

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,G	2,600m
2	11:10	Juniors Men's Race (U18, U16, U14)	A,B,C,G	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