

120TH WELSH CROSS COUNTRY CHAMPIONSHIPS

PEMBREY COUNTRY PARK, SA16 0EJ

25 JANUARY 2025



WELSH ATHLETICS
ATHLETAU CYMRU

Time	Race Age Group	Laps	Distance
10:45	Yr 3 & 4 Primary Boys & Girls	1 x Small Lap	1,520 m
10:55	Yr 5 & 6 Primary Boys & Girls	1 x Small Lap	1,520 m
11:05	Under 13 Boys	2 x Small Laps	3,005 m
11:20	Under 13 Girls	2 x Small Laps	3,005 m
11:35	Senior Women & Masters	3 x Large Laps	7,730 m
12:35	Senior Men & Masters	4 x Large Laps	10,295 m
13:35	Under 15 Boys	1 x Small Lap, 1 x Large Lap	4,085 m
13:55	Under 15 Girls	1 x Small Lap, 1 x Large Lap	4,085 m
14:20	Under 17 Men	2 x Large Laps	5,165 m
14:40	Under 17/U20 Women	2 x Large Laps	5,165 m
15:05	U20 Men	1 x Small Lap, 2 x Large Laps	6,650 m