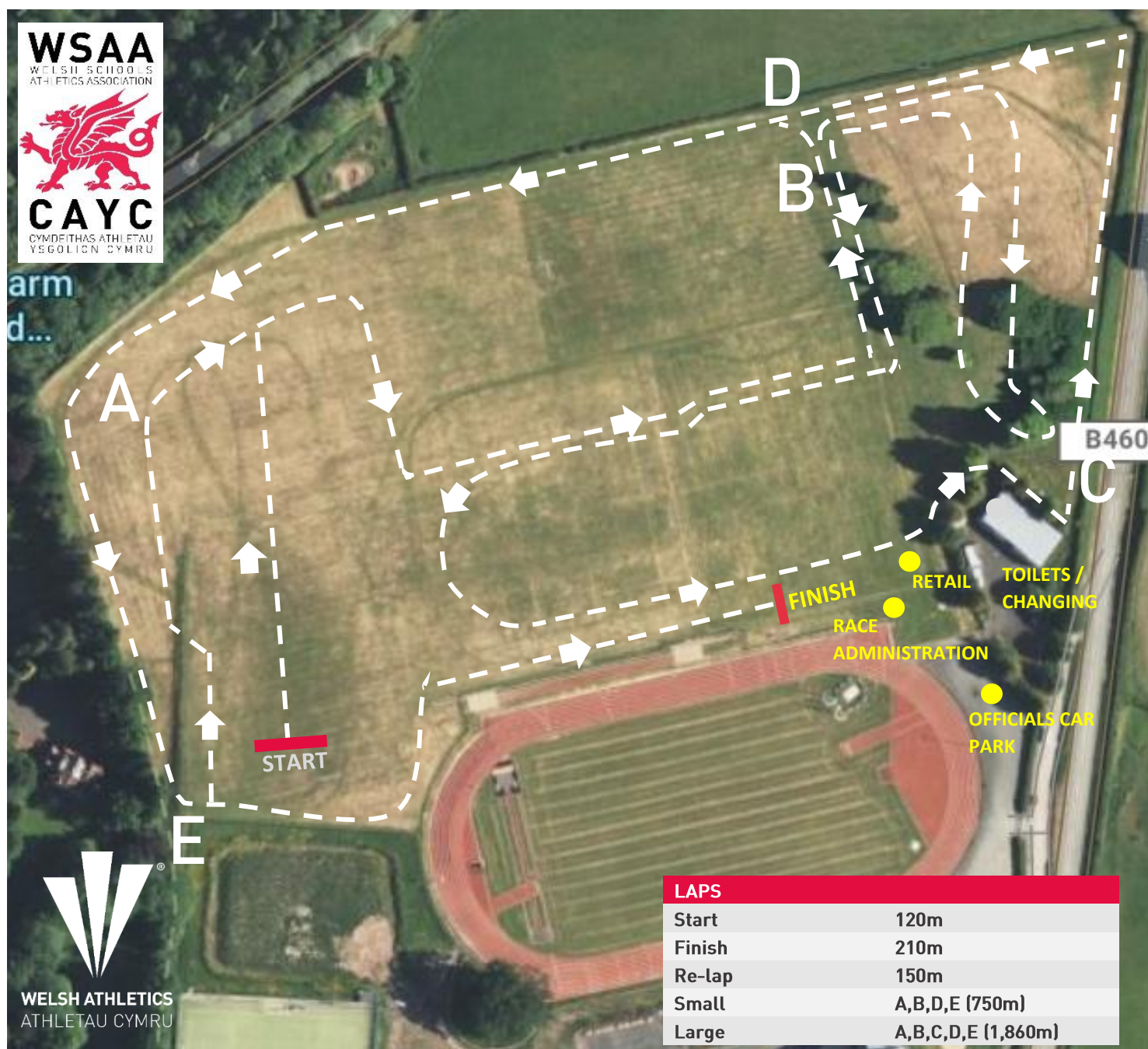


# 2026 WELSH INTER-SCHOOLS CROSS COUNTRY CHAMPIONSHIPS

Penlan Arena, Brecon: Sat Nav: LD3 9SR

Wednesday 21<sup>st</sup> October



| LAPS   |                    |
|--------|--------------------|
| Start  | 120m               |
| Finish | 210m               |
| Re-lap | 150m               |
| Small  | A,B,D,E (750m)     |
| Large  | A,B,C,D,E (1,860m) |

| RACE | TIME  | AGE GROUP                        | COURSE                                  | DISTANCE |
|------|-------|----------------------------------|-----------------------------------------|----------|
| 1    | 13:00 | U14 Girls (School Years 7/8)     | Start, 1 Large Lap, Finish              | 2,340m   |
| 2    | 13:20 | U14 Boys (School Years 7/8)      | Start, 1 Large Lap, Finish              | 2,340m   |
| 3    | 13:40 | U16 Girls (School Years 9/10)    | Start, 1 Small Lap, 1 Large Lap, Finish | 3,090m   |
| 4    | 14:05 | U16 Boys (School Years 9/10)     | Start, 1 Small Lap, 1 Large Lap, Finish | 3,090m   |
| 5    | 14:30 | U18W-U20W (School Years 11 – 14) | Start, 2 Large Laps, Finish             | 4,200m   |
| 6    | 15:00 | U18M-U20M (School Years 11 – 14) | Start, 2 Large Laps, Finish             | 4,200m   |