



## John H Collins Gwent League Saturday 11<sup>th</sup> October 2025

**Margam Country Park SA13 2TL**

**Incorporating the West Wales Cross Country Championships**

**All distances are approximate**

<b>Small lap</b>	Start, A, D, E - Lap or Finish	0,5km
<b>Medium lap</b>	Start, A, B, D, E - Lap or Finish	1,0km
<b>Large lap</b>	Start, A, B, C, D, E – Lap or Finish	2,6km

<b>Race</b>	<b>Start</b>	<b>Age Group</b>	<b>Course</b>	<b>Dist (km)</b>
1	11:00	U11G	Start + ! Small lap + 1Med lap +Finish	1,5
2	11:10	U11B	Start + ! Small lap + 1Med lap + Finish	1,5
3	11:30	U13G	Start + 2 Med laps + Finish	2
4	11:45	U13B	Start + 2 Med laps + Finish	2
5	12:10	U15G	Start + 1 Small lap + 1 Large lap + Finish	3,1
6	12:30	U15B	Start + 1 Small lap + 1 Large lap + Finish	3,1
7	13:15	Snr Wmn & +65 Men	Start + 1 Med lap + 2 Large laps + Finish	6,2
8	14:00	U17/20 Women	Start + 2 Large laps + Finish	5,2
9	14:25	U17/20 Men	Start + 2 Large laps + Finish	5,2
10	14:50	Snr Men & Masters	Start + 1 Med Lap 3 Large laps + Finish	8,8

**Please Note:- Limited parking available. Car sharing and thoughtful parking will help. When the carpark is full, cars will be directed to the main carpark 1mile away and pay £4,90/car. No parking on grass verges under any circumstances. See car parking instructions on the League web site**



First Aid

Small Lap A-D-E (0,5Km)  
Med Lap A-B-D-E (1Km)  
Large Lap A-B-C-D-E (2,6Km)

C

B

D

A

E

Finish

First Aid

Start

Club Tents