

**LISTEN
ENGAGE
REPRESENT**



WELSH ATHLETICS
ATHLETAU CYMRU

Welsh Athletics Road and XC International Standards 2019-2020

Domestic or Development Fixtures

	Senior Men	U20 Men	Senior Women	U20 Women
3K			09:45	10:10
5K	14:30	15:10	17:00	17:50
10K	31:00		35:00	
Half Marathon	67:00		77:00	

International or Performance Fixtures

	Senior Men	Senior Women
5K	14.10	16:10
10K	29:45	33:30
Half Marathon	66:00	76:00