2026 CARDIFF CROSS CHALLENGE

Llandaff Fields, Cardiff - Sunday 8th November

EVENT MANAGEMENT PLAN

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1. Information

1.1 Event Information

The 2026 Cardiff Cross Challenge will take place in Llandaff Fields, Cardiff on Sunday 8h November.

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

The event will kick-start the 2026/202 UK Athletics Cross Challenge Series and will incorporate the second fixture in 2026/2027 John H Collins Gwent Cross Country League.

The 10 race programme will begin at 11.02am following a two minute silence at 11:00 for Armistice Day. Each race will include athletes in the British Cross Challenge race and athletes only scoring in the Gwent Cross Country League.

Both parts of the event will have their own registration area. All athletes in the Cross Challenge are pre-entered and will be collecting their numbers on race morning. All league athletes will be entered by their team managers on the day.

The Cardiff event is part of a series including the following races for 2026 / 2027;

Fixture 1: Cardiff - 08/11/202
Fixture 2: Liverpool (inc European Championship Trials) – 28/11/2026
Fixture 3: Nottingham – 13/03/2027

1.2 Venue

Llandaff Fields is a large parkland event site approximately one mile from Cardiff City Centre. It has a history of staging cross country racing going back many years and has hosted this event since 2017.

Parking facilities are available at two sites nearby and all competitors have received full details of the provision.

A map of how to get to the venue is featured later in this document.

1.3 Event Organisers

The British Athletics Cardiff Cross Challenge is organised by Welsh Athletics (the governing body for the sport of athletics in Wales). British Athletics have an interest in the event via the event's inclusion in the Cross Challenge Series.

The Technical Race Director is Graham Finlayson BEM of 'Cardiff Cross Country & Road Events''.

The Event Manager / Competition Director is Marcus Meyrick from Welsh Athletics.

1.4 Financial Management

The event is budgeted for as part of the Welsh Athletics Competition strategy. The cost of staging the event is financed by entry fees and by Welsh Athletics Competition finances. British Athletics contributes

to some costings and provides equipment and branding to the event.

The budget is held by Marcus Meyrick, Endurance Competitions Manager.

1.5 Licencing & Public Liability Insurance

The event is staged under annual licence from the governing body UK Athletics with public liability insurance (to the value of £10 million for each and every claim) under their block policy.
UK Athletics Cross Country Licence Number:

UK Athletics' event licence, in conjunction with Welsh Athletics Ltd's governing body affiliation, includes Third Party Liability Insurance cover (Limit of Liability £50,000,000 and £5,000,000 on any one accident or occurrence).

A copy of the certificate can be found in this document. Appendix E.

2 Event Administration

2.1 Event Promotion

The event is promoted by Welsh Athletics who design the advertising materials and entry form / map etc

British Athletics promote the event through their channels and in online magazine, Athletics Weekly.

2.2 Race Entries

Entries are taken primarily through an online entry portal, hosted by our provider; Opentrack. A small amount of entries have been taken by directly working with athletes / agents.

Free entries are also offered in some cases and to athletes supported by Welsh Athletics.

All entries are added to a spreadsheet to produce final start lists and to populate part of the digital race programme.

2.3 Competitor Administration

Queries specific to the entry process are directed to the Welsh Athletics Competition Department. Further queries are managed by the Event Manager.

2.4 Competitor Information

Final Competitor Information is sent to competitors following the closing date for entries.

The information includes details such as a map, timetable, parking and travel information and both general and safety information.

2.5 Event Programme

A digital event programme will be produced. It will not be printed (instead displayed in PDF) for the 2026 edition of the event.

2.6 Resident Communications

Cardiff Council Highways Department have requested that the event distribute letters to residents close to the course venue to inform them that the event will be happening and to inform them of the mitigations in place to minimise disruption to the road network.

The wording of the letter has previously been agreed with Cardiff Highways Department and local councillors. The letter will be delivered to the following residences in the week commencing 26/10/2026:

Beacon Street
Bloom Street
Conway Mews
Conway Road
Denbigh Street
Fairleigh Road
Fields Park Road
Gileston Road
Heol Wilf Wooller
Llanfair Road
Maldwyn Street
Meadow Street
Penhill Road
Pontcanna Place

An example of the letter (distributed bilingually) can be found in Appendix D.

3 Event Production

3.1 Event Control

The event control function is covered by the Competition Director and the Technical Race Director remotely and by administrators based at the marquee.

