



BRITISH ATHLETICS CROSS CHALLENGE

CARDIFF CROSS CHALLENGE 14.10.2017
LLANDAFF FIELDS

Incorporating;
Meeting 1: British Athletics Cross Challenge Series
Meeting 1: Gwent Cross Country League

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

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 = 9600m

