



BERKSHIRE COUNTY XC CHAMPIONSHIPS
SATURDAY 13TH DECEMBER 2025

**LEA HEATH FIELD, DINTON ACTIVITY CENTRE, SANDFORD LANE,
HURST, WOKINGHAM, BERKSHIRE, RG10 0SU**

Thank you to Reading Athletic Club for hosting this year's event.

**Please read the information in this booklet.
This will help us maintain good relationships with the landowners.**

BERKSHIRE COUNTY XC CHAMPIONSHIPS –

SATURDAY 13TH DECEMBER 2025

VENUE – LEA HEATH FIELD, DINTON ACTIVITY CENTRE, SANDFORD LANE, HURST,
WOKINGHAM RG10 0SU – NORTH-EAST CORNER OF DINTON PASTURES COUNTRY PARK

Eligibility –

To be eligible to compete, an athlete must have been born in Berkshire, or have had 9 months' continuous bona fide residency in the county prior to the date of competition (December 13th 2025), or have served in a unit of HM Forces stationed in Berkshire for 9 months immediately prior to the competition.

A student does not acquire a residential qualification by residence in Berkshire in school/college term time only.

Age Groups –

U13 Ages 11 & 12 on 31st August 2025

U15 Ages 13 & 14 on 31st August 2025

U17 Ages 15 & 16 on 31st August 2025

U20* Ages 17, 18 & 19 on 31st August 2025

Seniors Age must be 20 or over on 31st August 2025 and under 35 on the day of the competition (born after 13th December 1990)

Masters (V35) Age must be 35 or over on the day of the competition (born on or before 13th December 1990)

Entry Fee –

Entries will be via Roster Athletics. Entry fee is £8 per athlete and is non-refundable except in the following circumstances: The meeting has to be cancelled due to Government restrictions or the meeting is cancelled for any reason by Berkshire Athletics, e.g. because of severe weather. Refund will be the entry fee less administration costs.

Team Entries –

No entry fee – teams do not need to be entered.

Team entries will be based on individual entry classifications, i.e. Masters cannot count as Seniors.

For all age groups, the first three (and subsequent three) finishers from a club will constitute a team.

Notes –

Club vests must be worn.

*Anybody who is 20 between 1st September 2025 and 31st December 2026 will need to register as a senior at the County Championships, if they wish to be considered for the

Senior team at the Inter Counties Championships. As that competition is held under World Athletics rules, these athletes would be too old to qualify for the Under 20 team.

An athlete in the Masters age group will only be allowed to enter as a Master and not as a Senior. This also applies to team results.

Athletes are reminded to read UKA Rule 21 S 6 UKA Supplement regarding county qualification, and Rule 21 S 1 UKA Supplement regarding Athlete Registration.

Statement from UKAD: 'An entrant shall be deemed to have made him/herself/themselves familiar with, and agreed to be bound by the UKA Anti-Doping Rules and to submit to the authority of UK Anti-Doping in the application and enforcement of the Anti-Doping Rules. The UKA Anti-Doping Rules apply to entrants participating in the sport of Athletics, for 12 months from the [date of entry], whether or not the entrant is a citizen of, or resident in, the UK.'

Criteria to be used in the Selection of the Berkshire Teams for the Inter-Counties XC Championships in March –

Subject to the two exceptions set out below, in each age group from Under 13 to Under 20, the first eight athletes to finish at the Berkshire XC Championships will be offered a place. Athletes finishing between 9th and 12th will be offered the four reserve places.

Subject to the two exceptions set out below, in the Senior Women's and the Senior Men's age groups, the first nine athletes to finish at the Berkshire XC Championships will be offered a place. Athletes finishing between 10th and 15th will be offered the six reserve places.

The only exceptions to the above are:

An athlete who has been selected to compete at a higher level competition than the County Championships within 10 days of those Championships (13th December 2025);

An athlete who has finished in the first three at the Berks, Bucks and Oxon XC Championships (23rd November 2025) who is unable to compete in the Berkshire Championships due to illness or injury.

In either of the above cases, Berkshire Athletics must be informed at least the day before the Berkshire Championships (by 12th December 2025). An athlete meeting either of these criteria will take the place of the 8th or 9th finisher, depending on the age group, who would be offered a reserve place instead of the 12th or 15th finisher respectively.

In the event that the Berkshire XC Championships were cancelled, team selections for the Inter-Counties XC Championships will be based on top three finishes at the Berks, Bucks and Oxon XC Championships (BBO), and placings at the SEAA XC Championships (Southernns). Athletes who finish in the top three positions at the BBO would take positions 6-8 or 7-9 in

the Inter-Counties team, depending on age group. Pen positions could be improved by subsequent finishing positions at the Southernns.

