



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

Entrance & Exit

Car Parking

Toilets

Results

Refreshments

Presentations

Club Tents

START

FINISH

First Aid

## 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

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

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

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