The Event Manager will liaise with the Medical Controller provided by Acute medics, Park Staff and all event staff.

3.2 Event Schedule

Event build will begin on Saturday 7th November with the set-up of the course. Take-down will all be done following the event on Sunday afternoon.

Thursday 5th November:
All day: International Athletes arrive in the country

Saturday 7th November:
9:00: Course set-up begins by Welsh Athletics Staff & Volunteers
10:00: Contractors begin to arrive (Marquee & Furniture, Altrad Barriers, A1 Portaloos, CCC for Bins
11:00: Barrier install begins
13:00: Branding team arrives

14:00: Generator collected from HSS Hire
14:00: AB Acoustics arrive on-site
15:00: OMG Catering arrive on-site
18:00: Last staff off-site
19:00: Overnight security arrive

Sunday 8th November:
7:00: Event Organisers arrive on-site
7:00: 24/7 television arrive on-site
9:30: Event opens to the public (inc registration)
10:30: Acute Medics arrive on site
10:30: Marshals briefing takes place
10:30: Officials briefing takes place
10:57: Final permission given by Competition director for the event to start on-time
11:00: 2 minute silence undertaken for Armistice Day
11:02: Race 1 - Primary Girls race starts
11:15: Race 2 - Primary Boys race starts
11:25: Race 3 - Under 14 Girls race starts
11:30: Tea / Coffee served in VIP Marquee
11:45: Race 4 - Under 14 Boys race starts
12:00: Race 5 - Under 16 Girls race starts
12:15: Race 6 - Under 16 Boys race starts
12:30: Race 7 - Under 18 / Under 20 Women's race starts
12:48 Walk Forwards for Senior Women & Masters race begins
12:50: Race 8 – Sen Women & Masters race starts
13:00: Food served in VIP Marquee
13:20: Registration closes
13:50: Race 9 – Under 18 / Under 20 Men Race Starts
14:13: Walk Forwards for Men's Race begins
14:15: Race 10 - Sen Men & Masters race starts
15:20: Event take-down begins
16:00: Event closes to the public
16:00: Marquee dismantled by Marquee & Furniture Company.
16:30: A1 Portaloos collect their toilets
18:00: Last staff due 'off-site'

Barriers collected at 10:00 on Monday 10th November.

3.3 Course Marshals

Marshalls will be sourced from within the local athletics community and come from a mix of clubs and local groups. A marshals briefing will take place at the start / finish line at 10:30am.

Please Note:
All marshals will be in high vis event bibs.

All marshals will have a course map/timetable and job sheet.

All marshals will remain in position until the last competitor of the last race has passed and then report to the Clerk of the Course. It would be appreciated if marshals will assist with the taking down of the course. A marshal map can be found in the Appendices.

3.4 Event Stewards

Safestyle Stewarding Company will be providing stewards for the event as follows;

1x Steward to manage the car park area 0900 – 16:00 Sunday 8th November
1x Steward to manage the entrance to Pontcanna Fields Changing Rooms car park area 0900 – 16:00 Sunday 8th November

The Marquee & Furniture Company will be providing;

1x Overnight Personnel 19:00 Saturday 7th November – 07:00 Sunday 8th November

3.5 Event Accreditation

Accreditation will be necessary to enter the VIP area / competition sterile areas.

Accreditation will be issued to VIP's at the entrance to the VIP Marquee. Officials and staff accreditation will be issued at the Officials Marquee.

An athlete's number will allow them entry into the start / finish areas.

Members of the public will be required to complete a photography form if they wish to take photographs at the event.

Accreditation has been arranged as follows;

Event Staff (including Volunteers): 30
Officials: 25
VIP: 100

3.6 Officials and Event Staff

The event is included in the Welsh Athletics Endurance availability list. This is considered before event organisers appoint officials for the event.

The team selected meets the required standards for an event of this size and profile.
Officials are asked to arrive no later than 10:15am and to report to the officials marquee alongside the finish area. A briefing will then take place at 10:30am in the finish area.

A further team of event helpers are also appointed by event organisers. Welsh Athletics also provides several staff members to facilitate the event.

