

WELSH ROAD RELAY CHAMPIONSHIPS – SENIORS

Saturday 28th March - Parc Bryn Bach, Tredegar NP22 3AY



WELSH ATHLETICS
ATHLETAU CYMRU



| Race | Time | Age Group | Lap | Legs / Distance |
|------|-------|-------------------------------------|-------------|------------------|
| 1 | 10:50 | Junior Women's Race (U18, U16, U14) | A,B,C | 2,600m |
| 2 | 11:10 | Juniors Men's Race (U18, U16, U14) | A,B,C | 2,600m |
| 3 | 11:30 | Senior Men | A,C,D,E,F,G | 4 legs of 5,400m |
| | | Senior Women | A,C,D,E,F,G | 4 legs of 5,400m |
| 4 | 13:45 | Master Men 35, 45, 55, 65+ | A,C,D,E,F,G | 3 legs of 5,400m |
| | | Master Women 35, 45, 55, 65+ | A,C,D,E,F,G | 3 legs of 5,400m |