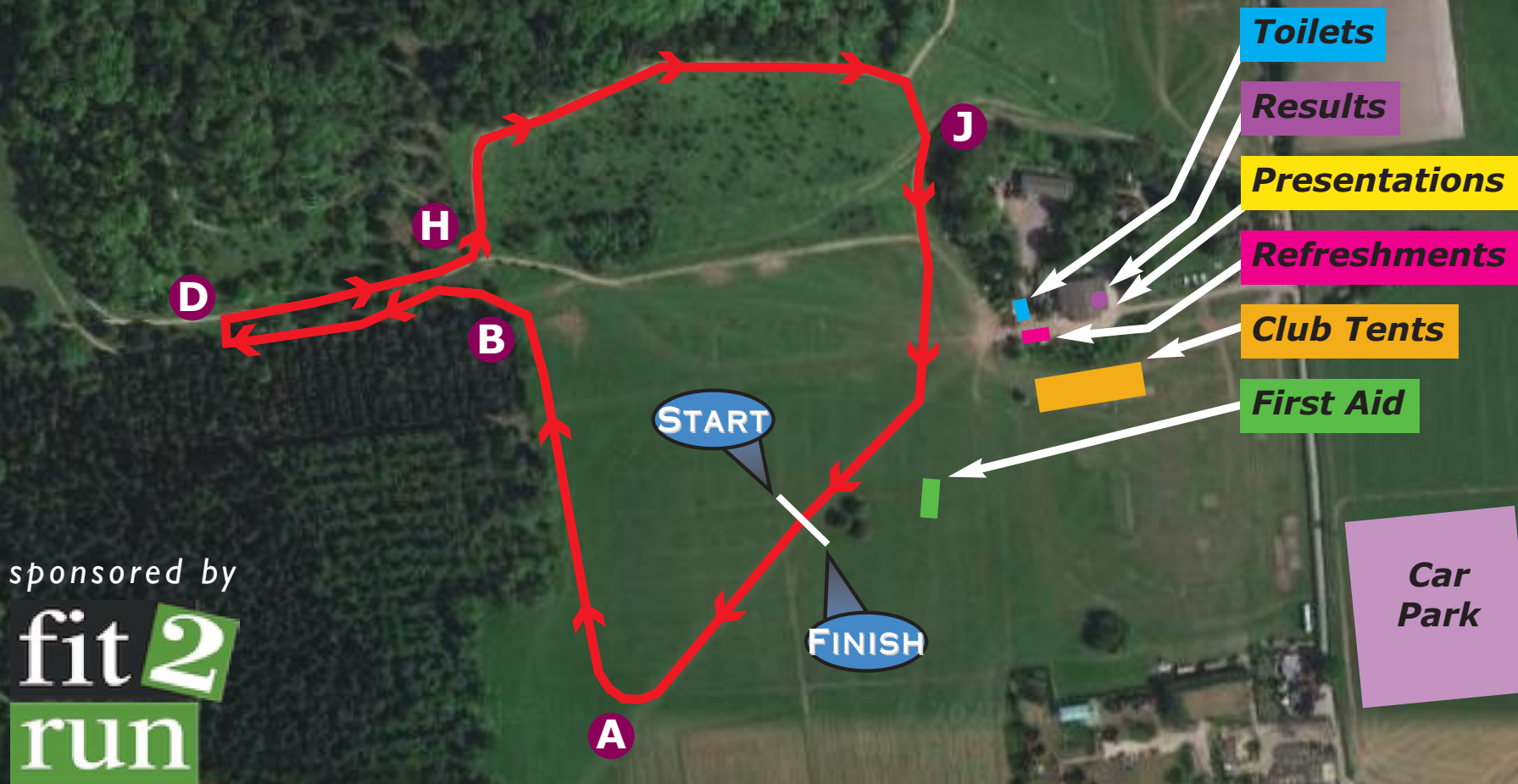




2022-23 Oxfordshire Cross Country League Mixed Relay at Henley Showground - 5th Mar 2023



approx. Mixed Relay
1:20pm (after last finisher in women's race crosses finish line).

Team 4 athletes (comprising 2 men and 2 women, plus 2 reserves).

Submission Final team to be submitted **30 minutes before start.**
Team Managers to submit the **names of the athletes in order** they will run for the team to the Results station.

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/>