The selected team of officials is as follows;

Role	Forename	Surname

Technical Race Director	Graham	Finlayson
Competition Director	Marcus	Meyrick
Event Controller	Robert	Campion
Race Referee	Nigel	Jones
Clerk of Course	Peter	Anthony
Chief Timekeeper	Geoff	Wickens
Timekeeper	Ann	Thatcher
Timekeeper Recorder	Jayne	Evans
Timekeeper Recorder	Celfyn	Williams
Judge Recorder	Michael	Heare
Judge Recorder	Emma	Bagley
Chief Judge	Kay	Chapman
Funnel Steward	Martyn	Jenkins
Funnel Steward	Steve	Hames
	Dawne	Meynell-Western
Funnel Steward	Carwyn	Evans
Chief Starter	Val	Davison
Start Box	Steve	Ouseley
Start Box	Firouz	Mal
Starter		
	James	Thie
Announcer	Sharon	Leech

Event Staff are as follows;

Role	Forename	Surname
Event Manager	Marcus	Meyrick
Event Controller	Robert	Campion
Event Support		
Volunteer Co-ordinator	Zoe	Holloway
Cross Challenge Registration	Sophie	James
Cross Challenge Registration	Mark	Furnish
Cross Challenge Registration	Ava	Richardson
Cross Challenge Registration		
Gwent League Registration	Peter	Burton
Gwent League Registration	Pat	Sherwood
Gwent League Registration		
Gwent League Registration		
VIP	Jo	Sulman
VIP	Julie	Gould
Presentation	Andrew	Jenkins
Presentation Assistant	Stephen	Wood
Timing & Results	Jamie	Skipper
Press & Media	Owen	Smith
Social Media	Owen	Smith
Retailing	Sara	Shiel
Retailing	Simon	Thompson

Marshals are recruited from local athletics / running clubs and amongst people who have previously helped at this and other locally based events.

3.7 Volunteers and Volunteer Management

Volunteers are used to assist with marshalling and to help with duties such as; Registration, handing out refreshments and ushering competitors through the finish area.

Volunteers are sourced by Welsh Athletics from a variety of places including local athletics clubs and on the day management will be undertaken by the Welsh Athletics Officials & Volunteer Coordinator, Zoe Holloway

The majority of volunteers for the Cardiff Cross Challenge come from the pool of regular Welsh Athletics Volunteers and from the staff team at Welsh Athletics.

Full event information will be sent to all event volunteers prior to event day. A copy will be held in the 'Event Management Folder'.

4 Health & Safety

4.1 Crowd Profile

The crowd is made up approximately as follows;
Competitors: 60%
Officials & Staff: 5%
Spectators: 35%

Most spectators are relatives / parents of competitors.

Age-group races take place throughout the day and competitors generally leave shortly after their race. This means that the crowd changes throughout the day and prevents the area from becoming too congested.

4.2 Competitor Profile

Competitors are all club level athletes.

There are races for U11's through to seniors and masters. Competitors range from the in-experienced through to top international athletes.

4.3 Competitor Management

Competitors in the Cardiff Cross Challenge collect their numbers from the registration marquee.
Competitors in the Gwent Cross Country League will collect their numbers from their club team managers.

The course is set to be at least 6m wide in most places. This is to allow faster runners to pass lapped slower

runners. This mainly happens in the senior men / senior women's races.

Competitors are asked to make their way to the start 5 minutes before the advertised start time of their race.

The P.A. system is also used to tell them to make their way to the start.

Competitors are allowed into the start pen and event stewards check that their numbers are worn on the front of their vests (this is important because the timing chip is in the race number).

Following each race, race officials / stewards usher competitors out of the sterile finish area.

4.4 Safety Management

Under relevant Health and Safety legislation the planning, organising and carrying out an event of this nature is defined as a 'work activity' management of safety is primarily the responsibility of the event promoter and organiser, Welsh Athletics.

A comprehensive risk assessment is undertaken by the management team prior to each year's event in order to identify and manage potential hazards in accordance with relevant health and safety guidelines, with particular reference to the requirements and recommendations of UK Athletics 'Licence Standards', the Home Office 'Good Practice Guide to Small & Sporting Events on the Highway and the UKA safety guidelines for Cross Country events.

All contractors and suppliers engaged by the event, plus charity and commercial partners attending the event, and any respective subcontractors, will be required to provide risk assessments and method statements in respect of any hazardous activities, within the framework of the overall event safety plan, together with evidence of current public liability insurance.

Each contractor or supplier will be responsible for safe management of their own activities, including sub-contractors activities.

A series of de-briefing meetings are carried out after each year's event to assess problems experienced at the event and to review procedures where appropriate.

4.5 Evacuation Procedure

The Event Safety Officer (Technical Race Director) is responsible for co-ordinating Event Evacuation.

Senior Marshals will be responsible for clearing their areas of all public.

