



2019-20 Oxfordshire Cross Country League Round 5 – Venue: Henley Showground

Sunday, 1st March 2020

- 9:55am Under 9 Girls & Boys
- 10:00am Under 11 Girls
- 10:10am Under 11 Boys
- 10:20am Under 13 Girls
- 10:30am Under 13 Boys
- 10:45am Under 15/17 Girls
- 11:00am Under 15/17 Boys
- 11:20am Men
- 12:00pm Women

- Mini Lap:**
A - B - D - H - I - J -
- Short Lap:**
A - B - C - D - H - I - J -
- Small Lap:**
A - B - C - E - F - G - H - I - J -
- Medium Lap:**
K - L - F - G - H - I - J -
- Long Lap:**
K - L - M - N - F - G - H - I - J -

- U09 Girls & Boys:**
Start - (1 Mini Lap) - Finish (1230m)
- U11 Girls & Boys:**
Start - (1 Short Lap) - Finish (1500m)
- U13 Girls & Boys:**
Start - (1 Small Lap) - Finish (2530m)
- U15/U17 Girls:**
Start - (1 Mini Lap + 1 Medium Lap) -
Finish (3590m)
- U15/U17 Boys:**
Start - (1 Small Lap + 1 Medium Lap) -
Finish (4890m)
- Men:**
Start - (1 Small Lap + 2 Long Laps) -
Finish (9370m)
- Ladies:**
Start - (1 Small Lap + 2 Medium Laps) -
Finish (7250m)

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



Toilets

Results

Presentations

Refreshments

Club Tents

First Aid

START

FINISH

Entrance & Exit