

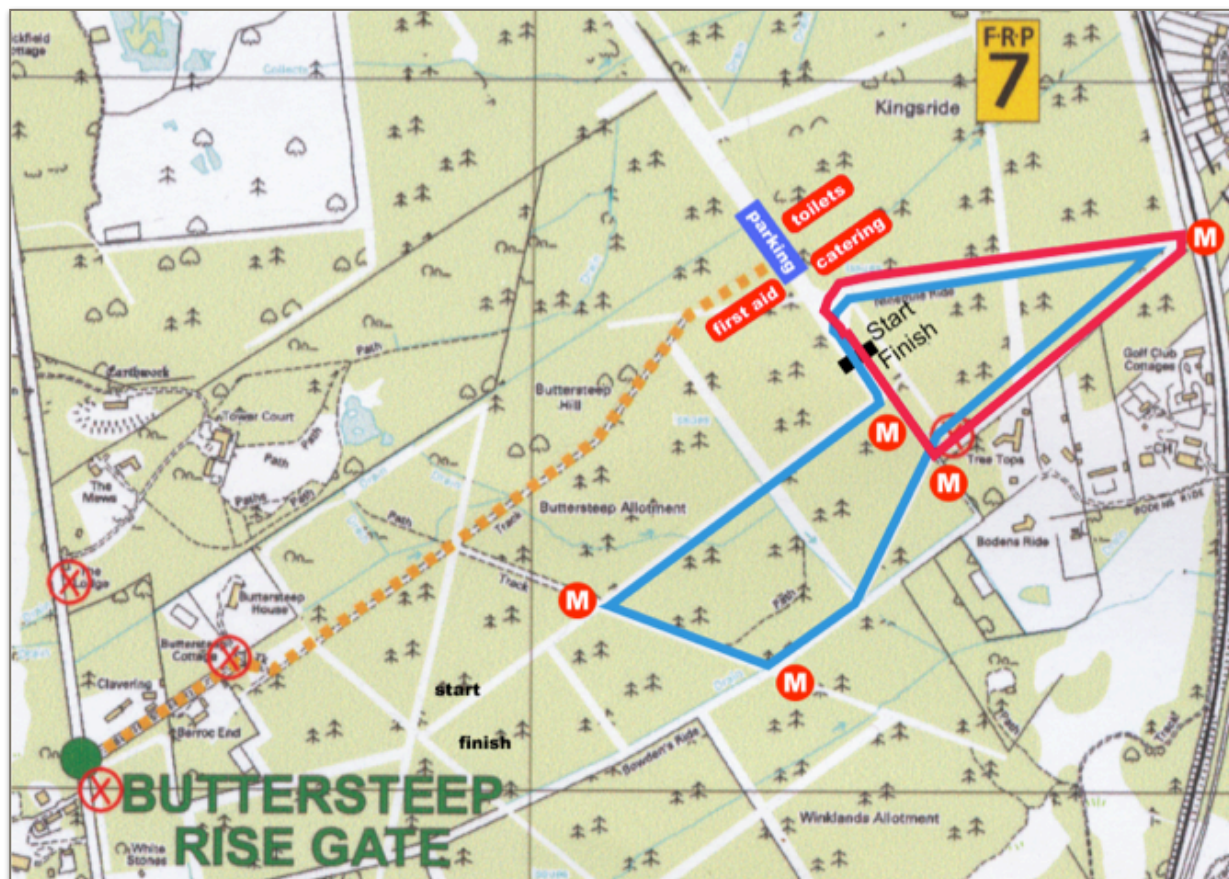
Berkshire County Cross Country Championships

Saturday 4th January 2014

Location

Buttersteep Rise, off Swinley Road (A332), Bracknell. (<http://g.co/maps/86gxd>) Buttersteep Rise is located opposite The Berkshire Golf Course.

Course



Timetable

Time	Age Group	Course	Distance
11:00	Senior / Veteran (40) / U20 Men	5 Long Laps	10000m
11:45	U20 / Senior / Veteran (35) Women	3 Long Laps	6000m
12:15	U15 Boys	2 Long Laps	4000m
12:35	U15 Girls	2 Long Laps	4000m
13:15	U13 Boys	1 Short Lap + 1 Long Lap	3000m
13:35	U13 Girls	1 Short Lap + 1 Long Lap	3000m
13:50	U17 Men	3 Long Laps	6000m
14:15	U17 Women	1 Short Laps + 2 Long Lap	5000m

Short lap: 1000m approx.

Long lap: 2000m approx.