

# BRITISH ATHLETICS CROSS CHALLENGE

Saturday 12<sup>th</sup> 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

#muddybrilliant

