Race - 1-30 p.m.

Men's Race - 2-15 p.m.