

# CARDIFF CROSS CHALLENGE



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

BRITISH ATHLETICS  
CROSS CHALLENGE

#muddybrilliant