



John H Collins Gwent Cross-country League
Pembrey Country Park SA16 0EJ Saturday 10th October 2026
Incorporating the West Wales Cross Country Championships

All distances are approximate



Laps	Course Laps	Distances
Small Lap	Start A, F	1,3km
Medium Lap	Start A, B, E, F	3,4km
Large Lap	Start A, B, C, D, E, A, F	4,4km
Finish		250m
Link		100m

Race	Start Time	Age Groups	Course Description	Distance
1	11:30	Under 12 Girls	Small lap & finish	1,55km
2	11:40	Under12 Boys	Small lap & finish	1,55km
3	11:50	Under14 Girls	Start, 2 small & finish	2,95km
4	12:05	Under 14 Boys	Start 2 small & finish	2,95km
5	12:20	Under 16 Girls	Start 1 medium & finish	3,65km
6	12:40	Under 16 Boys	Start, 1 medium & finish	3,65km
7	13:00	Senior Women & MM65	Start 2 medium & finish	7,15km
8	13:45	Under 18/20 Women	Start 1 large & finish	4,65km
9	14:10	Under 18/20 Men	Start 1 large & finish	4,65km
10	14:35	Senior Men & Masters	Start 2 large & finish	9,15km



Pembrey Country Park SA16 0EJ
Saturday 10th October 2026
Incorporating the West Wales Cross Country Championships
(with thanks to Neil Thomas for the course planning)

