



Swansea Harriers

Singleton Park, Swansea SA2 8PY

Registration  
(Ty Blodau)

Toilets

Swiss  
Cottage

Start  
Finish

Club  
Tents

First  
Aid

To Car Park

**John H Collins Gwent Cross Country League  
Singleton Park, Saturday 19th March 2022**

**Timetable**

11:30 U11 Girls	11:40 U11 Boys
11:50 U13 Girls	12:05 U13 Boys
12:20 U15 Girls	12:40 U15 Boys
13:00 Snr Wmn/Masters	13:45 U17/U20 Women
14:10 U17/20 Men	14:35 Snr Men/Masters

Small lap Start -A-B-C-B-A or Finish  
 Med lap Start -A-B-D-E-G-D-B-A or Finish  
 Large lap Start -A-B-C-D-E-F-G-D-B-A or Finish

U11Boys/Girls = 1 x Small lap (1,5Km)  
 U13Boys/Girls = 1 x Med lap (2,3Km)  
 U15 Boys/Girls = 2 x Small laps (3,0Km)  
 U17/20 Men/Women = 2 x Med laps (4,6Km)  
 Snr Wmn/Masters = 2 x Large laps (6,0Km)  
 Snr Men/Masters = 3 x Large laps (9,0Km)