



Gwent League Saturday 4th December 2021

Pembrey Country Park, SA16 0EJ.

Race day information

Lap details (distances are approximate)

Small Lap	A,B,F	1.42km
Medium Lap	A,B,C,E,F	3.6km
Large Lap	A,B,C,D, C, E,F	4.8km

Race Schedule (distances are approximate)

Race	Time	Age Group	Course Description	Distance
1	11.30	Under 11 Girls	Start, 1 small + finish	1.6km
2	11.40	Under 11 Boys	Start, 1 small + finish	1.6km
3	11.50	Under 13 Girls	Start, 2 small + finish	3km
4	12.05	Under 13 Boys	Start, 2 small + finish	3km
5	12.20	Under 15 Girls	Start, 1 medium + finish	3.7 km
6	12:40	Under 15 Boys	Start, 1 medium + finish	3.7km
7	13.00	Senior Women and Masters	Start, 2 mediums + finish	7.3km
8	13.45	Under 17/20 Women	Start, 1 large + finish	5km
9	14.10	Under 17/20 Men	Start, 1 large + finish	5km
10	14.35	Senior Men and Masters	Start, 2 large + finish	9.8km