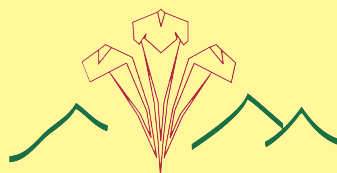


**CYMDEITHAS
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www.wfra.org.uk

**WELSH
FELL
RUNNERS
ASSOCIATION**

2018

WFRA WELSH CHAMPIONSHIPS

The following races are to be included in the championships:

| | | |
|----------------------------|---------------------------|------------|
| Saturday March 31 | Llanbedr-Blaenafon | (L) |
| Saturday May 19 | Cader Idris | (M) |
| Saturday June 2 | 1000mtrs | (L) |
| Saturday June 9 | Tal y Mignedd | (S) |
| Saturday June 30 | Middletown Show | (S) |
| Saturday October 14 | Breidden Hills | (S) |

Presentations for the Championships will be made after the Breidden Hills race

The AGM will take place after the presentations

SCORING APPROACH

A competitor's best results from up to 4 of the 6 races will be counted in the Championship.

To qualify in the Championship each competitor must:

Be a paid up member of the WFRA as at 1st April 2018

Have completed a minimum of three Championship races

For the Senior, V40 and V50 age categories have completed a 'Long' U23, V60 & V70 age categories do not need to undertake a 'Long'

Age categories are as follows:

Senior, u/23, V40, V50, V60 and V70

Other categories can be introduced if there is demand.