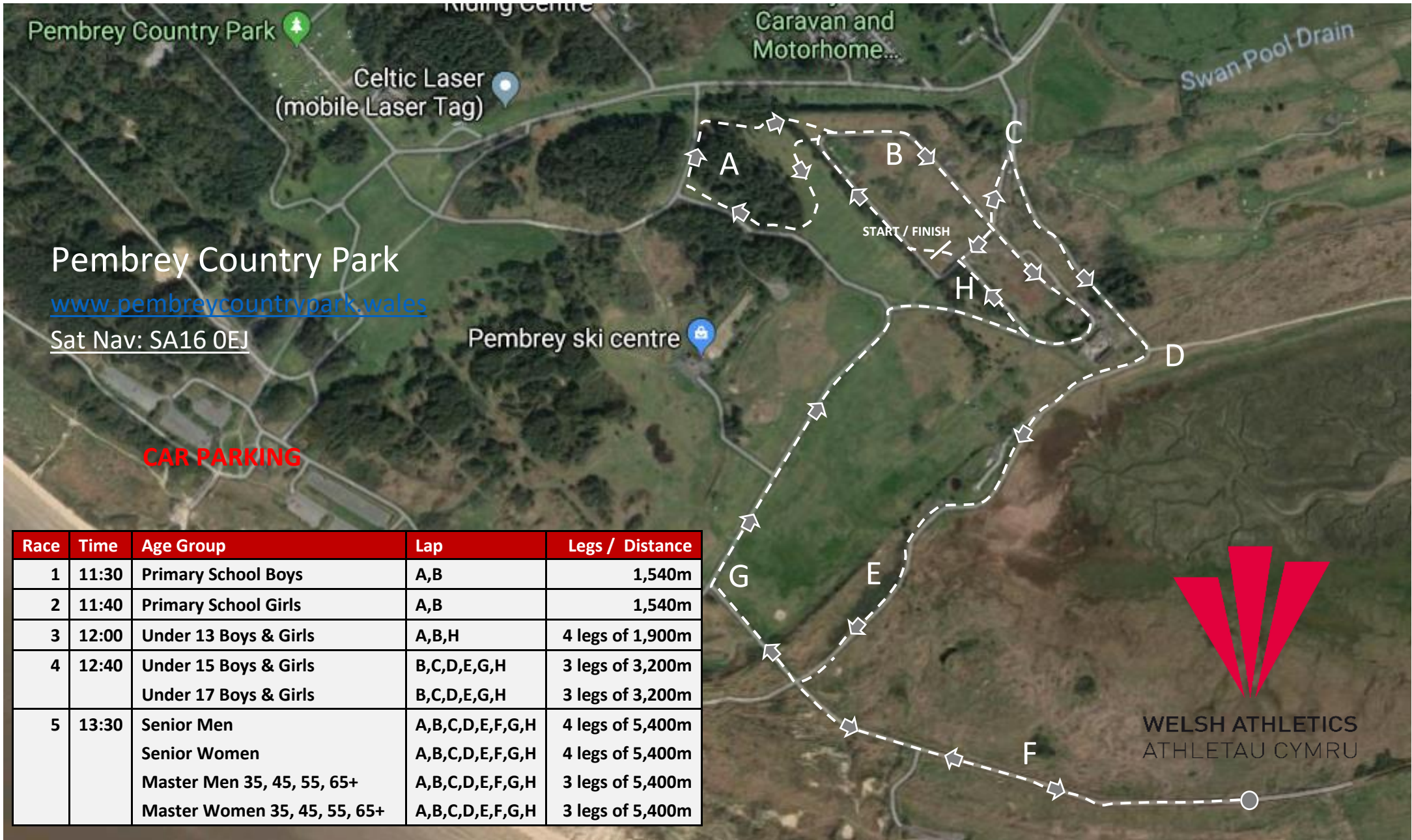


WELSH ROAD RELAY CHAMPIONSHIPS 2023

Pembrey Country Park, Llanelli, Carmarthenshire

Saturday 9th September



Pembrey Country Park
www.pembreycountrypark.wales
 Sat Nav: SA16 0EJ

| Race | Time | Age Group | Lap | Legs / Distance |
|------|-------|------------------------------|-----------------|------------------|
| 1 | 11:30 | Primary School Boys | A,B | 1,540m |
| 2 | 11:40 | Primary School Girls | A,B | 1,540m |
| 3 | 12:00 | Under 13 Boys & Girls | A,B,H | 4 legs of 1,900m |
| 4 | 12:40 | Under 15 Boys & Girls | B,C,D,E,G,H | 3 legs of 3,200m |
| | | Under 17 Boys & Girls | B,C,D,E,G,H | 3 legs of 3,200m |
| 5 | 13:30 | Senior Men | A,B,C,D,E,F,G,H | 4 legs of 5,400m |
| | | Senior Women | A,B,C,D,E,F,G,H | 4 legs of 5,400m |
| | | Master Men 35, 45, 55, 65+ | A,B,C,D,E,F,G,H | 3 legs of 5,400m |
| | | Master Women 35, 45, 55, 65+ | A,B,C,D,E,F,G,H | 3 legs of 5,400m |



WELSH ATHLETICS
 ATHLETAU CYMRU