

# Trafford Athletic Club

## Cross Country Races for Schools

### Longford Park

Saturday October 2<sup>nd</sup> 2021

Saturday November 20<sup>th</sup> 2021

Saturday January 22<sup>nd</sup> 2022

Saturday March 19<sup>th</sup> 2022 - Relays

Secondary Schools 10.30am Start – All Ages

All run together, separate awards, 2.5k approx

Primary Schools 10.45am Start – Years 5 and 6

Separate races Boys/Girls, 1.5k approx

Awards for 1<sup>st</sup> 3 individuals, 1<sup>st</sup> 3 Teams in each race. 3 to count in a team

No need to pre-register, just turn up on the day

Please note, there is a section of tarmac on the course, which is unsuitable for spikes

Any queries to me, Sue Exon [sueexon@hotmail.co.uk](mailto:sueexon@hotmail.co.uk)