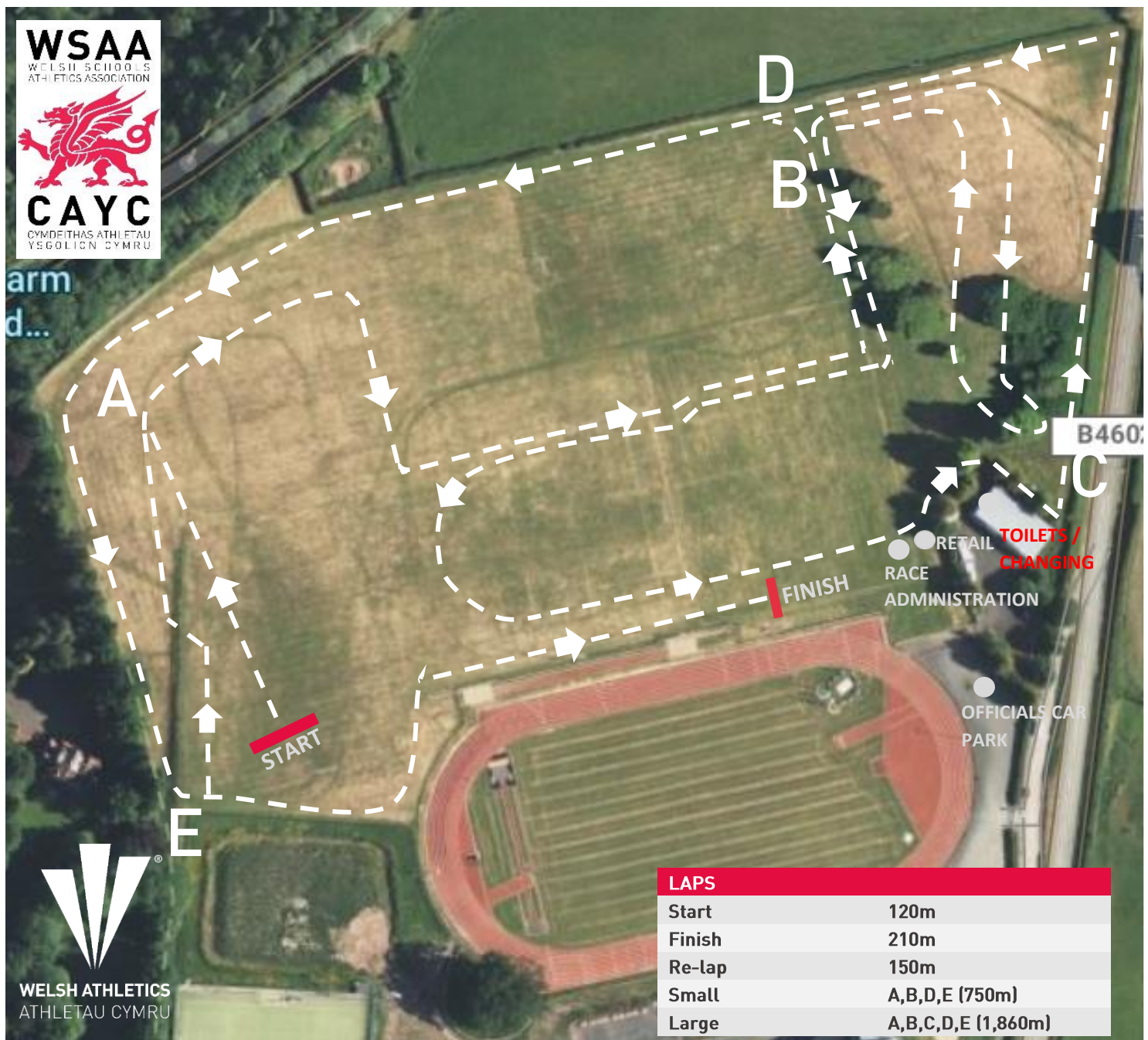


# 2025 WELSH INTER-SCHOOLS CROSS COUNTRY CHAMPIONSHIPS

Penlan Arena, Brecon: Sat Nav: LD3 9SR

Wednesday 22<sup>th</sup> October



LAPS	
Start	120m
Finish	210m
Re-lap	150m
Small	A,B,D,E (750m)
Large	A,B,C,D,E (1,860m)

RACE	TIME	AGE GROUP	COURSE	DISTANCE
1	13:00	Junior Girls (School Years 7/8)	Start, 1 Large Lap, Finish	2,340m
2	13:20	Junior Boys (School Years 7/8)	Start, 1 Large Lap, Finish	2,340m
3	13:40	Middle Girls (School Years 9/10)	Start, 1 Small Lap, 1 Large Lap, Finish	3,090m
4	14:05	Middle Boys (School Years 9/10)	Start, 1 Small Lap, 1 Large Lap, Finish	3,090m
5	14:30	Senior Girls (School Years 11 – 14)	Start, 2 Large Laps, Finish	4,200m
6	15:00	Senior Boys (School Years 11 – 14)	Start, 2 Large Laps, Finish	4,200m