

# CARDIFF CROSS CHALLENGE



BRITISH ATHLETICS  
CROSS CHALLENGE

## 2018/2019 BRITISH ATHLETICS CROSS CHALLENGE SERIES - 1

## 2018/2019 GWENT CROSS COUNTRY LEAGUE - 1

Time	Race Age Group	Laps	Lap Details	Distance
11:30	Under 11 Girls	1 x Small Lap	A,B,F,G + Finish	1,250 m
11:40	Under 11 Boys	1 x Small Lap	A,B,F,G + Finish	1,250 m
11:50	Under 13 Girls	1 x Medium Lap	A,B,C,E,F,G + Finish	2,780 m
12:05	Under 13 Boys	1 x Medium Lap	A,B,C,E,F,G + Finish	2,780 m
12:20	Under 17 Men	2 x Medium Lap	A,B,C,E,F,G + A,B,C,E,F,G + Finish	5,560 m
12:45	Under 17/20 Women	1 x Small Lap 1 x Big Lap	A,B,F,G + A,B,C,D,E,F,G + Finish	4,450 m
13:10	Under 15 Girls	1 x Big Lap	A,B,C,D,E,F,G + Finish	3,200 m
13:25	Under 15 Boys	1 x Big Lap	A,B,C,D,E,F,G + Finish	3,200 m
13:40	Senior & Master Women	2 x Big Lap	A,B,C,D,E,F,G + A,B,C,D,E,F,G + Finish	6,400 m
14:25	Under 20 Men	2 x Big Lap	A,B,C,D,E,F,G + A,B,C,D,E,F,G + Finish	6,400 m
14:55	Senior & Master Men	3 x Big Lap	A,B,C,D,E,F,G + A,B,C,D,E,F,G + A,B,C,D,E,F,G + Finish	9,600 m

**Competitors:** Must be on the Start line 5 minutes before their start time. Ensure that you have your race number attached to the front of your vest. Your race chip is attached to your race number and must not be removed.

**The Course:** Will be run on open parkland fields with a small woodland section.

**Footwear:** Cross Country Spikes or Trail Shoes.

**Distance:** Small Lap 1,250 Metres, Medium Lap 2,780 Metres, and Big Lap 3,200 Metres.

**Event Rules:** This event will be run under British Athletics and IAAF rules.

**Prize list:** British Athletics Cross Challenge Races U13, U15, U17, U20, Seniors, for Male & Females (British Only)

Additional prize pot for Senior Races.