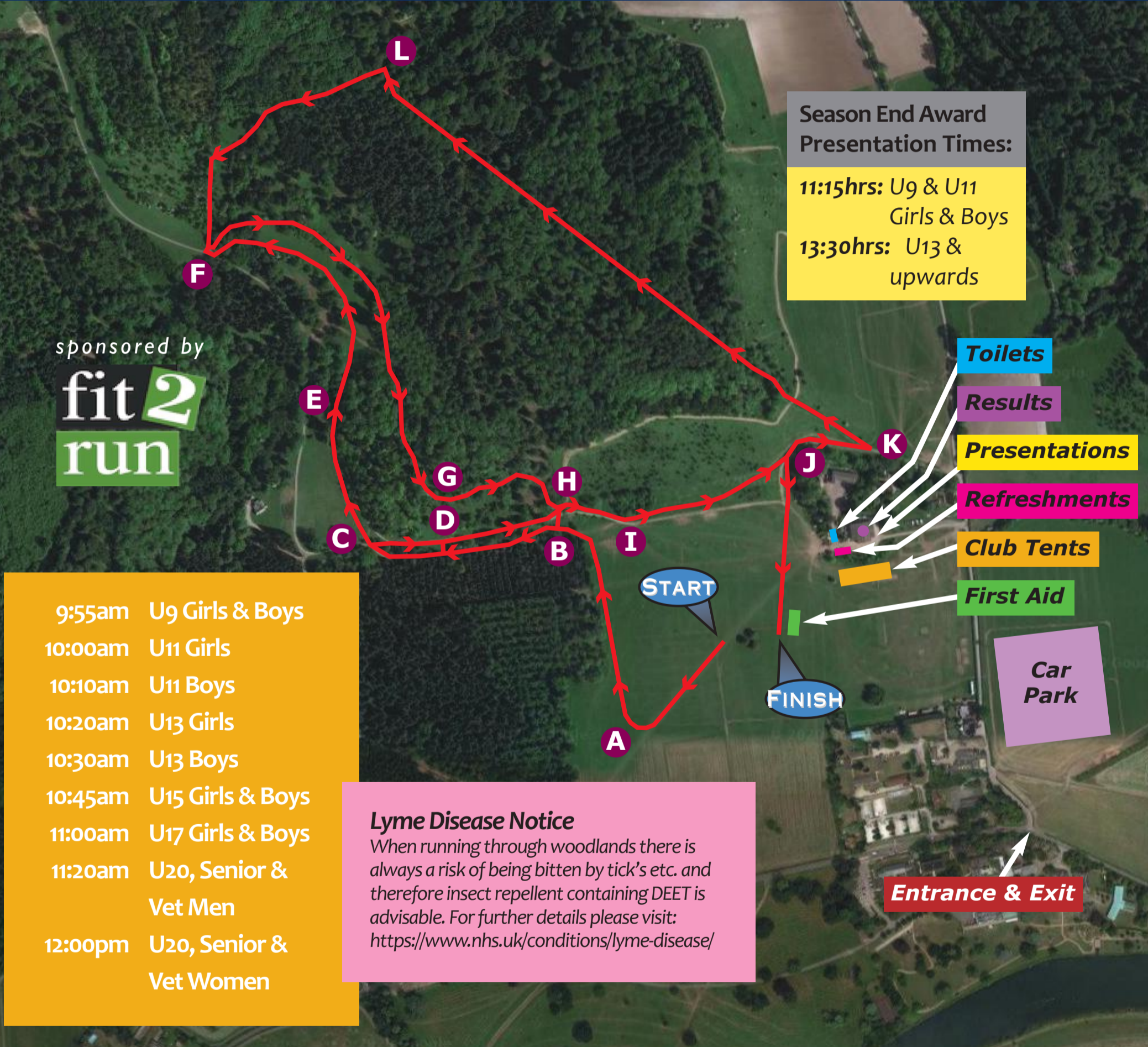




2022-23 Oxfordshire Cross Country League Round 5 at Henley Showground - 5th Mar 2023



Season End Award Presentation Times:
11:15hrs: U9 & U11 Girls & Boys
13:30hrs: U13 & upwards

sponsored by
fit2run

- 9:55am U9 Girls & Boys
- 10:00am U11 Girls
- 10:10am U11 Boys
- 10:20am U13 Girls
- 10:30am U13 Boys
- 10:45am U15 Girls & Boys
- 11:00am U17 Girls & Boys
- 11:20am U20, Senior & Vet Men
- 12:00pm U20, Senior & Vet Women

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/>

- Mini Loop:** A-B-D-H-I-J-
 - Short Loop:** A-B-H-I-J-
 - Small Loop:** A-B-C-D-H-I-J-
 - Medium Loop:** A-B-C-E-F-G-H-I-J-
 - Large Loop:** K-L-F-G-H-I-J-
- U09 (M&F):** Start - 1x Mini Loop - Finish (1,230m)
 - U11 (M&F):** Start - 1x Small Loop - Finish (1,500m)
 - U13 (M&F):** Start - 1x Medium Loop - Finish (2,530m)
 - U15 (M&F):** Start - 1x Medium Loop - 1x Large Loop - Finish (4,890m)
 - U17 (M&F):** Start - 1x Short Loop - 2x Large Loop - Finish (6,200m)
 - U20, Senior & Vet (M&F):** Start - 1x Medium Loop - 2x Large Loop - Finish (7,250m)