

Cardiff Cross Challenge inc John Collins Gwent Cross Country League 1 Saturday 12th October, Llandaff Fields, Cardiff

Please read the below information very carefully, this will help you have a more enjoyable day.

Arrival:

We would encourage participants to use sustainable transport methods where possible, either travelling by bicycle or by public transport.

If you do need to travel by car, event car parking is available at Cardiff Metropolitan University and at WJEC Headquarters which are both within 300 metres of the course. We advise competitors not to travel directly by vehicle to the park entrance on Cathedral Road to avoid congestion in the residential area of Pontcanna.

Cardiff Metropolitan University, Sat Nav: CF5 2YB
W.J.E.C. Headquarters, Sat Nav:CF5 2YX

Timings:

You can pick up your number & Chip from Race HQ (white marquee across the main pathway from the start / finish area) between 9.30 to 2pm. If you have indicated that you also want to be included in the John Collins Gwent League, it is recommended that you let your club team manager know but they will not need to register you.

School team managers must pick up all 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).

Timing Information

You will receive an ankle timing chip when you collect your race number. This will need to be removed following the race at the end of the race funnel and placed in the bins provided.

You will also be given a finishers disc. If you are competing in the Gwent League, you will need to give the disc to your club team manager in the usual way. If you are not, this can be placed in the bins along with your ankle timing chip.

Please note: Your race number must be securely fastened to the front of your running vest using four pins.

Medical conditions:

If you have a serious medical condition, it is vital that you notify the race organisers in advance. 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.

Prize Money:

Prize money for 2019 is as follows;

Age Group	Prize	Age Group	Prize
Senior Men 1st	500.00	Senior Women 1st	500.00
Senior Men 2nd	200.00	Senior Women 2nd	200.00
Senior Men 3rd	150.00	Senior Women 3rd	150.00
Senior Men 4th	100.00	Senior Women 4th	100.00
Junior Men 1st	250.00	Junior Women 1st	250.00
Junior Men 2nd	150.00	Junior Women 2nd	150.00
Junior Men 3rd	100.00	Junior Women 3rd	100.00
Junior Men 4th	50.00	Junior Women 4th	50.00
U17 Men 1st	70.00 (Voucher)	U17 Women 1st	70.00 (Voucher)
U17 Men 2nd	50.00 (Voucher)	U17 Women 2nd	50.00 (Voucher)
U17 Men 3rd	30.00 (Voucher)	U17 Women 3rd	30.00 (Voucher)
U17 Men 4th	20.00 (Voucher)	U17 Women 4th	20.00 (Voucher)
U15 Boys 1st	70.00 (Voucher)	U15 Girls 1st	70.00 (Voucher)
U15 Boys 2nd	50.00 (Voucher)	U15 Girls 2nd	50.00 (Voucher)
U15 Boys 3rd	30.00 (Voucher)	U15 Girls 3rd	30.00 (Voucher)
U15 Boys 4th	20.00 (Voucher)	U15 Girls 4th	20.00 (Voucher)
U13 Boys 1st	70.00 (Voucher)	U13 Girls 1st	70.00 (Voucher)
U13 Boys 2nd	50.00 (Voucher)	U13 Girls 2nd	50.00 (Voucher)
U13 Boys 3rd	30.00 (Voucher)	U13 Girls 3rd	30.00 (Voucher)
U13 Boys 4th	20.00 (Voucher)	U13 Girls 4th	20.00 (Voucher)

British Athletics medals and trophies will also be issued.

Welsh Athletics medals will be issued for the Under 11 / Primary races

Some further comprehensive race information can be found at;

<https://cardiffcrosschallenge.co.uk>



Time	Race Age Group	Laps	Distance
11:30	Under 11 Girls	1 x Small Lap	1,250 m
11:40	Under 11 Boys	1 x Small Lap	1,250 m
11:50	Under 13 Girls	1 x Medium Lap	2,780 m
12:05	Under 13 Boys	1 x Medium Lap	2,780 m
12:20	Under 17 Men	2 x Medium Lap	5,560 m
12:45	Under 17/20 Women	1 x Small Lap, 1 x Big Lap	4,450 m
13:10	Under 15 Girls	1 x Big Lap	3,200 m
13:25	Under 15 Boys	1 x Big Lap	3,200 m
13:40	Senior Women & Masters	2 x Big Lap	6,400 m
14:25	Under 20 Men	2 x Big Lap	6,400 m
14:50	Senior Men & Masters	3 x Big Lap	9,600 m

#muddybrilliant

BRITISH ATHLETICS CROSS CHALLENGE

Saturday 12th October 2019
Llandaff Fields, Cardiff

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

Course Laps

Small Lap: A,B,F,G – 1,250m

Medium Lap: A,B,C,F,G – 2,740m

Big Lap: A,B,C,D,E,F,G – 3,200m

Course Details

U11 Boys & Girls: 1 x Small Lap – 1,250m

U13 Boys & Girls: 1 x Medium Lap – 2,780m

U15 Boys & Girls: 1 x Big Lap – 3,200m

U17/20 Women: 1 x Small Lap + 1 x Big Lap – 4,450m

U17 Men: 2 x Medium Lap – 5,560m

U20 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

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**GARDIFF
CROSS
CHALLENGE** X

