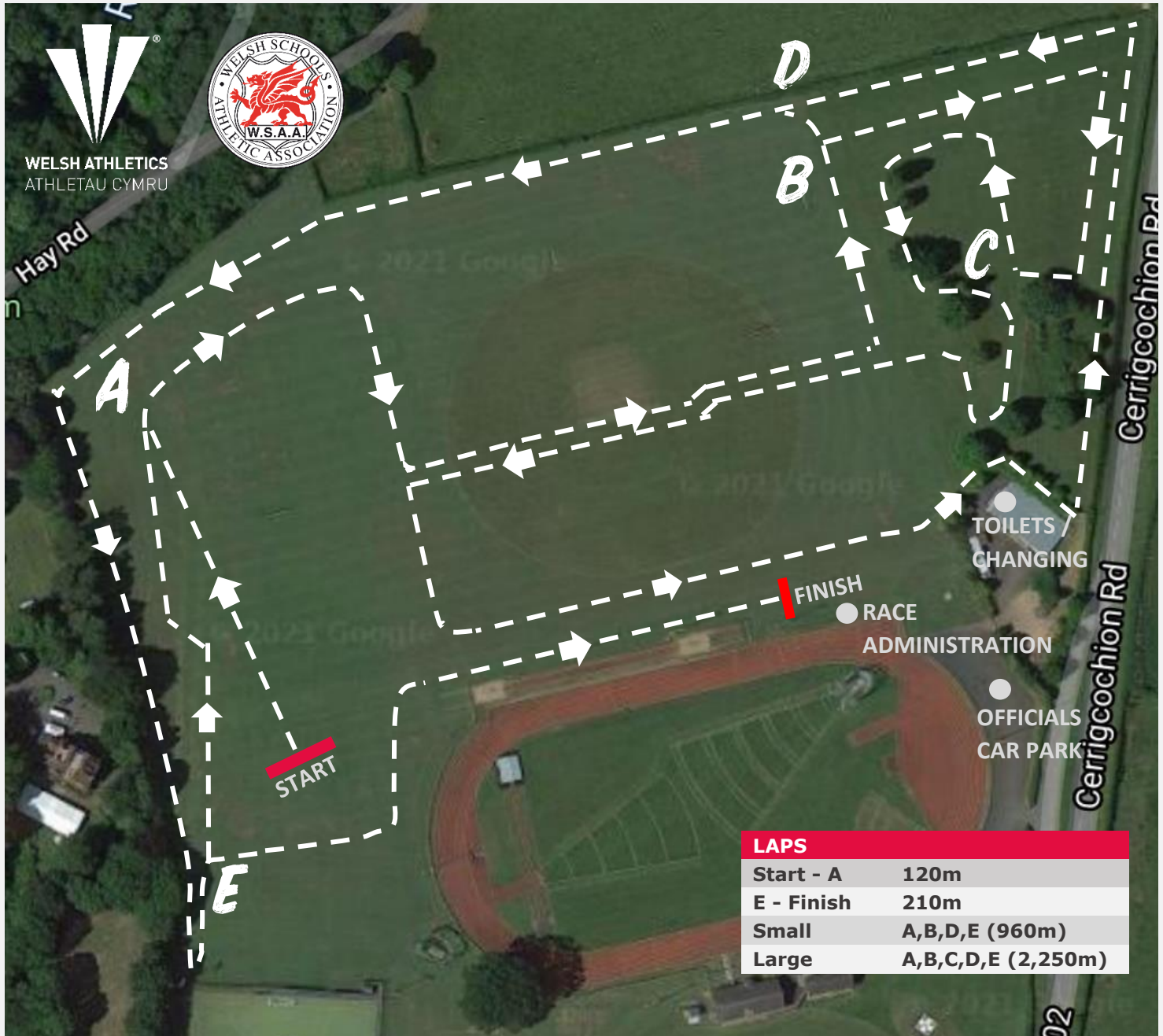


2023 WELSH SCHOOLS NATIONAL CROSS COUNTRY CHAMPIONSHIPS

Penlan Arena, Brecon - Wednesday 15th February: Sat Nav: LD3 9SR



RACE	TIME	AGE GROUP	COURSE	DISTANCE
1	13:00	Junior Girls	Start, 1 Small, 1 Large Lap, Finish	3,540m
2	13:20	Junior Boys	Start, 2 Small, 1 Large Lap, Finish	4,500m
3	13:40	Senior Girls	Start, 2 Large Laps, Finish	4,830m
4	14:05	Year 7 Boys	Start, 1 Large Lap, Finish	2,580m
5	14:20	Year 7 Girls	Start, 1 Large Lap, Finish	2,580m
6	14:35	Senior Boys	Start, 1 Small, 2 Large Laps, Finish	5,790m
7	15:00	Middle Girls	Start, 2 Small, 1 Large Lap, Finish	4,500m
8	15:20	Middle Boys	Start, 2 Large Laps, Finish	4,830m