



120TH WELSH CROSS COUNTRY CHAMPIONSHIPS

PEMBREY COUNTRY PARK, SA16 0EJ

25 JANUARY 2025



WELSH ATHLETICS
ATHLETAU CYMRU

COURSE LAPS

Start & Finish:	120m
Re-Lap:	85m
Small Lap: A,B,E,F	1,400m
Large Lap: A,B,C,D,E,F	2,480m