Car Park –

The main parking for the event is located off Sandford Lane, Hurst, RG10 0SU. Please follow instructions from the car park marshals so that we can fit as many cars in as possible. If the car park is full, there is an additional car park located opposite the Sandford Lane entrance. There should be enough spaces for around 100 cars; please car-share if at all possible. Parking charges apply to all visitors. Pay & Display tickets are available from the car park machines. Or use the **RingGo** mobile app, for which the **main car park location code is 23817**. Beware that other car parks could have a different code.



Officials' Parking –

Officials will be given preference to parking spaces. Upon arrival, if for some reason there are no free spaces available, come into registration inside the activity centre hall and ask the team. They will provide a free parking code for inputting into the Pay & Display machine.

Dogs –

All dogs must be kept on a lead.

Team Managers –

Registration and pick up of team race bib numbers is from inside the Dinton Activity Centre Main Hall. There is a 150m walk to the Lea Heath field and race start area.

Tents –

Any team tents must be pitched on the left as you enter Lea Heath field from the main car park.

Toilets and Changing Rooms –

Toilets and changing rooms are available at the Dinton Activity Centre 150m away from the start finish area, please allow time for this. Please do not go to the toilet on the field.

Refreshments –

Drinks and food can be purchased from the café located on the upper floor of the new Dinton Activity Centre, which has indoor seating and an outdoor terrace with scenic views

overlooking the lakes. Refreshment tokens will be provided for race officials and marshals.

First Aid –

First Aid will be available at the start finish area.

Presentations –

Presentations will take place in the ground floor main registration hall at Dinton Activity Centre at the times listed. Please do stay for the presentation if you or your team have won an award.

The Worshipful the **Mayor of Wokingham Borough Cllr Carol Jewell** has accepted our invitation and will be in attendance throughout the day.

Madam Mayor will be out on the course to start the first race at 11:00am and will be back inside the activity centre to assist with the presentation of medals afterwards (presentation timetable on the next page).

Carol is a former member of Reading Roadrunners, and her two daughters both competed for Reading AC in the 1990s/early 2000s. Carol says: "*I would be delighted to attend the Cross Country Championship, thank you for the invite. I remember cheering my daughter along at this event a number of times*".

Escorting Madam Mayor throughout the day will be Berkshire Athletics' President Jill Wright and Chairman David Noble.

Race Schedule & Course Map –

Race 1

11:00

SM + Masters = 9.6km ST-A-B-C-D-E- -A-B-C-D-E- -A-B-C-D-E-FIN 3 LARGE LOOPS

U20M = 7.9km ST-A-B-C-D-E- -A-B-C-D-E- -C-D-E-FIN 2 LARGE LOOP, 1 OUTER SHORT LOOP

Race 2

11:40

SW + Masters = 7.9km ST-A-B-C-D-E- -A-B-C-D-E- -C-D-E-FIN 2 LARGE LOOP, 1 OUTER SHORT LOOP

U20W = 6.4km ST-A-B-C-D-E- -A-B-C-D-E-FIN 2 LARGE LOOP

Race 3 12:30 Presentation Race 1

12:35 U15B = 4.7km ST-A-B-C-D-E- -C-D-E-FIN 1 LARGE LOOP, 1 OUTER SHORT LOOP

Race 4

12:50 U15G = 4.7km ST-A-B-C-D-E- -C-D-E-FIN 1 LARGE LOOP, 1 OUTER SHORT LOOP

Race 5 13:00 Presentation Race 2

13:05 U13B = 3.2km ST-A-B-C-D-E-FIN 1 LARGE LOOP

Race 6

13:15 U13G = 3.2km ST-A-B-C-D-E-FIN 1 LARGE LOOP

Race 7 13:20 Presentation Races 3&4

13:25 U17M = 6.4km ST-A-B-C-D-E- -A-B-C-D-E-FIN 2 LARGE LOOPS

Race 8 13:40 Presentation Races 5&6

13:45 U17W = 6.2km ST-A-B-C-D-E- -C-D-E- -C-D-E-FIN 1 LARGE LOOP, 2 OUTER SHORT LOOPS

14:20 Presentation Races 7&8

Presentation Timetable

Race 1	12:30
Race 2	13:00
Races 3 & 4	13:20
Races 5 & 6	13:40
Races 7 & 8	14:20

Car Parks - Use pay & display machines to buy tickets

Main Car Park A - located off Sandford Lane - All participants arrive here and Marshall will assist

Overflow Car Park B - located across the road/Sandford Lane (Lavell's Lake)

Overflow Car Parks C & D - located other end of site, via Davis street**

**Allow 15mins extra time to walk from Car parks C&D to arrive at Registration/Dinton Activity Centre

⊕ Public Spectator course crossing points

U20 Men on your 3rd and last lap, look and listen for Marshals directing runners into the woods course letter "C".

Seniors/Masters on your 3rd and last lap must not follow U20 s into the woods and instead follow letter "A"