The Announcer is responsible for informing the public that the event is to be halted upon the instruction of the Safety Officer.

In the event of an evacuation taking place, the Senior Marshals are responsible for stopping runners and clearing their zoned area of competitors and spectators in a safe orderly manner towards their designated exit.

In case of an evacuation the following announcement will be made on the PA system.

"This is an important announcement for all public including competitors. Please note that due to unforeseen circumstances, we have had to abandon today's event. Would you please leave the area immediately in a safe orderly manner through the appropriate exits as directed by stewards and marshals. We thank you for your co-operation in this matter."

This message will be repeated every minute for up to 10 minutes.

Marshals will meet emergency vehicles and direct them to where the problem is located.

The Safety Officer (Technical Race Director) will then liaise with the emergency services to discuss the best course of action to follow.

4.6 Traffic Management

Only minimal traffic will be allowed into the park. Purely for the event build & takedown. A vehicle curfew will be enforced between 09:00 – 16:30 on Sunday 8th November. St John Cymru Vehicles (and any attending emergency vehicles) will be the only ones to break the curfew and will only do so when necessary.

Everyone required to take a vehicle into the park has been asked to provide their registration details.

Safestyle Stewards will place signage at the entrance to Llandaff Fields Car Park when the car park is full.

A steward will also be placed at the junction to the Pontcanna Fields Changing Rooms Car Park to ensure that people do not try to enter the car park when full and to ensure that event guests do not park on the side of Fields Park Road.

All competitors have been advised to use public transport where necessary and not to attempt to park in Pontcanna. This messaging has been embellished in the notes to competitors in recent editions of the event.

4.7 Medical provision

First aid cover is available on site. Any situation arising which requires first aid treatment, anywhere on the course, must be reported immediately to first aid personnel.

Medical cover will be provided by Acute Medics. They will operate using a team of first-aiders, and a rapid response vehicle.

They will also provide an ambulance / pop-up shelter to act as a primary treatment facility and a base for their medical director to administrate their provision across the event.

All participants are reminded of their duty of care for each other. If you suspect that anyone needs medical assistance, you must act appropriately.
The Course layout has been designed in line with first aid guidelines to locate the finish on the outside of the course close to the first aid control point, to allow best access and egress.

Cover is as follows:

- Primary First-Aid Post

- 1 x Emergency Ambulance + 2 crew
- 1 x RRV + 2 crew
- 4 x First Aiders
- 1 x Doctor

4.8 Health & Safety at Cross Country events

1. Athletes are advised that Health and Safety regulations recommend that you should examine the course for potential hazards before competing.

2. The course has been checked by the organisers and a risk assessment conducted. The Clerk of the Course and Chief Referee have inspected the course and declared it suitable for use today.

3. Any competitor who has concerns about a safety aspect on the course should bring it to the attention of the organisers and/or the referee immediately.

4. If the issue cannot be resolved satisfactorily, the competitor will be advised not to participate in the event.

4.9 Adverse Weather Conditions

Several Marquees will be provided for shelter. In the event of poor weather conditions, the marquee provider will access any public risks before deciding if it is safe for the marquees to remain up.

In the event of very poor weather in the run up to the event, a decision will be made whether it is safe and practical for the event to go ahead.

A copy of the wind management protocol implemented by the Marquee Provider (Marquee & Furniture Company) will be held by the LOC.

4.10 Accident Reporting

As a condition of entry to the Cardiff Cross Challenge, competitors consent to allow release of personal contact details by the medical team to the event organisers to allow information to be passed to next of kin in the event of medical emergency.

Race numbers are individually allocated to each registered entrant and cannot be reallocated in the event of withdrawal due to injury or illness.

Event Control will be responsible for liaison with the emergency services if required (police, fire & rescue and ambulance services).

The UK Athletics online accident reporting form will be used in the case of an accident or incident resulting in physical injury. In this event, the race referee will complete the form with details obtained by first aiders and in consultation with the responsible first aider.

In the event of a serious incident, advice and support can be sought from UK Athletics. This service is always available.

4.10 Risk Assessment

The course has been carefully planned to minimise injury potential. It has been walked by the planning committee on several occasions to help consider all possible situations and potential hazards and to consider all different weather conditions.

A further detailed inspection will be done on the day preceding the event, when the course is set out, and alterations to the route will be undertaken if considered necessary.

A final examination on the morning of the event will be carried out by the Clerk of the Course to check for potential hazards or remove any obstructions.

Runners will be briefed regarding the course and advised to walk it prior to the event.

