



Cardiff Cross Challenge inc World Athletics Cross Country Tour (Gold Label), UK Athletics Cross Challenge Series Fixture 1 & John H Collins Gwent Cross Country League Fixture 2

Saturday 9th November, 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 in Cardiff, one mile from the city centre and includes a 10 race programme. The event will again host the first fixture in the UK Athletics Cross Challenge Series and the first fixture in the John H Collins Gwent Cross Country League.

The 2024 event has been included in the World Athletics Cross Country Tour and will hold a Gold Label.

The complete fixtures in the 2024/2025 UK Athletics Cross Challenge Series are as follows;

Fixture 1: Cardiff - 09/11/2024

Fixture 2: Liverpool (inc European Championship Trials) - 23/11/2024

Fixture 3: Glasgow - 11/01/2025

Fixture 4: Leeds (Home Countries International) - 08/02/2025

Fixture 5: Loughborough (inc Uk Inter-Counties Championships) - 08/03/2024

Bib Collection:

You can collect your race bib from Race HQ (Red Welsh Athletics marquee across the main pathway from the start / finish area). Competitors in the senior / masters races will be allocated a Surname Bib instead of a number. Please collect your bib at least 40 mins before your race start time.

Registration will be open between 09.30 and 14:10. 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 on your race number.

Your race Bib also has a barcode which will be scanned in the finish funnel. This is done for all finishers, to help with the production of League Race results. 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 medical condition relevant to your participation in the race, 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.

Race Presentations:

Race presentations will be made as soon as possible following each race.

Open race **prize money** is on offer in the senior races only (for both genders);

1st: \$1,500

2nd: \$800

3rd: \$500

4th: \$200

British only prize money for 2024 follows later in this document. **Please note:** British only prize money will be deducted from any open race prize that an athlete wins.

Event Village:

A local caterer '**OMG**' will be selling hot and cold food and snacks at the event. Welsh Athletics will also be selling race merchandise.

Live Streaming & Photography:

The event will be live-streamed by 24/7 Filming and hosted on the British Athletics and European Athletics channels.

Photographer Paul Stillman will be taking pictures at the event. Photographs from the day will be available at; https://www.flickr.com/photos/les_stills/

Sportsshoes.com Partnership:

The Cardiff Cross Challenge has partnered with Sportsshoes.com for the 2024 edition. All competitors will receive a 15% discount on purchases made with Sportsshoes.com

To claim the discount, enter the following code whilst making any purchase at; <https://sportsshoes.com>
Unique discount code: CARDIFFXC15

Further Information:

Start lists can be viewed at; <https://data.opentrack.run/en-gb/x/2024/GBR/cc/>

Some further comprehensive race information can be found at; <https://cardiffcrosschallenge.co.uk>

TRAVEL:

The Cardiff Cross Challenge takes place in Llandaff Fields, just north of Cardiff City Centre. Local rail links, hotels and amenities are located just a short distance from the Course.

By Bicycle

The easiest way to access the venue from the city centre is by bicycle via the Taff Trail and across Pontcanna Fields. Information on bicycle hire in Cardiff can be found on the 'You Well' website; <https://you-well.co.uk/hiring-bikes/#Cardiff>

By Rail

Cardiff is less than two hours from London. High-speed intercity trains link most main cities, airports to Cardiff, The main railway station is at the very centre of the city, with all hotels restaurants and amenities close by.

By Road

From the East (Severn Bridge) – Exit the M4 at junction 29 onto the A48M signposted Cardiff E & S. Continue on the A48M for approx 7 miles. The University Hospital of Wales will be on your right. Follow the signs to the city Centre onto North Road.

From Swansea – Exit the M4 at junction 32, onto the A470. Follow the road signs towards the city centre onto the North Road.

Race Day Parking

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. This is extremely important because the future of this event relies on us not blocking the Highway.

Please **DO NOT PARK** on the road at Fields Park Road.

There is **NO PARKING** available at the Usual Cardiff Metropolitan University site.

Please use the City's regular parking provisions available as follows;

Sophia Gardens: Parking Lot, Pontcanna, Cardiff CF11 9SZ

North Road: North Road, Cardiff CF10 3DU

Cardiff Civic Centre: King Edward VII Avenue, Cardiff CF103NB

There is also an app where parking can be pre-booked nearby: <https://tinyurl.com/4h4bfjfx>

By Air

Cardiff Wales Airport is around a 30 minute drive from Cardiff and Bristol Airport is around an hour away.

Visitors arriving at Heathrow or Gatwick Airport can also travel direct to Cardiff by regular train or coach services (approx 2 hour drive).



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Prize money is as follows;

Senior Men 1st £400.00
Senior Men 2nd £200.00
Senior Men 3rd £100.00

Senior Women 1st £400.00
Senior Women 2nd £200.00
Senior Women 3rd £100.00

Junior Men 1st £200.00
Junior Men 2nd £100.00
Junior Men 3rd £50.00

Junior Women 1st £200.00
Junior Women 2nd £100.00
Junior Women 3rd £50.00

U17 Men & U17 Women 1st £70.00 voucher plus BA Medal
U17 Men & U17 Women 2nd £40.00 voucher plus BA Medal
U17 Men & U17 Women 3rd £25.00 voucher plus BA Medal

U15 Boys & U15 Girls 1st £70.00 voucher plus BA Medal
U15 Boys & U15 Girls 2nd £40.00 voucher plus BA Medal
U15 Boys & U15 Girls 3rd £25.00 voucher plus BA Medal

U13 Boys & U13 Girls 1st £70.00 voucher plus BA Medal
U13 Boys & U13 Girls 2nd £40.00 voucher plus BA Medal
U13 Boys & U13 Girls 3rd £25.00 voucher plus BA Medal

U11 Boys & U11 Girls 1st WA Medal
U11 Boys & U11 Girls 2nd WA Medal
U11 Boys & U11 Girls 3rd WA Medal



Time	Race Age Group	Laps	Distance
11:02	Under 11 Girls	1 x Small Lap	1,250 m
11:12	Under 11 Boys	1 x Small Lap	1,250 m
11:25	Under 13 Girls	1 x Medium Lap	2,780 m
11:45	Under 13 Boys	1 x Medium Lap	2,780 m
12:00	Under 15 Girls	1 x Big Lap	3,200 m
12:15	Under 15 Boys	1 x Big Lap	3,200 m
12:30	Under 17/20 Women	1 x Small Lap, 1 x Big Lap	4,450 m
12:55	Senior Women & Masters	2 x Big Lap	6,400 m
13:40	Under 17/20 Men	2 x Medium Laps	5,560 m
14:05	Senior Men & Masters	3 x Big Lap	9,600 m



CARDIFF CROSS CHALLENGE X

2024 MAP



WELSH ATHLETICS
ATHLETAU CYMRU



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

CARDIFF CROSS CHALLENGE X

--- CROWD BARRIERS
- - - BARRIER TAPE

SITE PLAN
NOT TO SCALE

