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

Sunday 8th 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 an 11 race programme. The event will again host the first fixture in the UK Athletics Cross Challenge Series and the second fixture in the John H Collins Gwent Cross Country League.

The 2026 event has been included in the World Athletics Cross Country Tour and will hold a Silver Label.

The complete fixtures in the 2026/2027 UK Athletics Cross Challenge Series are as follows;

Fixture 1: Cardiff - 08/11/2026
Fixture 2: Liverpool (inc European Championship Trials) - 21/11/2026
Fixture 3: Nottingham (inc Uk Inter-Counties Championships) - 06/03/2027

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 09.00 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:

Both Cross Challenge and Gwent League competitors will be chip timed for 2025. Your race timing chip is located on your race number.

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: $1,000
2nd: $750
3rd: $500
4th: $200

British only prize money for 2026 will be issued by UK Athletics. Details TBC.
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.

Nike X Sportsshoes will be in attendance with a 'come & try' function.

Welsh Athletics will be retailing at the event.

Live Streaming & Photography:

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

Livestream link: UKA Cardiff Cross Challenge 2026 sponsored by Sportsshoes.com / NIke - YouTube

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/

Further Information:

Start lists can be viewed at; https://data.opentrack.run/en-gb/x/2025/GBR/ccc/

Some further comprehensive race information can be found at; https://cardiffcrosshallenge.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 then 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

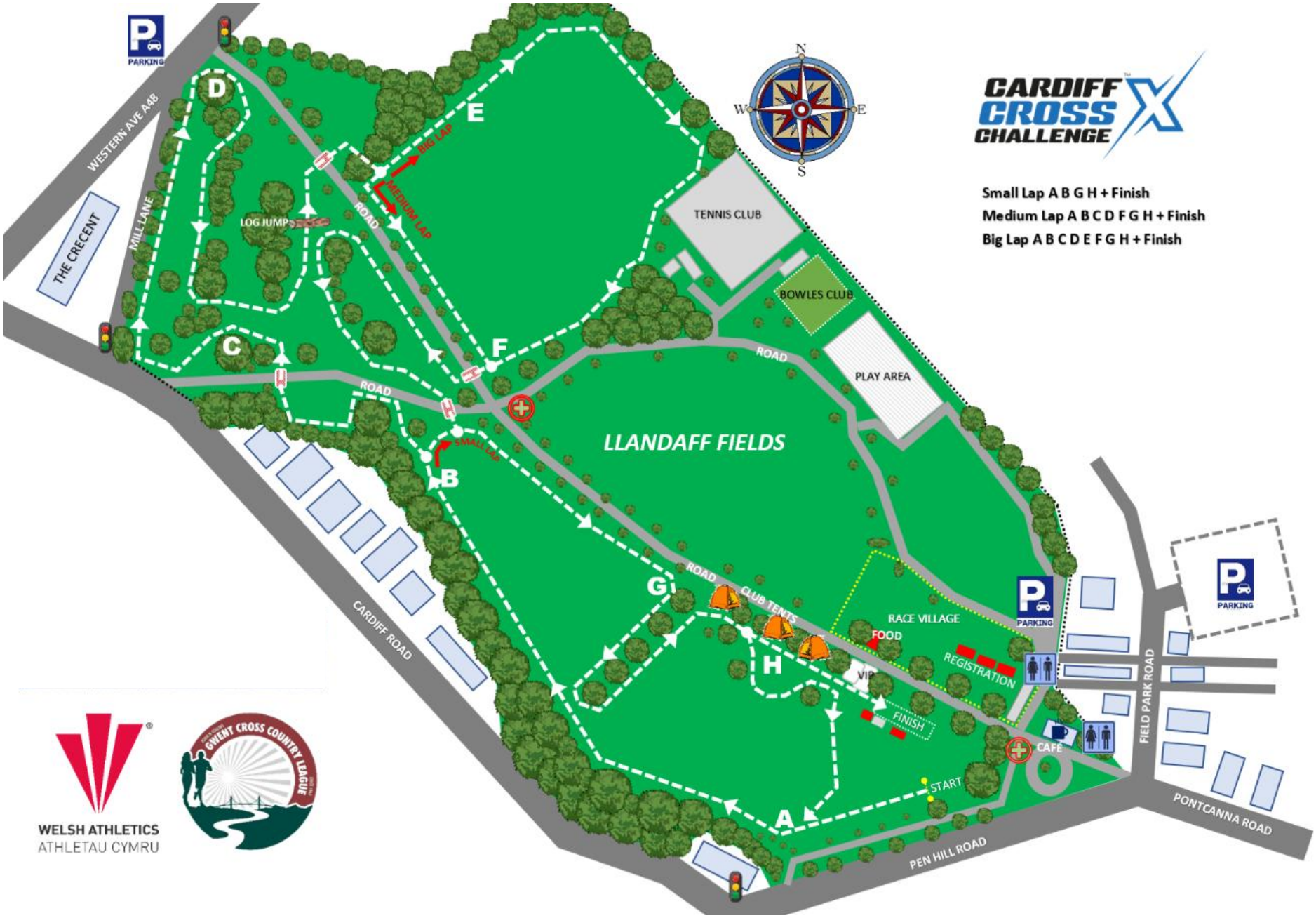
There is also an app where parking can be pre-booked nearby: https://tinyurl.com/4h4bfjfx

