



# 2022 Berks, Bucks & Oxon Cross Country Championships at Henley Showground on Sunday, 20th Nov 2022

## Championship Presentation Times:

- 14:00hrs:** U20, Senior & Veteran Women & Men
- 14:45hrs:** U13 Girls & Boys
- 15:45hrs:** U15 Girls, U17 Women, U15 Boys & U17 Men



**Toilets**

**Results**

**Presentations**

**Refreshments**

**Club Tents**

**First Aid**

**Car Park**

**Entrance & Exit**

- 11:30hrs U20, Senior & Vet Women
- 12:15hrs U20, Senior & Vet Men
- 13:20hrs U13 Girls
- 13:40hrs U13 Boys
- 14:00hrs U15 Girls
- 14:25hrs U15 Boys
- 14:50hrs U17 Women
- 14:50hrs U17 Men

### Lyme Disease Notice

When running through woodlands there is always a risk of being bitten by tick's etc. and therefore insect repellent containing DEET is advisable. For further details please visit: <https://www.nhs.uk/conditions/lyme-disease/>

**Small Loop:** A - B - C -

**Medium Loop:** A - D - J - K -

**Long Loop:** A - B - E - F - G - H - I -  
J - K -

**U13 (M&F):** Start - 1x Long Loop - Finish (3,495m)

**U15 (M&F):** Start - 1x Small Loop - 1x Long Loop - Finish (4,270m)

**U17 (M&F):** Start - 2x Long Loop - Finish (6,430m)

**U20, Senior & Vet (M&F):** Start - 1x Medium Loop - 2x Long Loop - Finish (7,995m)