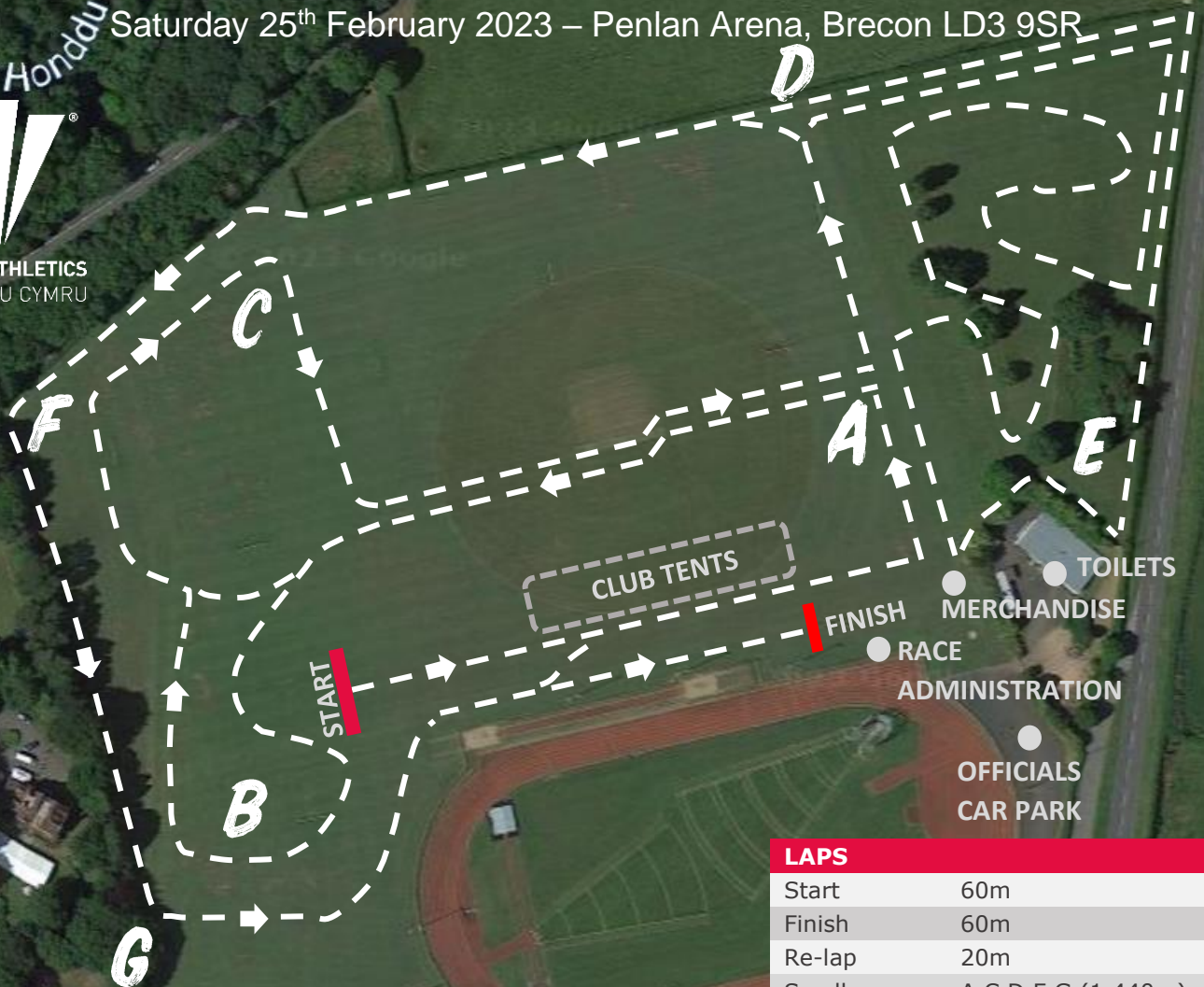


118TH WELSH CROSS COUNTRY CHAMPIONSHIPS

River Honddu Saturday 25th February 2023 – Penlan Arena, Brecon LD3 9SR



WELSH ATHLETICS
ATHLETAU CYMRU



LAPS	
Start	60m
Finish	60m
Re-lap	20m
Small	A,C,D,F,G (1,440m)
Medium	A,B,C,D,F,G (1,660m)
Large	A,B,C,D,E,F,G (2,540m)

RACE	TIME	AGE GROUP	COURSE	DISTANCE
1	11:00	Primary Boys	Start, 1 Small, Finish	1,560m
2	11:10	Primary Girls	Start, 1 Small, Finish	1,560m
3	11:20	U13 Boys	Start, 1 Small, 1 Medium, Finish	3,250m
4	11:35	U13 Girls	Start, 1 Small, 1 Medium, Finish	3,250m
5	11:50	Senior Women & Masters	Start, 1 Medium, 2 Large, Finish	6,890m
6	12:40	Senior Men & Masters	Start, 4 Large, Finish	10,350m
7	13:40	U15 Boys	Start, 1 Medium, 1 Large, Finish	4,330m
8	14:00	U15 Girls	Start, 1 Medium, 1 Large, Finish	4,330m
9	14:25	U17 Men	Start, 2 Large, Finish	5,220m
10	14:45	U17/U20 Women	Start, 2 Large, Finish	5,220m
11	15:10	U20 Men	Start, 1 Medium, 2 Large, Finish	6,890m