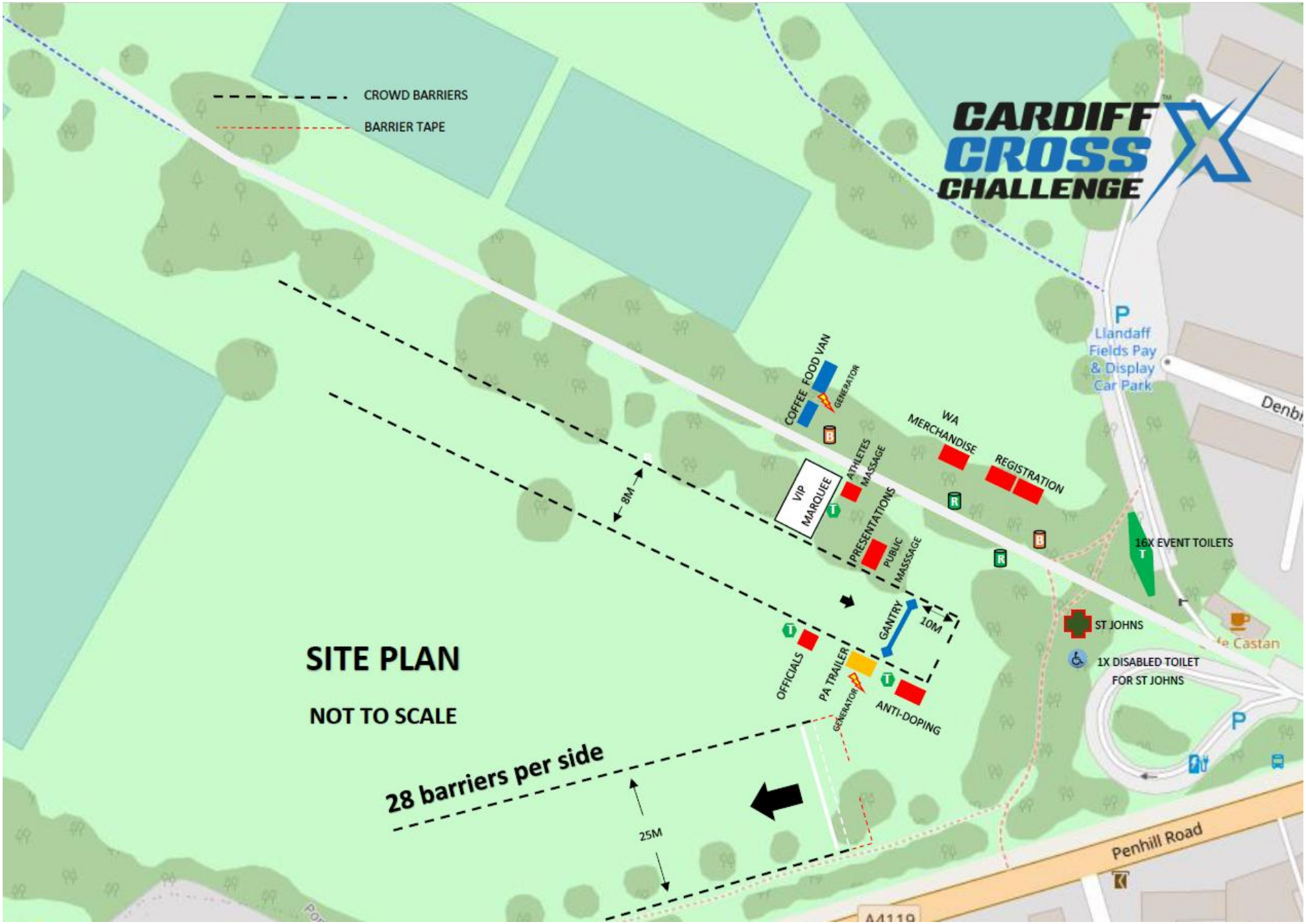
By Air

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).

CARDIFF CROSS CHALLENGE™

	Time	Age Group	laps	Distance
1.	11:00	Last Post		
2.	11:02	Under 12 Girls (Inc Primary Schools Races)	1 x Small Lap.	1,250m
3.	11:15	Under 12 Boys (Inc Primary Schools Races)	1 x Small Lap.	1,250m
4.	11:25	Under 14 Girls	1 x Medium Lap.	2,780m
5.	11:45	Under 14 Boys	1 x Medium Lap.	2,780m
6.	12:00	Under 16 Girls	1 x Big Lap.	3,200m
7.	12:15	Under 16 Boys	1 x Big Lap.	3,200m
8.	12:30	Under 18/20 Women's	1 x Small & 1 x Big Lap.	4,450m
9.	13:00	Senior Women & Masters	2 x Big Laps.	6,400m
10.	14:00	Under 18/20 Men	2 x Medium Laps.	5,560m
11.	14:20	Senior Men & Masters	3 x Big Laps	9,600m


CARDIFF CROSS CHALLENGE
Small Lap A B G H + Finish
Medium Lap A B C D F G H + Finish
