



WELSH ATHLETICS
ATHLETAU CYMRU

COURSE LAPS

Small Lap: **A,B,F,G** = 1,250m

Medium Lap: **A,B,C,E,F,G** = 2,740m

Big Lap: **A,B,C,D,E,F,G** = 3,200m

COURSE DETAILS

U11 Boys & Girls 1 x Small = 1,250m

U13 Boys & Girls 1 x Medium Lap = 2,780m

U15 Boys & Girls 1 x Big Lap = 3,200m

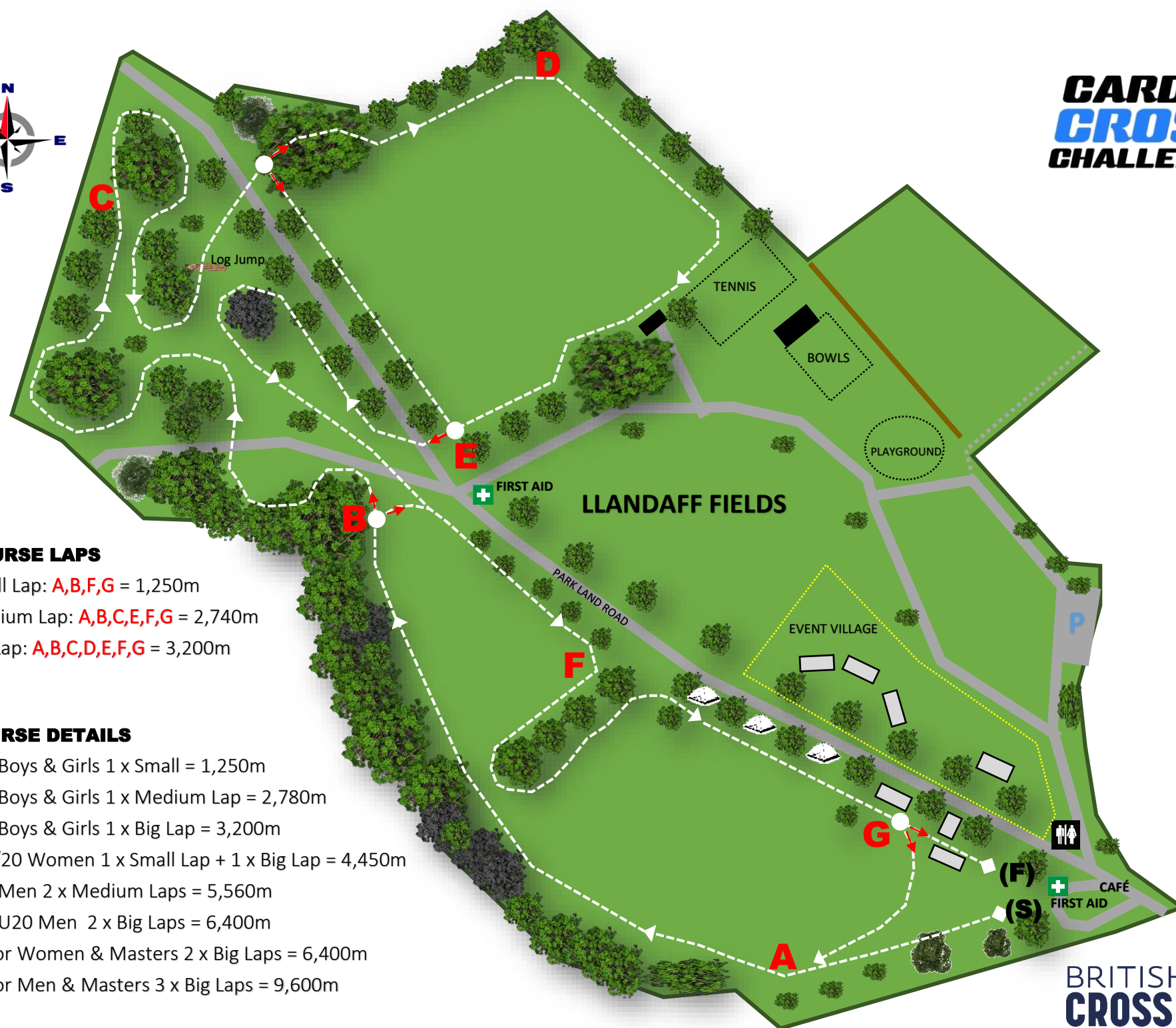
U17/20 Women 1 x Small Lap + 1 x Big Lap = 4,450m

U17 Men 2 x Medium Laps = 5,560m

U20 U20 Men 2 x Big Laps = 6,400m

Senior Women & Masters 2 x Big Laps = 6,400m

Senior Men & Masters 3 x Big Laps = 9,600m



BRITISH ATHLETICS
CROSS CHALLENGE