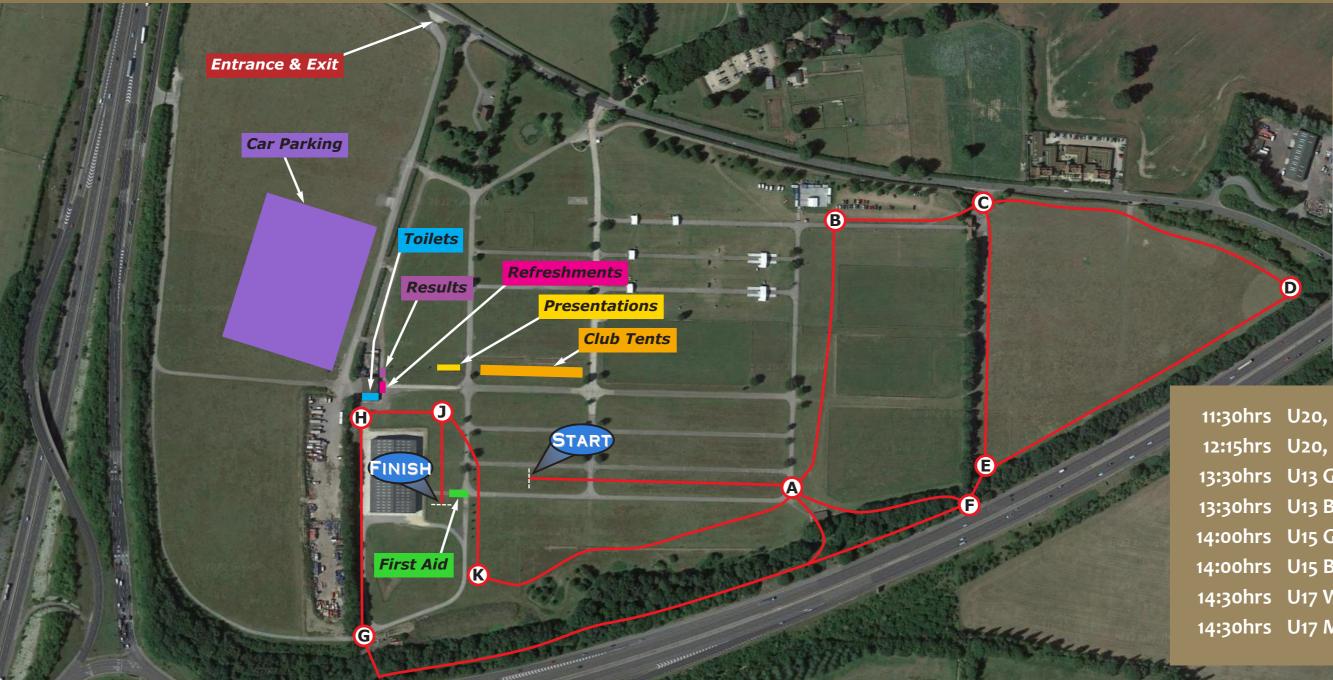


2023 Berks, Bucks & Oxon Cross Country Championships at Newbury Showground on Sunday, 19th November 2023



Lyme Disease Notice

When running through woodlands there is always a risk of being bitten by ticks etc. and therefore insect repellent containing DEET is advisable. For further details please visit: https://www.nhs.uk/conditions/lyme-disease/ **U20, Senior & Vet (M&F):** Start - A - B - C - D - E - F - G - H - J - K - A - B - C - D - E - F - G - H - J - K - A - B - C - D - E - F - G - H - J - Finish (7,500m)

U15 (M&F): Start - A Finish (4,000m) U17 (M&F): Start - A B - C - D - E - F - G - H

U13 (M&F): Start - A - B - C - D - E - C - D - E - F - G - H - J - Finish (**3,400m**)

Championship Presentation Times:

14:00hrs: U20, Senior & Veteran Women & Men
14:30hrs: U13 Girls & Boys
15:30hrs: U15 Girls, U17 Women, U15 Boys & U17 Men

11:30hrsU20, Senior & Vet Women12:15hrsU20, Senior & Vet Men13:30hrsU13 Girls13:30hrsU13 Boys14:00hrsU15 Girls14:30hrsU17 Women14:30hrsU17 Men

U15 (M&F): Start - A - G - H - J - K - A - B - C - D - E - F - G - H - J -

U17 (M&F): Start - A - B - C - D - E - C - D - E - F - G - H - J - K - A - B - C - D - E - F - G - H - J - Finish (*6,000m*)