

CARDIFF CROSS CHALLENGE

Chip Timing Information

Your race timing chip is attached to your race number. There are two chips per race number: one at the top and one at the bottom. The actual chip is under the foam spacer and must not be removed.

Your timing chip has a race number and a do not remove message. The race number and the timing chip number should be the same.

- 1. Do not pierce the chip when attaching your number with safety pins.**
- 2. Do not cover your number when crossing the finish line this normally happens when stopping a stop watch.**
- 3. Use four pins to attach your number so it is clear to marshals. Please use one safety pin for each corner.**
- 4. Your race number must be worn on your chest and not your leg or arm or on your back.**

Medical conditions:

If you have a medical condition, it is vital that you notify the race organisers on the day. Please also write details of your condition or any medication you are taking, on the reverse of your race number. For example: asthma, diabetes, notable allergies, and cardiac conditions. Please read all the information on www.runnersmedicalresource.com/en/ before taking part in the race.

Athletes are required to collect their race numbers and chip on the day from race HQ which will be located adjacent to the Start & Finish Area.

Timings:

You can pick up your number & Chip from Race HQ (9.30 to 2pm). Registration will close 15 minutes before the start of each race.

School team managers must pick up all of their team race numbers for their teams. All competitors must be on the start line 5 minutes before their start time (remember that no chip means no time and no result).



BRITISH ATHLETICS
CROSS CHALLENGE