

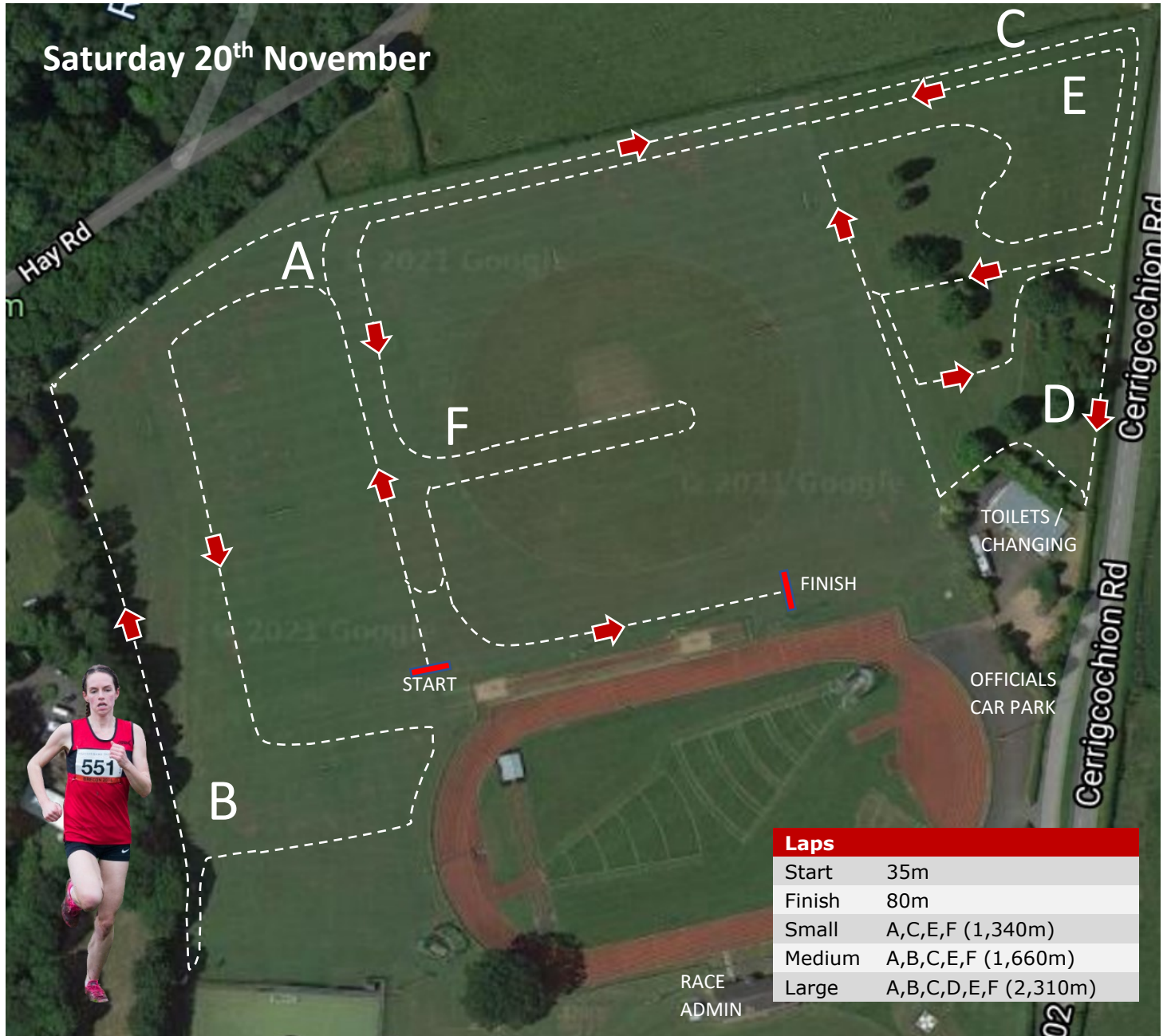
**LISTEN  
ENGAGE  
REPRESENT**

**2021 WELSH INTER-SCHOOLS / INTER-REGIONAL  
CROSS-COUNTRY CHAMPIONSHIPS**

**INC WELSH COLLEGES CHAMPIONSHIPS U17/U20**



**WELSH ATHLETICS  
ATHLETAU CYMRU**



Laps	
Start	35m
Finish	80m
Small	A,C,E,F (1,340m)
Medium	A,B,C,E,F (1,660m)
Large	A,B,C,D,E,F (2,310m)

Race	Time	Age Group	Course	Distance
1	11:30	Primary Girls	Start, 1 Small Lap, Finish	1,455m
2	11:45	Primary Boys	Start, 1 Medium Lap, Finish	1,455m
3	12:00	Senior Women & Masters	Start, 1 Small, 2 Large Laps, Finish	6,075m
4	12:45	School Years 7/8 (U13 Girls)	Start, 1 Large Lap, Finish	2,425m
5	13:00	School Years 7/8 (U13 Boys)	Start, 1 Large Lap, Finish	2,425m
6	13:15	School Years 9/10 (U15 Girls)	Start, 1 Small, 1 Large Lap, Finish	3,765m
7	13:35	School Years 9/10 (U15 Boys)	Start, 1 Small, 1 Large Lap, Finish	3,765m
8	13:55	School Years 11 – 14 (U17 & U20 Women)	Start, 2 Large Laps, Finish	4,735m
9	14:25	School Years 11 – 14 (U17 & U20 Men)	Start, 2 Medium, 1 Large Lap, Finish	5,745m
10	14:50	Senior Men & Masters	Start, 4 Large Laps, Finish	9,355m

**Penlan Arena, Brecon**

**Sat Nav: LD3 9SR**