



WELSH ATHLETICS
ATHLETAU CYMRU

Course Laps

Start & Finish:	240m
Small Lap: A,E	1,360m
Medium Lap: A,B,D,E	2,490m
Large Lap: A,B,C,D,E	3,010m

SIAB / Home Countries
Cross Country International

Margam Park Estate Saturday 25th March

Race	Time	Age Group	Course	Nos	Distance
1	12.00pm	Primary Girls	A,E + Finish	40	1,600m
2	12.10pm	Primary Boys	A,E + Finish	40	1,600m
3	12.20pm	U15G (Junior Girls)	A,B,C,D,E + Finish	32	3,250m
4	12.40pm	U15B (Junior Boys)	(A,E), (A,B,C,D,E) + Finish	32	4,610m
5	1.00pm	U17W (Middle Girls)	(A,E), (A,B,C,D,E) + Finish	32	4,610m
6	1.30pm	U17M (Middle Boys)	(A,B,C,D,E), (A,B,C,D,E) + Finish	32	6,260m
7	2.00pm	U20W (Senior Girls)	(A,B,D,E), (A,B,D,E) + Finish	44	5,220m
8	2.30pm	U20M (Senior Boys)	(A,E), (A,B,D,E), (A,B,C,D,E) + Finish	44	7,100m
9	3.00pm	Senior Women	(A,E), (A,B,D,E), (A,B,C,D,E) + Finish	40	7,100m
10	3.30pm	Senior Men	(A,E), (A,B,D,E), (A,B,C,D,E), (A,B,C,D,E) + Finish	40	10,110m

