



John H Collins Gwent League Saturday 10th February 2024

Margam Country Park SA13 2TL

Race day information

Lap details (distances are approximate)

Small lap	Start, A, B, C	0,7km
Medium lap	Start, A, D, B, C	1,1km
Large lap	Start, A, E, D, B, C Finish	2,6km

Race Schedule (distances are approximate)

Race	Start time	Age Group	Course	Dist.
1	11:30	U11 Girls	Start +1 Small lap + 1 Med lap	1,8 km
2	11:40	U11 Boys	Start +1 Small lap + 1 Med lap	1,8 km
3	11:50	U13 Girls	Start +2 x Med lap	2,2km
4	12:05	U13 Boys	Start +2 x Med lap	2,2km
5	12:20	U15 Girls	Start +1 x Small + 2 x Med lap	2,9km
6	12:40	U15 Boys	Start +1 x Small + 2 x Med lap	2,9km
7	13:00	Snr Women & Masters	Start +1 x Med lap + 2 x large la	6,3km
8	13:45	U17/20 Women	Start +1 x Med lap +1 x large lap	3,7km
9	14:10	U17/20 Men	Start +2 x Med lap +1x Large lap	4,8km
10	14:35	Snr Men & Masters	Start +1 x Med lap +3 x Large laps	8,9km

