

LLANDAFF FIELD INCORPORATING

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

COURSE LAPS

Small Lap: A,B,F,G = 1250 Metres

Medium Lap: A,B,C,F,G = 2740 Metres

Big Lap: A,B,C,D,E,F,G = 3200 Metres

COURSE DETAILS

U11 Boys & Girls 1 x Small = 1250 Metres
U13 Boys & Girls 1 x Medium Lap = 2780 Metres
U15 Boys & Girls 1 x Big Lap = 3200 Metres
U17/20 Women 1 x Small Lap + 1 x Big Lap = 4450 Metres
U17 Men 2 x Medium Laps = 5560 Meters
U20 Men 2 x Big Laps = 6400 Metres
Senior Women & Masters 2 x Big Laps = 6400 Metres
Senior Men & Masters 3 x Big Laps = 9600 Metres



CARDIFF CROSS CHALLENGE