

Cardiff Cross Challenge inc World Athletics Cross Country Tour & John H Collins Gwent Cross Country League 1

Saturday 16th October, Llandaff Fields, Cardiff

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

General Event Information:

The Cardiff Cross Challenge takes place in Llandaff Fields, one mile from the city centre and uses an 11 race programme. The event will again host the first fixture in the British Athletics Cross Challenge Series and the first in the John H Collins Gwent Cross Country League.

The 2021 event has been included in the World Athletics Cross Country Tour and will hold a Bronze Label.

The remaining fixtures in the 2021/2022 Series are as follows;

Fixture 1: Cardiff - 16/10/2021

Fixture 2: Milton Keynes - 13/11/2021

Fixture 3: Liverpool (inc European Championship Trials) - 27/11/2021

Fixture 4: Belfast - 22/01/2021

Fixture 5: Loughborough (inc Uk Inter-Counties Championships) - 12/03/2021

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 which is 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

Timings:

You can pick up your number & Chip from Race HQ (white marquee across the main pathway from the start / finish area) between 09.30 to 14:00. 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.

Timing Information

Your race timing chip is located in your race number.

You will also be given a finishers disc. If you are competing in the John H Collins Gwent Cross Country 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.

Covid-19 Specific Information:

All attendees are advised to monitor themselves on a daily basis for any sign of COVID-19 symptoms as well as general health. Everyone should follow the advice of their GP or medical practitioner where appropriate.

Anyone due to attend the races that is showing signs of ill health or symptoms of COVID-19 should not attend the races.

No one should attend the competition in any capacity if they are displaying symptoms of COVID-19 or any other illness, or have done in the last 14 days.

The outdoor nature of this event means that it is considered safe.

Specific Covid-19 Arrangements:

- Use of face coverings will be recommended where possible
- P.P.E will be provided on-site for staff / volunteers / officials.
- A Track and Trace system will be in use but not mandatory.
- Hand Sanitiser will be offered at the registration marquees and at the VIP and Presentation areas.
- The start area will be increased in size to allow for more room between competitors and gathering time will be reduced from five minutes to two minutes, before the start.
- The course width will be widened in all places.
- The finish area will be increased in size
- The P.A. System will be used to remind all event attendees of their responsibility to socially distance.

All event attendees are advised that if they experience COVID-19 symptoms less than seven days after the event, they must report this using the NHS COVID-19 App - <https://covid19.nhs.uk>.



Prize Money:

Prize money for 2021 (British only) 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

Presentations will take place as soon as results are available, following each race.

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

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

Course Laps

Small Lap: A,B,F,G – 1,250m
Medium Lap: A,B,C,E,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



