

Welsh Inter-Regional Track & Field Championships 2025

Carmarthen Leisure Centre Athletics Track, Johnstown
Saturday, July 12 / Dydd Sadwrn, Gorffennaf 12



**Car Parking –
QE High School**

**Stand /
Tents**

Presentations

**Track
Entrance**

**Leisure Centre
– Toilets,
Refreshments**

**Officials
Refreshments /
First Aid**

**Coach
Parking**

**Officials
Car Parking**



400,
Relays

110H,
100H,
100H,
80H, 75H

Triple
Jump

Javelin

High
Jump

Pole
Vault

Shot
Put

Discus

300, 1500

200, 3000