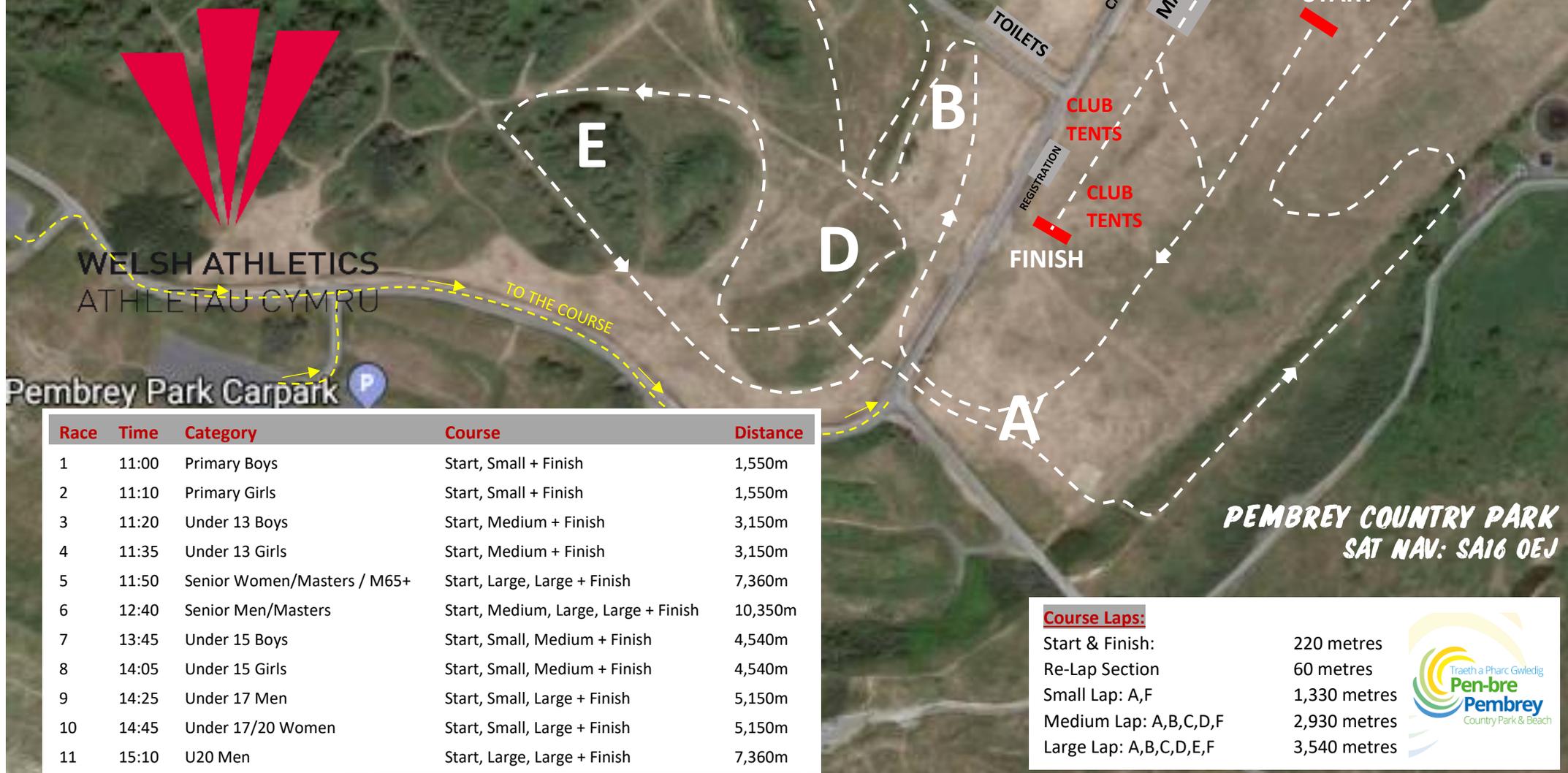


**GEORGE CRUMP MBE MEMORIAL
117TH WELSH CROSS COUNTRY
CHAMPIONSHIPS**

SATURDAY 26TH FEBRUARY 2022



Race	Time	Category	Course	Distance
1	11:00	Primary Boys	Start, Small + Finish	1,550m
2	11:10	Primary Girls	Start, Small + Finish	1,550m
3	11:20	Under 13 Boys	Start, Medium + Finish	3,150m
4	11:35	Under 13 Girls	Start, Medium + Finish	3,150m
5	11:50	Senior Women/Masters / M65+	Start, Large, Large + Finish	7,360m
6	12:40	Senior Men/Masters	Start, Medium, Large, Large + Finish	10,350m
7	13:45	Under 15 Boys	Start, Small, Medium + Finish	4,540m
8	14:05	Under 15 Girls	Start, Small, Medium + Finish	4,540m
9	14:25	Under 17 Men	Start, Small, Large + Finish	5,150m
10	14:45	Under 17/20 Women	Start, Small, Large + Finish	5,150m
11	15:10	U20 Men	Start, Large, Large + Finish	7,360m

Course Laps:

Start & Finish:	220 metres
Re-Lap Section	60 metres
Small Lap: A,F	1,330 metres
Medium Lap: A,B,C,D,F	2,930 metres
Large Lap: A,B,C,D,E,F	3,540 metres