The event risk assessment will be available on race morning at event control and will be distributed to all interested parties including Cardiff City Council.

5 Environmental Issues

5.1 Competitor Refreshments

Bottled water is provided for competitors that require it. It is not expected to be in high demand however because of the time of year / weather conditions.

Water will also be given to Acute Medics to give to casualties as required.

Brecon Carreg are the water provider (provided through their sponsorship of Welsh Athletics).

5.2 Waste Management

Cardiff City Council have been recruited to provide bins as follows;

2 x 1100cl general waste bins
2 x 1100cl Metal / plastic recycling Bins
1 x 1100cl paper / cardboard recycling bins
1 x 240cl food waste bin

Event organisers will be responsible for co-ordinating a litter pick and to put the bins together near the park entrance, for collection by Cardiff City Council.

5.3 Noise Nuisance

There is housing located outside the park, nearby the event site. The volume of the P.A. system will be adjusted so as not to cause a nuisance to local residents and speakers turned away from nearby housing.

This will be monitored throughout the day by event staff and by the sound provider.

Any complaints from residents will be considered by the event manager.

5.4 Toilets

16 x portaloo toilets and 2 x Disabled Portaloo toilets are provided by A1 Loo Hire and will be delivered on-site on Saturday 7th November.

1 x Disabled Toilet will be located at the VIP Marquee, solely for the use of staff and guests
1 x Disabled Toilet will be allocated to Anti-Doping

5.5 Event Power Supplies

AB Acoustics will provide a generator to run all their cabin and power to the VIP marquee. required appliances.

Caterer OMG will provide a generator to run their power for their two catering trailers (5kva max)

6 Contractors

6.1 Contractors Contact List

There are only a small amount of contractors operating at the event as follows;

A1 Toilets
Altrad (Crowd Barriers)
Cardiff City Council (bins and use of park)
AB Acoustics
Marquee & Furniture Company
OMG Catering
Acute Medics
Safestyle Stewarding
24/7 TV
Cardiff Metropolitan University (Massage)

6.2 Caterers

Public catering will be provided by the OMG Catering who have a hygiene rating of 5. They will be selling hot and cold snacks. There is also a café (Café Castan) near to the events start / finish area.

They both hold all the relevant required health and safety legislative paperwork and a relevant food hygiene rating.

OMG Catering are also providing food for the VIP area. They will be serving tea coffee and pastries at 11:30 and a cold buffet for 60 people at 13:00 They will also dress the VIP area with table cloths etc

6.3 Retailers

There will not be a sportswear retailer in attendance. Welsh Athletics will be selling their own merchandise.

6.4 Marquee Provision

The following marquee is provided by the Marquee & Furniture Company;
1 x 9m x 15m – VIP Marquee (with partition for kitchen and porch area)

All are professionally installed by competent and qualified staff.

100 chairs, 12 round tables, 16 trestle tables are provided

In addition, Welsh Athletics will install and properly secure the following of their own branded red marquees;

1 x 3m x 6m – Presentation Marquee
2 x 3m x 6m – Registration Marquees
1 x 3m x 6m – Officials Marquee
1 x 3m x 6m – Anti-doping Marquee
1 x 3m x 3m – Massage Marquee (invited athletes)

Cardiff Met will be providing the following;

3 x 3m x 3m – Massage Marquee

6.5 Timing Provision

Tri & Enter will be operating the chip timing for all races. The timing chips are disposable and located in the race number.

They install all equipment on race morning and operate from inside the Sound Trailer supplied by AB Acoustics. Results are then produced during the day.

7 Event Partners & Guests

7.1 Event Partners

The event is incorporated in the British Athletics Cross Challenge Series. Its inclusion means that a high standard of British athletes competes at the event to claim overall series points.

British Athletics provide several items in kind; Race Numbers (2,500), Barrier Tape (15 rolls), Prize fund (£4,250). This is a total amount of approx. £5,000.

Additionaly they provide 46 barrier jackets, 1 branded fixed gantry. All installed by British Athletics.

British Athletics also send a staff member to assist on the day: Rob Logan (Head of Events).

British Athletics is the brand name of UK Athletics, the Governing Body for the Sport of Athletics in the United Kingdom. They use the series to encourage regular competition between the top British Athletes.

They also use two events in the series (Liverpool & Nottingham) to select teams for international competitions.

7.2 Guests

The Cardiff Cross Challenge has traditionally had a large VIP & guest provision. This has been scaled down slightly for recent additions.

