





**AFD HAMPSHIRE LEAGUE  
NEW COURSE FOR 2023**

**SHORT LAP - 850m  
START - A - B - H - K**

**LONG LAP - 2950m  
START - A - B - C - D - E -  
F - G - H - K**

**U11 2 X SHORT 1750m**

**U13 1 X LONG 3000m**

**U15 & 1 X SHORT**

**U17W 1 X LONG 3850m**

**U17M 2 X LONG 5950m  
& SW**

**SM 1 X SHORT**

**3 X LONG 9750m**

**11:30 U11 Girls**

**11:45 U11 Boys**

**12:00 U13 Girls**

**12:15 U13 Boys**

**12:30 U15 Girls**

**12:50 U15 Boys**

**13:05 U17 Women**

**13:35 Sen Women**

**14:10 U17 Men**

**14:30 Sen Men**

**Under 11 Race 1750m**

Girls at 11:30. Boys at 11:45. 2 short laps:

Paid up members of AFD should sign-up for the event using myclubhouse

Members of visiting clubs enter using rosterathletics.com (search for Aldershot) - £3 an athlete.

- Athletes can be entered individually (by their parent)  
or by a team manager entering multiple athletes from the club
- All athletes will collect their numbers individually on the day

Please enter in advance if possible.

You will still be able to enter on race morning (right up until a few minutes before the race start)

**using your own mobile phone or device but you'll find it much less stressful if you do it in advance!**