

# WELSH INTER-REGIONAL CROSS COUNTRY CHAMPIONSHIPS

Saturday 29<sup>th</sup> November 2025

| Race | Time  | Age Group                              | Course                         | Distance |
|------|-------|--|--------------------------------|----------|
| 1    | 11:10 | Years 3 & 4 Primary Girls              | 1 Small Lap                    | 1,300m   |
| 2    | 11:20 | Years 3 & 4 Primary Boys               | 1 Small Lap                    | 1,300m   |
| 3    | 11:30 | Years 5 & 6 Primary Girls              | 1 Small Lap                    | 1,300m   |
| 4    | 11:40 | Years 5 & 6 Primary Boys               | 1 Small Lap                    | 1,300m   |
| 5    | 12:00 | U13 Girls (School Years 7/8)           | 1 Large Lap                    | 2,520m   |
| 6    | 12:20 | U13 Boys (School Years 7/8)            | 1 Large Lap                    | 2,520m   |
| 7    | 12:35 | U15 Girls (School Years 9/10)          | 1 Small, 1 Large Lap           | 3,820m   |
| 8    | 13:00 | U15 Boys (School Years 9/10)           | 1 Small, 1 Large Lap           | 3,820m   |
| 9    | 13:20 | U17 & U20 Women (School Years 11 – 14) | 2 Large Laps                   | 5,040m   |
| 10   | 13:45 | U17 & U20 Men (School Years 11 – 14)   | 1 Small, 1 Medium, 1 Large Lap | 5,810m   |
| 11   | 14:10 | Senior Women & Masters                 | 1 Small, 2 Large Laps          | 6,340m   |
| 12   | 14:55 | Senior Men & Masters                   | 1 Medium, 3 Large Laps         | 9,550m   |

| Laps   |                      |
|--------|----------------------|
| Start  | 170m                 |
| Finish | 130m                 |
| Re-lap | 300m                 |
| Small  | A,C,D,E,F (1,000m)   |
| Medium | A,B,C,D,F (1,690m)   |
| Large  | A,B,C,D,E,F (2,220m) |



Dolerw Park, Newtown SY16 2EH

WELSH ATHLETICS  
ATHLETAU CYMRU