



Gwent League Saturday 14th October 2023

Pembrey Country Park, SA16 0EJ.

Race day information - Lap distances

Small Lap	Start A, F	(1.3km)
Medium Lap	Start A, B, E, F	(3.4km)
Large Lap	A, B, C, D, E, A, F	(4.4km)
Finish	250m	
Link	100m	

Race	Start Time	Age Group	Course Description	Distance
1	11:30	Under 11 Girls	Small lap and finish	1.55km
2	11:40	Under 11 Boys	Small lap and finish	1.55km
3	11:50	Under 13 Girls	Start, 2 small and finish	2.95km
4	12:05	Under 13 Boys	Start, 2 small and finish	2.95km
5	12:20	Under 15 Girls	Start, 1 medium + finish	3.65km
6	12:40	Under 15 Boys	Start, 1 medium + finish	3.65km
7	13:00	Senior Women and Masters	Start, 2 medium and finish	7.15km
8	13:45	Under 17/20 Women	Start, 1 large and finish	4.65km
9	14:10	Under 17/20 Men	Start, 1 large and finish	4.65km
10	14:35	Senior Men and Masters	Start, 2 large and finish	9.15km