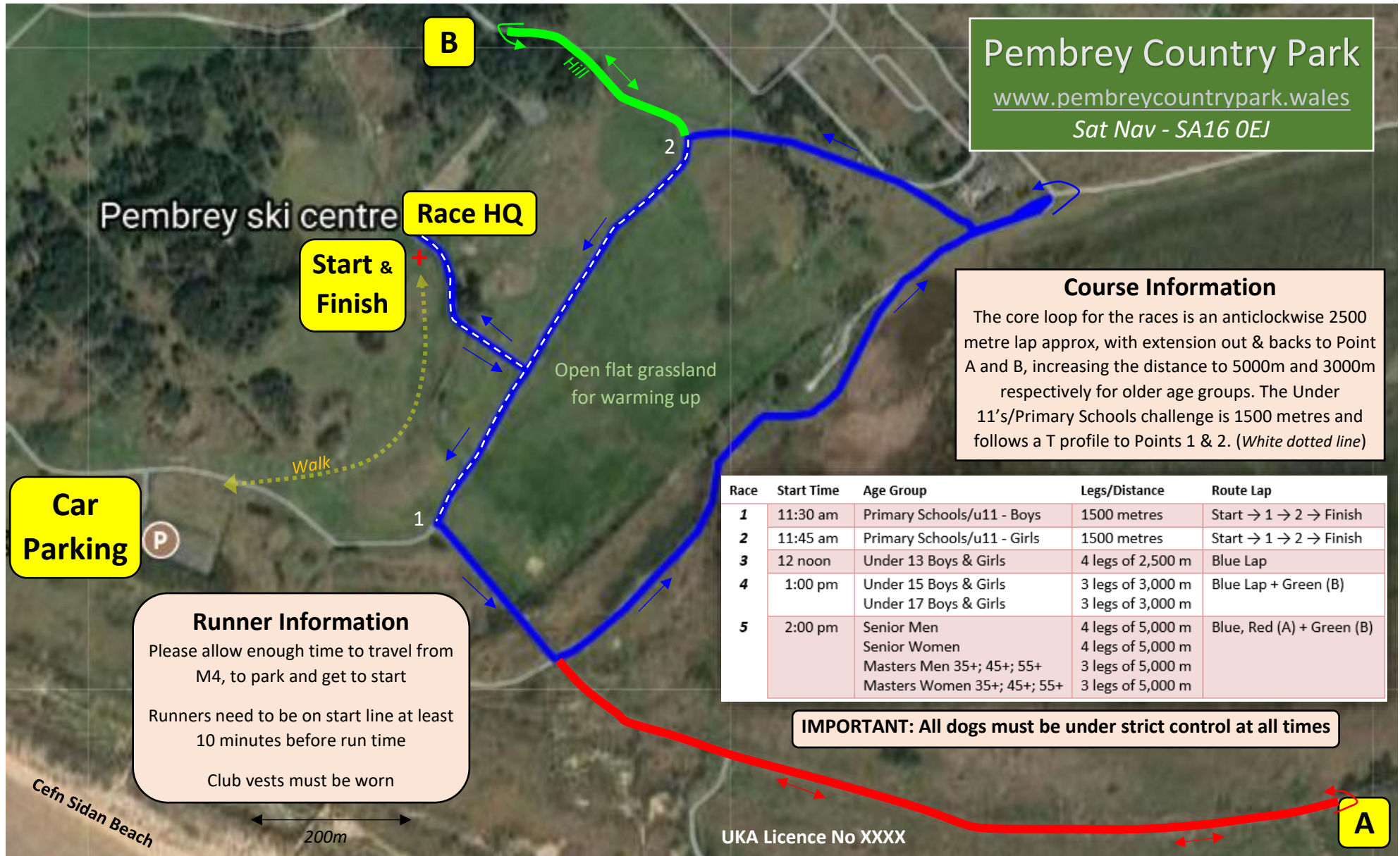


# Welsh Road Relay Championships 2017

Pembrey Country Park, Llanelli Carmarthenshire – Saturday 16<sup>th</sup> September 2017



**Pembrey Country Park**  
[www.pembreycountrypark.wales](http://www.pembreycountrypark.wales)  
 Sat Nav - SA16 0EJ

**Course Information**  
 The core loop for the races is an anticlockwise 2500 metre lap approx, with extension out & backs to Point A and B, increasing the distance to 5000m and 3000m respectively for older age groups. The Under 11's/Primary Schools challenge is 1500 metres and follows a T profile to Points 1 & 2. (White dotted line)

Race	Start Time	Age Group	Legs/Distance	Route Lap
1	11:30 am	Primary Schools/u11 - Boys	1500 metres	Start → 1 → 2 → Finish
2	11:45 am	Primary Schools/u11 - Girls	1500 metres	Start → 1 → 2 → Finish
3	12 noon	Under 13 Boys & Girls	4 legs of 2,500 m	Blue Lap
4	1:00 pm	Under 15 Boys & Girls Under 17 Boys & Girls	3 legs of 3,000 m 3 legs of 3,000 m	Blue Lap + Green (B)
5	2:00 pm	Senior Men Senior Women Masters Men 35+; 45+; 55+ Masters Women 35+; 45+; 55+	4 legs of 5,000 m 4 legs of 5,000 m 3 legs of 5,000 m 3 legs of 5,000 m	Blue, Red (A) + Green (B)

**Runner Information**  
 Please allow enough time to travel from M4, to park and get to start  
 Runners need to be on start line at least 10 minutes before run time  
 Club vests must be worn

**IMPORTANT: All dogs must be under strict control at all times**

**NOTE: It is a £5:00 daily charge per car to enter the park; follow the signs around and you will arrive at the car park indicated**