

# WELSH INTER-SCHOOLS / INTER-REGIONAL CROSS COUNTRY CHAMPIONSHIPS

INC WELSH COLLEGES CHAMPIONSHIPS U17/U20

SATURDAY 18<sup>TH</sup> NOVEMBER 2023

Race	Time	Age Group	Course	Distance
1	11:15	Years 3 & 4 Primary Girls / Boys	1 Small Lap	1,300m
2	11:30	Years 5 & 6 Primary Girls / Boys	1 Small Lap	1,300m
3	11:45	Senior Women & Masters	1 Small, 2 Large Laps	6,340m
4	12:30	School Years 7/8 (U13 Girls)	1 Large Lap	2,520m
5	12:50	School Years 7/8 (U13 Boys)	1 Large Lap	2,520m
6	13:05	School Years 9/10 (U15 Girls)	1 Small, 1 Large Lap	3,820m
7	13:30	School Years 9/10 (U15 Boys)	1 Small, 1 Large Lap	3,820m
8	13:50	School Years 11 – 14 (U17 & U20 Women)	2 Large Laps	5,040m
9	14:35	School Years 11 – 14 (U17 & U20 Men)	1 Small, 1 Medium, 1 Large Lap	5,810m
10	15:05	Senior Men & Masters	1 Medium, 3 Large Laps	9,550m

Laps	
Start	170m
Finish	130m
Re-lap	300m
Small	A,C,D,E,F (1,000m)
Medium	A,B,C,D,F (1,690m)
Large	A,B,C,D,E,F (2,220m)



River Severn

Barc Trehafren



WELSH ATHLETICS  
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