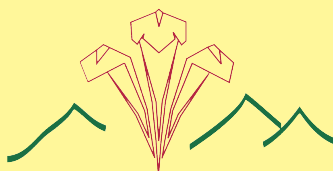


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**WELSH
FELL
RUNNERS
ASSOCIATION**

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)
Sunday 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.