60 guests have been invited with around 40 expected to attend. This includes VIPs from Cardiff Council, Welsh Government, Welsh Athletics and several of their partners and supporters. They are invited to use the large VIP Marquee for shelter. Tea / coffee and a buffet will be served.

The list has been compiled by Welsh Athletics. Invitations are sent four weeks prior to the event.

8 Event Communications

8.1 Communications

Event staff will be contactable on the following mobile numbers:

Technical Race Director	07711 018359	Graham Finlayson
Event Manager	07931 835308	Marcus Meyrick
Event Referee	07773 468395	Nigel Jones
Event Support	07800 944704	Rob Campion
Clerk of Course	TBC	Peter Anthony
First Aid	TBC	Acute Medics
Partners / Brand / Press	TBC	

8.2 Radios

Welsh Athletics will provide their system of radios.

In addition to the Welsh Athletics Staff / Officials / Marshals who require radios, they will also be issued to; Acute Medics Staff

Event control (operating from the registration marquee) will monitor all radio communications.

8.3 Public Address System

Welsh Athletics will provide an announcer who will commentate on the races throughout the day.

The system will also be used for emergency announcements and to update competitors and spectators on any delays to races throughout the day.

The Sound System will be provided by AB Acoustics. They carry a full Contractors risk assessment and their own public liability insurance.

8.4 Media

All media enquiries in advance will be administered by the Welsh Athletics Head of Communications & Marketing, Owen Smith.Nathan Jones will be responsible for Welsh Athletics' social media channels.

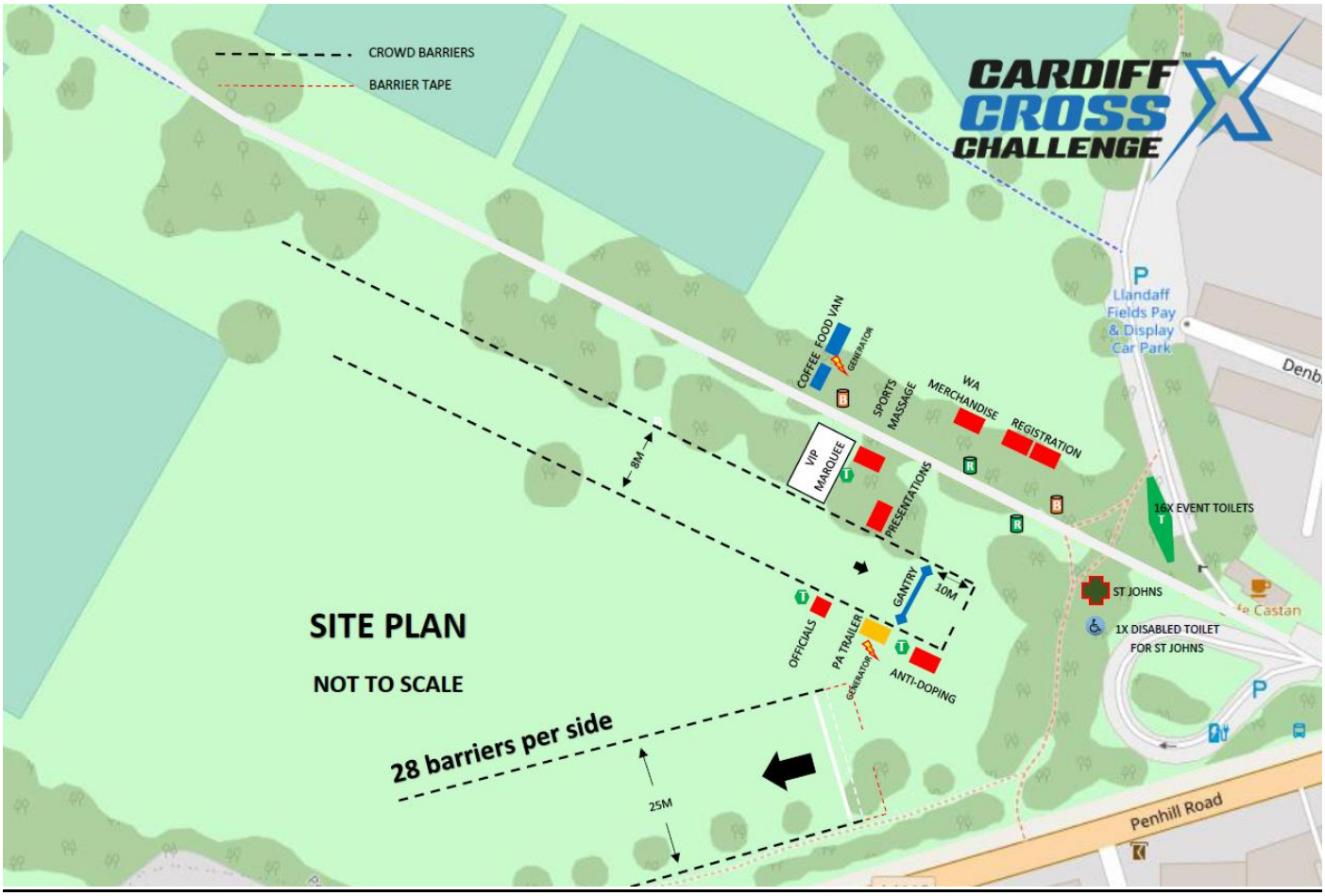
Paul Stillman will be the official event photographer.

