



London Youth Games 2022



CROSS COUNTRY TRIALS

For full details visit www.richmond.gov.uk/london_youth_games,
phone 020 8831 6133, or email londonyouthgames@richmond.gov.uk

If you wish to be considered for Team Richmond you must complete a 5k parkrun
between 1st October and 31st October 2022.

Age categories are as follows:

U11 boy/girl (born between 01/09/2010 and 31/08/2011)
U13 boy/girl (born between 01/09/2008 and 31/08/2010)

U15 boy/girl (born between 01/09/2006 and 31/08/2008)
U17 boy/girl (born between 01/09/2004 and 31/08/2006)

If you are selected for the squad, the competition will take place on 20 November at Parliament Hill.

5km parkruns take place every Saturday at 9:00am. You can take part in more than one
run and we will take your fastest time between the allocated dates.

For more information on your local parkrun please visit www.parkrun.org.uk

You can also find us on social media:  @TeamRichmond LYG  Team Richmond LYG



SPORTS DEVELOPMENT