



2024	Pen 1	Pen 2	Pen 3	Pen 4	Pen 5	Pen 6	Pen 7	Pen 8
Race 1 13:00 Junior Girls	Powys	Eryri	Glamorgan Valleys	North East Wales	Afan Nedd Tawe	Dyfed	South East Wales	Cardiff & The Vale of Glamorgan
Race 2 13:20 Junior Boys	Glamorgan Valleys	Cardiff & The Vale of Glamorgan	Dyfed	Dyfed	Powys	Afan Nedd Tawe	North East Wales	South East Wales
Race 3 13:40 Senior Girls	Afan Nedd Tawe	North East Wales	Powys	South East Wales	Dyfed	Glamorgan Valleys	Cardiff & The Vale of Glamorgan	Eryri
Race 4 14:05 Year 7 Boys	Dyfed	South East Wales	Afan Nedd Tawe	Cardiff & The Vale of Glamorgan	Glamorgan Valleys	Powys	Eryri	North East Wales
Race 5 14:20 Year 7 Girls	South East Wales	Glamorgan Valleys	North East Wales	Powys	Cardiff & The Vale of Glamorgan	Eryri	Afan Nedd Tawe	Dyfed
Race 6 14:35 Senior Boys	North East Wales	Dyfed	Eryri	Glamorgan Valleys	South East Wales	Cardiff & The Vale of Glamorgan	Powys	Afan Nedd Tawe
Race 7 15:00 Middle Girls	Cardiff & The Vale of Glamorgan	Powys	South East Wales	Afan Nedd Tawe	Eryri	North East Wales	Dyfed	Glamorgan Valleys
Race 8 15:20 Middle Boys	Eryri	Afan Nedd Tawe	Cardiff & The Vale of Glamorgan	Dyfed	North East Wales	South East Wales	Glamorgan Valleys	Powys