Big Lap A B C D E F G H + Finish
N
W
E
S
PARKING
WESTERN AVE A48
THE CRECENT
MILL LANE
D
E
BIG LAP
MEDIUM LAP
ROAD
LOG JUMP
TENNIS CLUB
BOWLES CLUB
C
F
ROAD
PLAY AREA
ROAD
LLANDAFF FIELDS
SMALL LAP
B
G
ROAD
CLUB TENTS
RACE VILLAGE
FOOD
REGISTRATION
PARKING
PARKING
H
VIP
FINISH
CAFÉ
FIELD PARK ROAD
START
A
CARDIFF ROAD
PEN HILL ROAD
PONTCANNA ROAD
WELSH athletics
ATHLETAU CYMRU
GWENT CROSS COUNTRY LEAGUE


CROWD BARRIERS
BARRIER TAPE
CARDIFF CROSS CHALLENGE
SITE PLAN
NOT TO SCALE
28 barriers per side
25M
8M
10M
COFFEE FOOD VAN
GENERATOR
ATHLETES MASSAGE
WA MERCHANDISE
REGISTRATION
VIP MARQUEE
PRESENTATIONS
PUBLIC MASSSAGE
GANTRY
OFFICIALS
PA TRAILER
GENERATOR
ANTI-DOPING
16X EVENT TOILETS
ST JOHNS
1X DISABLED TOILET FOR ST JOHNS
Llandaff Fields Pay & Display Car Park
Penhill Road
A4119