Races will be live streamed by 24/7 Television and streamed on the Welsh Athletics You Tube Channel, on the British Athletics Website and on the World Athletics Website (TBC).

Appendix A: Course Map



Appendix B: Site Plan



Appendix C: Timetable

	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

Appendix D: Travel Information

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. Car parking is available with a five-minute walk of the event and details can be found here.
No Cars are allowed in Llandaff Fields on race day.

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 **HERE**

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 an international gateway offering a range of scheduled European and direct transatlantic services. Easy access to the main road and rail networks makes Cardiff Wales Airport one of the most convenient entry points into the UK. Bristol Airport is around an hour away from Cardiff. Visitors arriving at Heathrow or Gatwick Airport can also travel direct to Cardiff by regular train or coach services (approx 2 hour drive).

Appendix E: Residents Letter

Welsh Athletics Ltd
Cardiff International Sports Campus
Leckwith Road
Cardiff
CF11 8AZ

29th October 2026

competitions@welshathletics.org

Dear Resident,

Re: Cardiff Cross Challenge, Llandaff Fields – Sunday 8th November

I am writing to inform you that the Cardiff Cross Challenge will be taking place in Llandaff Fields on Sunday 8th November.

The Cardiff Cross Challenge is a prestigious Cross Country event with races for athletes of 9 years of age through to masters of over 70 years of age. The first race is at **11:02am** and the last race is due to finish by **4:20pm.** Competitors are expected to arrive from around 9:30am. Races are confined entirely to the park and will not use any roads.

As well as bringing a selection of the top athletes from around the world to compete in Cardiff, the races also host the local Gwent Cross Country League for club runners of all abilities. Despite the profile of the event, it will involve a relatively small build that will begin on Saturday 7th November.

Every care is being taken to prevent our event from affecting the local traffic network. Our competitors will be advised to use sustainable transport where possible, either travelling by bicycle or by public transport and specifically by encouraging athletics clubs to use busses where possible. Participants who will need to travel by car are advised to park at the nearby Sophia Gardens or to use the North Road & Civic Centre parking areas.

They will also be advised to avoid travelling directly to the park entrance by car. We will use event staff to manage access to nearby car parks during the day, which they will inevitably use despite our every effort to discourage our competitors from using car parking in Pontcanna. This will include the use of signage on the junction of Cathedral Rd / Penhill Road and Fields Park Road and at the entrance to the Changing Rooms Car Park on Fields Park Road.

I wanted to make you aware that our event is taking place in case any minimal disruption is encountered. If you require any further information about the event, please visit www.cardiffcrosschallenge.co.uk and if you have any queries, you can contact us at competitions@welshathletics.org

We thank you in advance for your understanding and patience.

Yours Sincerely,

Marcus Meyrick
Event Manager

Welsh Athletics Ltd
Cardiff International Sports Campus
Heol Leckwith
Caerdydd
CF11 8AZ

29 Hydref 2026

competitions@welshathletics.org

Annwyl Breswylydd,

Re: Traws Gwlad Caerdydd | Cardiff Cross Challenge, Caeau Llandaff – Dydd Sul, 8fed Tachwedd

Rydw i'n ysgrifennu atoch i rhoi gwybod am gystadleuaeth Sialens Traws Gwlad Caerdydd | Cardiff Cross Challenge â chynhelir yng nghaeau Llandaf ar Ddydd Sul 8fed Tachwedd.

