



## Metropolitan League

### Trent Park

Races 7 and 8 - Senior/Veteran/Under 20 Women and Men

1  $\frac{3}{4}$  laps of the Start/Finish Field Dropping Down the Hill from the Gap to Run One Lap of the Oakwood Side & Returning to the Start/Finish Field. One Further Complete lap of the Start/Finish Field, Dropping Down the Hill from the Gap to Run One Further Lap of the Oakwood Side & Returning to the Finish  
7,800 metres approx.

**START**  
FITNESS

