



EVENT PROGRAMME

Race Time Event

- 1 11:00 – **Under 11 Girls** (& Primary Schools) 1 Mile Challenge
- 2 11:15 – **Under 11 Boys** (& Primary Schools) 1 Mile Challenge
- 3 11:30 – **Under 13 Girls** Welsh Mile Road Race Championships
- 4 11:45 – **Under 13 Boys** Welsh Mile Road Race Championships
- 12:00 – **PRESENTATIONS** races 1, 2, 3, 4.
Winners should assemble at the presentation stage on City Hall Lawns
- 5 12:15 – **Cardiff University Student Life Fun Run 2.4km**
- 6 12:40 – **Toddler Dash** (25 mins)
- 7 13:05 – **Mascot Races** (20 mins)
- 8 13:30 – **Senior Men/Under 20 Men** Welsh Mile Road Race Championships
- 9 13:45 – **Family Fun Run** (50 mins) Includes presentations of races 8 & 9.
- 10 14:35 – **Come and Try Mile for Non-Club Runners**
- 11 14:55 – **Senior Women/Under 20 Women** Welsh Mile Road Race Championships
- 12 15:05 – **Under 15 Girls** Welsh Mile Road Race Championships
- 13 15:15 – **Under 15 Boys** Welsh Mile Road Race Championships
- 14 15:25 – **Under 17 Women** Welsh Mile Road Race Championships
- 15 15:35 – **Under 17 Men** Welsh Mile Road Race Championships
- 15:45 – **PRESENTATIONS** races 11, 12, 13, 14, 15.
Winners should assemble at the presentation stage on City Hall Lawns
- 16 16:00 – **Master Men** (M35, M40, M45) Open Mile Road Race and British/Welsh Championship
- 17 16:10 – **Master Men** (M50, M55, M60) Open Mile Road Race and British/Welsh Championship
- 18 16:20 – **Master Women** (W35, W40, W45, W50/55/60/65/70/75+, M65/70/75+) Open Mile Road Race and British/Welsh Championship
- 16:30 – **PRESENTATIONS** races 16, 17 and 18
Winners should assemble at the presentation stage on City Hall Lawns