

CARDIFF CROSS CHALLENGE

Saturday 13th October

incorporating;

Meeting 1: British Athletics Cross Challenge Series
Meeting 1: Gwent Cross country league

COURSE DETAILS

- Under 11 Boys & Girls 1 x Small Lap = 1,250m
- Under 13 Boys & Girls 1 x Medium Lap = 2,780m
- Under 15 Boys & Girls 1 x Big Lap = 3,200m
- Under 17/20 Women 1 x Small, 1 x Big Lap = 4,450m
- Under 17 Men 2 x Medium Lap = 5,560m
- Under 20 Men 2 x Big Lap = 6,400m
- Senior Women & Masters 2 x Big Lap = 6,400m
- Senior Men & Masters 3 x Big Lap = 9,600m

COURSE LAPS

- Small lap: A,B,F,G = 1,250 Metres
- Medium Lap: A,B,C,E,F,G = 2,740 Metres
- Big Lap: A,B,C,D,E,F,G = 3,200 Metres

