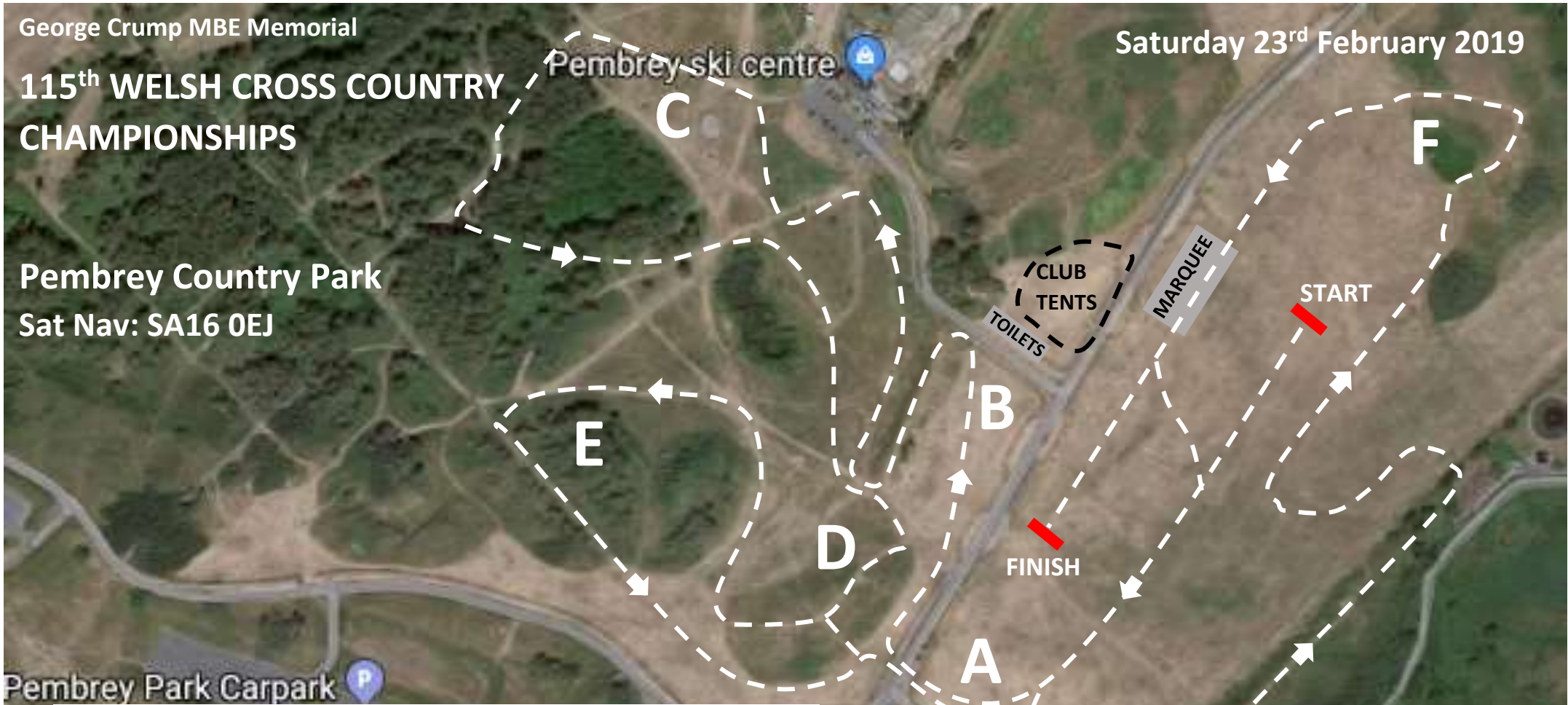


George Crump MBE Memorial

Saturday 23rd February 2019

115th WELSH CROSS COUNTRY CHAMPIONSHIPS

Pembrey Country Park
Sat Nav: SA16 0EJ



Race	Time	Category	Course	Distance
1	11:00	Under 13 Boys	Start, Medium + Finish	3,150m
2	11:15	Under 13 Girls	Start, Medium + Finish	3,150m
3	11:30	Under 15 Boys	Start, Small, Medium + Finish	4,540m
4	11:50	Under 15 Girls	Start, Small, Medium + Finish	4,540m
5	12:15	Senior Women/Masters / M65+	Start, Large, Large + Finish	7,360m
6	13:10	Primary Boys	Start, Small (with shortcut) + Finish	1,550m
7	13:25	Primary Girls	Start, Small (with shortcut) + Finish	1,550m
8	13:40	Under 17 Men	Start, Small, Large + Finish	5,150m
9	14:05	Under 17/20 Women	Start, Small, Large + Finish	5,150m
10	14:35	U20 Men	Start, Large, Large + Finish	7,360m
11	15:10	Senior Men/Masters	Start, Medium, Large, Large + Finish	10,350m

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