

19th Welsh Inter-Regional Cross Country Championships



WELSH ATHLETICS
ATHLETAU CYMRU

Penlan Arena, Brecon
Saturday 9th December 2017

Course Laps

E to Finish:	100m
E,A:	320m
Small Lap (A,B,E):	1,150m
Medium Lap (A,B,D,E):	2,020m
Large Lap (A,B,C,D,E):	2,900m



Race	Time	Age Group	Course	Distance
1	11.30	Primary Girls	A,B,E + Finish	1,250m
2	11.45	Primary Boys	A,B,E + Finish	1,250m
3	12.00	U13 Girls	A,B,D,E + Finish	2,120m
4	12.10	U13 Boys	A,B,D,E + Finish	2,120m
5	12.20	U15 Girls	A,B,C,D,E + Finish	3,020m
6	12.35	U15 Boys	(A,B,D,E), (A,B,D,E) + Finish	4,440m
7	12.50	Sen Men & Masters	(A,B,C,D,E), (A,B,C,D,E), (A,B,C,D,E) + Finish	9,440m
8	13.40	U17 Women	(A,B,D,E), (A,B,D,E) + Finish	4,440m
9	14.00	U17 Men	(A,B,D,E), (A,B,C,D,E) + Finish	5,340m
10	14.15	Sen Women & Masters	(A,B,C,D,E), (A,B,C,D,E) + Finish	6,240m
11	15.00	U20 Men	(A,B,C,D,E), (A,B,C,D,E) + Finish	6,240m
12	15.15	U20 Women	(A,B,D,E), (A,B,C,D,E) + Finish	5,340m