

2019 Welsh Inter-Schools / Inter-Regional Cross Country Championships

inc Welsh Colleges Championships (U17/U20)

Saturday 16th November

Laps

Start	35m
Finish	55m
Small	A,G (870m)
Medium	A,B,C,G (1,280m)
Large	A,D,E,F,B,C,G (2,360m)



Race	Time	Age Group	Course	Distance
1	11:30	Primary Girls	Start, 1 Medium Lap, Finish	1,370m
2	11:40	Primary Boys	Start, 1 Medium Lap, Finish	1,370m
3	12:00	Senior Women & Masters	Start, 1 Medium, 2 Large Laps, Finish	6,090m
4	12:45	School Years 7/8 (U13 Girls)	Start, 1 Large Lap, Finish	2,450m
5	13:00	School Years 7/8 (U13 Boys)	Start, 1 Large Lap, Finish	2,450m
6	13:15	School Years 9/10 (U15 Girls)	Start, 1 Medium, 1 Large Lap, Finish	3,730m
7	13:30	School Years 9/10 (U15 Boys)	Start, 1 Medium, 1 Large Lap, Finish	3,730m
8	13:50	School Years 11 - 14 (U17 & U20 Women)	Start, 2 Large Laps, Finish	4,810m
9	14:10	School Years 11 - 14 (U17 & U20 Men)	Start, 1 Small, 2 Large Laps, Finish	5,680m
10	14:30	Senior Men & Masters	Start, 4 Large Laps, Finish	9,530m