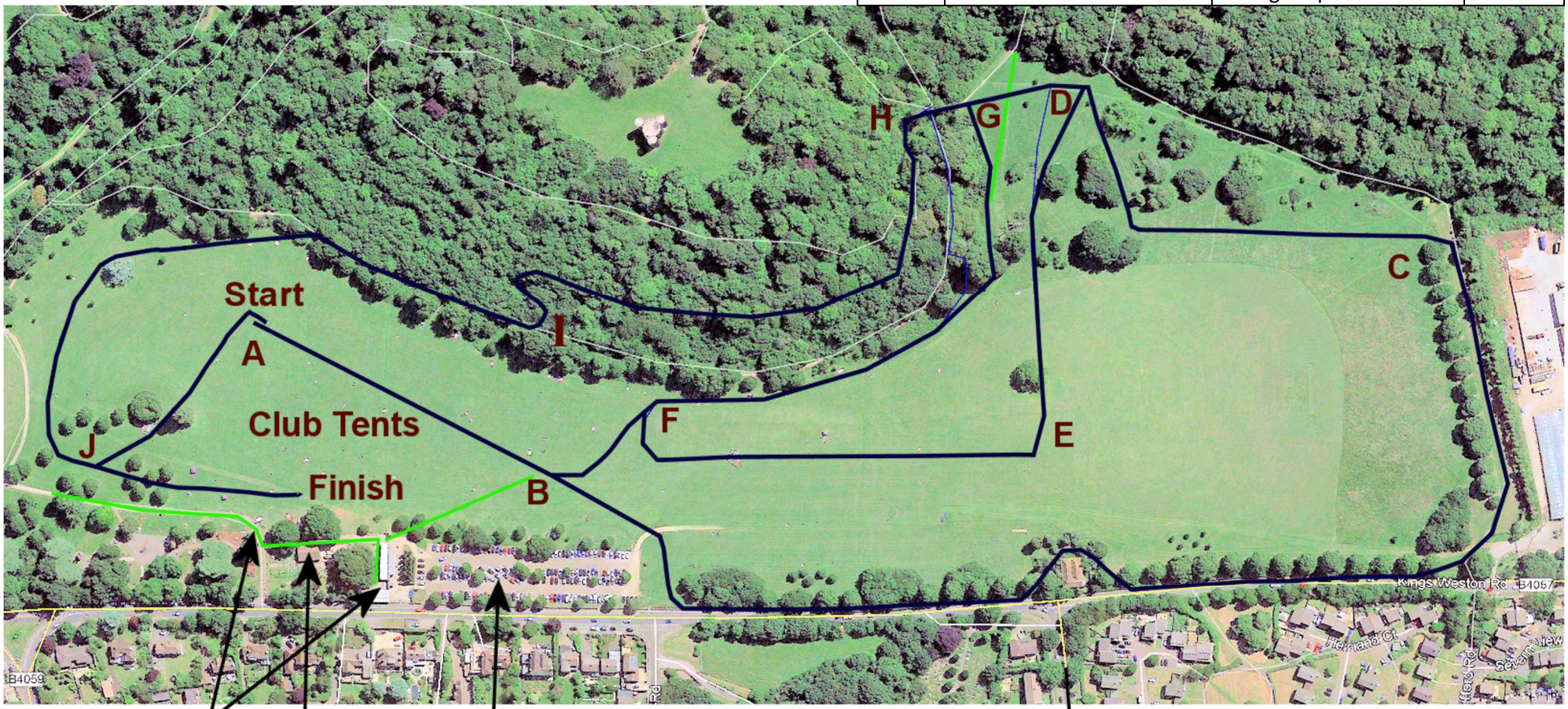
Gwent League, Blaise Castle, Saturday 2nd March 2019

Small Lap	A – B – F – G – H – I – J – (A or Finish)	1600m
Medium Lap	A – B – C – D – H – I – J – (A or Finish)	2400m
Large Lap	A – B – C – D – E – F – G - H – I – J – (A or Finish)	3100m

Presentations (approximate)	U11G, U1B, U13G, U13B	1:25
	U15G, U15B	2:05
	U17W, U20W, U17M, U20M	3:30

11:50	U11 Girls	1 Small Lap	1600m
12:00	U11 Boys	1 Small Lap	1600m
12:10	U13 Girls	1 Medium Lap	2400m
12:25	U13 Boys	1 Medium Lap	2400m
12:40	U15 Girls	1 Small + 1 Medium Lap	4000m
1:00	U15 Boys	1 Small + 1 Medium Lap	4000m
1:20	Senior Women + Masters	2 Large Laps	6200m
2:00	U17/U20 Women	1 Small + 1 Large Lap	4700m
2:30	U17/U20 Men	1 Medium + 1 Large Lap	5500m
3:00	Senior Men	3 Large Laps	9300m



Club House: Presentations in front, T-Shirts inside
Registration at side (team managers only)

Beware! Green Man Ultramarathon Runners Crossing (Cafe - B - F - G - D)

Car Parking will be difficult; Please arrive early and be prepared to walk to the course (updated 27/2/19)