

Race No.	Distance	Time	Event	Entries	Total in Race
Race 1	2km	08:30	Womens Student	40	30
Race 2	2km	08:50	Womens Student	(10)	30
			Mens Student	(20)	
Race 3	2km	09:10	Mens Student	49	29
Race 4	2km	09:30	Mens Student Lwt	20	20
Race 5	2km	09:50	Womens Student Lwt	10	15
			2000m Women Open (carry scores to later)	2	
			2000m Women W30+ (carry scores to later)	2	
			2000m Women W40+ (carry scores to later)	1	
Race 6	1km	10:10	Student Fresher Men	96	26
Race 7	1km	10:20	Student Fresher Men		26
Race 8	1km	10:30	Student Fresher Men		26
Race 9	1km	10:40	Student Fresher Men		18
Race 10	1km	10:50	Student Fresher Women	79	28
Race 11	1km	11:00	Student Fresher Women		27
Race 12	1km	11:10	Student Fresher Women		26
			Adaptive AR3/PR3	2	
			(Medal Ceremony for above events)		
Race 13	2km	11:40	Womens Open Lwt	2	28
			Womens 30+ Lwt	2	
			Womens 40+ Lwt	2	
			Womens 50+ Lwt	5	
			Womens 60+ Lwt	1	
			Womens J16	10	
			Womens J17	3	
			Womens J18	1	
			Mens 70+ Lwt	2	
Race 14	2km	12:00	Mens 30+	17	29
			Mens 60+	6	
			Mens 60+ Lwt	6	
Race 15	2km	12:20	Mens Open Lwt	6	26
			Mens 30+ Lwt	8	
			Mens 40+ Lwt	6	
			Mens 50+ Lwt	6	
			(Medal Ceremony for above events)		
Race 16	2km	13:00	Womens Open	3 (+2)	28
			Mens 50+	7	
			Womens 30+	10 (+2)	
			Womens 40+	8 (+1)	
Race 17	2km	13:20	Womens 50+	2	29
			Womens 60+	3	
			Mens 40+	21	
			Mens 70+	3	

Race No.	Distance	Time	Event	Entries	Total in Race
Race 18	2km	13:40	Mens Open	19	30
			Mens J16	9	
			Mens J17	1	
			Mens J18	1	
			(Medal Ceremony for above events)		
Race 20	5 mins	14:20	MJ15	14	21
			WJ15	7	
Race 21	4 mins	14:30	MJ14	12	14
			WJ14	2	
Race 22	3 mins	14:40	MJ13	3	11
			WJ13	8	
Race 23	2 mins	14:50	MJ12	1	17
			WJ12	3	
			MJ11	8	
			WJ11	5	
			<u>500 Metre Sprints</u>		
Race 24	500m	15:10	Mens Open Lwt	5	30
			Mens 40+	11	
			Mens 40+ Lwt	10	
			Womens 40+ Lwt	4	
Race 25	500m	15:20	Womens Open	12	29
			Womens Open Lwt	3	
			Womens 40+	6	
			Womens 60+	3	
			Mens 60+	5	
Race 26	500m	15:30	Mens Open	30	30
			(Medal Ceremony for Sprint events)		
Race 27	1km	15:50	<u>Welsh Universities Varsity Race</u>		
			<u>100 Metre Sprints</u>		
Race 28	100m	16:10	Womens Open	26	26
Race 29	100m	16:20	Mens Open		(men) 27
Race 30	100m	16:30	Mens Open	53	26
			(Medal Ceremony for Sprint events)		
			<u>3000 Metre Team Relay</u>		
Race 31	3km	16:40	Mixed Team	14	14
Race 32	3km	17:00	Womens Team	10	15
			<i>Mens Team</i>	5	
Race 33	3km	17:20	Mens Team	19	14