



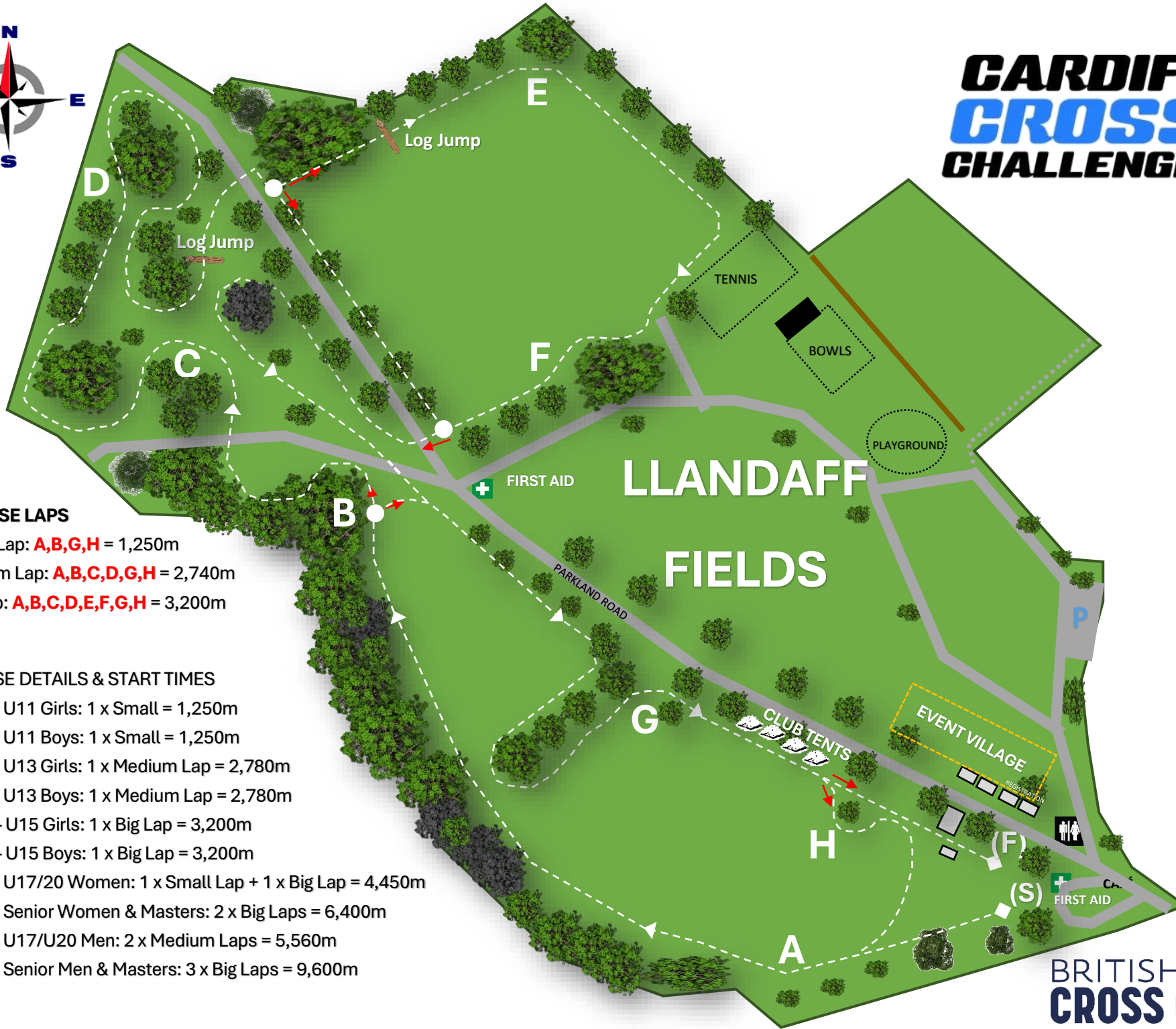
CARDIFF CROSS CHALLENGE X

2024 MAP



WELSH ATHLETICS
ATHLETAU CYMRU

BRITISH ATHLETICS CROSS CHALLENGE



COURSE LAPS

- Small Lap: **A,B,G,H** = 1,250m
- Medium Lap: **A,B,C,D,G,H** = 2,740m
- Big Lap: **A,B,C,D,E,F,G,H** = 3,200m

COURSE DETAILS & START TIMES

- 11:02 - U11 Girls: 1 x Small = 1,250m
- 11:12 - U11 Boys: 1 x Small = 1,250m
- 11:25 - U13 Girls: 1 x Medium Lap = 2,780m
- 11:45 - U13 Boys: 1 x Medium Lap = 2,780m
- 12:00 - U15 Girls: 1 x Big Lap = 3,200m
- 12:15 - U15 Boys: 1 x Big Lap = 3,200m
- 12:30 - U17/20 Women: 1 x Small Lap + 1 x Big Lap = 4,450m
- 12:55 - Senior Women & Masters: 2 x Big Laps = 6,400m
- 13:40 - U17/U20 Men: 2 x Medium Laps = 5,560m
- 14:05 - Senior Men & Masters: 3 x Big Laps = 9,600m