



120TH WELSH CROSS COUNTRY CHAMPIONSHIPS

PEMBREY COUNTRY PARK, SA16 0EJ

25 JANUARY 2025



	COURSE LAPS
Start & Finish:	140m
Re-Lap:	60m
Small Lap: A,B,C,E,F	1,430m
Large Lap: A,B,C,D,E,F	2,480m

Time	Age Group	Lap	Distance
10:45	Yr 3 & 4 Primary School Boys & Girls	1 x Small Lap	1,560m
10:55	Yr 5 & 6 Primary School Boys & Girls	1 x Small Lap	1,560m
11:05	Under 13 Boys	2 x Small Laps	3,060m
11:20	Under 13 Girls	2 x Small Laps	3,060m
11:35	Senior Women & Masters	3 x Large Laps	7,730m
12:35	Senior Men & Masters	4 x Large Laps	10,295m
13:35	Under 15 Boys	1 x Small Lap, 1 x Large Lap	4,085m
13:55	Under 15 Girls	1 x Small Lap, 1 x Large Lap	4,085m
14:20	Under 17 Men	2 x large Laps	5,165m
14:40	Under 17/U20 Women	2 x large Laps	5,165m
15:05	U20 Men	1 x Small Lap, 2 x Large Laps	6,685m



WELSH ATHLETICS
ATHLETAU CYMRU