

# 2022 WELSH INTER-SCHOOLS / INTER-REGIONAL CROSS COUNTRY CHAMPIONSHIPS

INC WELSH COLLEGES CHAMPIONSHIPS U17/U20

Monmouthshire  
Showground

SATURDAY 19<sup>TH</sup> NOVEMBER 2022

MONMOUTHSHIRE  
SHOWGROUND

REDBROOK ROAD (NP25 4LG)

Race	Time	Age Group	Course	Distance
1	11:20	Years 3 & 4 Primary Girls / Boys	1 Small Lap	1,390m
2	11:40	Years 5 & 6 Primary Girls / Boys	1 Small Lap	1,390m
3	12:00	Senior Women & Masters	1 Small, 2 Large Laps	6,150m
4	12:40	School Years 7/8 (U13 Girls)	1 Large Lap	2,390m
5	13:00	School Years 7/8 (U13 Boys)	1 Large Lap	2,390m
6	13:15	School Years 9/10 (U15 Girls)	1 Small, 1 Large Lap	3,770m
7	13:40	School Years 9/10 (U15 Boys)	1 Small, 1 Large Lap	3,770m
8	14:00	School Years 11 – 14 (U17 & U20 Women)	2 Large Laps	4,770m
9	14:30	School Years 11 – 14 (U17 & U20 Men)	2 Medium, 1 Large Lap	5,730m
10	15:00	Senior Men & Masters	4 Large Laps	9,530m

Laps	
Start	40m
Finish	40m
Re-lap	70m
Small	A,B,C,F (1,310m)
Medium	A,B,C,D,F (1,600m)
Large	A,B,C,D,E,F (2,310m)



**LISTEN  
ENGAGE  
REPRESENT**



WELSH ATHLETICS  
ATHLETAU CYMRU



MONMOUTHSHIRE  
SHOW