Mae'r Cardiff Cross Challenge yn gystadleuaeth traws gwlad rhyngwladol efo rasus i rhedwyr o 9 mlwydd oed i oedolion dros 70 mlwydd oed. Bydd y ras cyntaf yn dechrau am **11:02yb**, ac mi fydd y ras olaf yn gorffen erbyn **4:20yp**. Rydym yn disgwyl i bobol cyrraedd o tua 9:30yb. Mi fydd y rasus yn cael eu gynnal o fewn y parc yn unig felly, ni fydd unrhyw ffyrdd yn cael eu ddefnyddio.

Yn ogstal â denu rhedwyr gorau Ewrop i gystadlu yng Nghaerdydd, bydd y rasys hefyd yn cynnwys Cynghrair Traws Gwlad leol Gwent i redwyr clwb o bob gallu. Er proffil yr achlysur, mi fydd gwaith adeiladu gweddol fach sydd yng nghlwm a'r digwyddiad ac mi fydd hynny'n cychwyn Dydd Sadwrn 7fed Tachwedd.

Mi fydd pob gofal yn cael ei gymryd er mwyn atal unrhyw effaith ar y traffig lleol. Bydd ein cystadleuwyr yn cael eu cynghori i ddefnyddio trafnidiaeth gynaliadwy lle'n bosib, naill ai drwy seiclo neu ddefnyddio trafnidiaeth gyhoeddus. Cynghorir cyfranogwyr y bydd angen iddynt deithio mewn car i barcio yng Ngerddi Sophia gerllaw neu i ddefnyddio meysydd parcio Ffordd y Gogledd a'r Ganolfan Ddinesig.

Byddwn hefyd yn cynghori cystadleuwyr i osgoi teithio i fynedfa'r parc mewn ceir. Bydd staff y digwyddiad yn rheoli mynediad i feysydd parcio agos ar y diwrnod, er gwaethaf ein hymdrechion i atal cystadleuwyr rhag defnyddio maes parcio ym Mhontcanna.

Roeddwn i eisiau eich gwneud yn ymwybodol o'r cystadleuaeth mewn digon o amser, rhag ofn bydd amhariad i'ch diwrnod. Os hoffech chi fwy o wybodaeth am y gystadleuaeth, ewch i www.cardiffcrosschallenge.co.uk ac os oes gennych unrhyw cwestiynau, cysylltwch efo ni ar competitions@welshathletics.org.

Hoffwn diolch i chi o flaen llaw am eich dealltwriaeth â'ch amynedd.

Yn gywir,

Marcus Meyrick
Rheolwr Digwyddiadau

Appendix F: Insurance Certificate

MARSH

Lynsey Jarman
Assistant Vice President

Marsh Ltd
39 Kings Hill Avenue, Kings Hill
West Malling, Maidstone
Kent, ME19 4ER
T +44 (0) 1732 877500
lynsey.jarman@marsh.com
www.marsh.com

16 March 2026

To whom it may concern

Dear Sirs

CONFIRMATION OF INSURANCE – Name of Policyholder:

UK Athletics Limited and/or England Athletics Limited and/or Welsh Athletics Limited and/or Scottish Athletics Limited and/or Athletics Northern Ireland (2008) and/or Mary Peters Track Ltd and/or Personal Best Foundation and/or Athletics Trust Scotland and/or Power of 10 Limited and/or subsidiary companies and/or all affiliated National and Regional Associations, Federations and bodies and all affiliated clubs and associations

As requested by the above client, we are writing to confirm that we act as Insurance Brokers to the Policyholder above and that we have arranged insurances on its behalf as detailed below:

PRIMARY PUBLIC/PRODUCTS LIABILITY

INSURER: Intact Insurance UK Limited

POLICY NUMBER: YMM902056

PERIOD OF INSURANCE: 1st April 2026 to 31st March 2027 both days inclusive

LIMITS OF LIABILITY:
GBP 5,000,000 any one occurrence unlimited in the period of insurance for **Public Liability** and in the aggregate in the period of insurance for **Products Liability**

Registered in England and Wales Number: 1507274, Registered Office: 1 Tower Place West, Tower Place, London EC3R 5BU. Marsh Ltd is authorised and regulated by the Financial Conduct Authority for General Insurance Distribution and Credit Broking (Firm Reference No. 307511).

Insurance Brokers
Chartered

Appendix G: Race Licence

CROSS-COUNTRY LICENCE
WELSH ATHLETICS

THIS IS TO CERTIFY THAT

LICENCE NUMBER:	**CC-26-35**	DATE OF ISSUE:	**09/10/2026**
VALID UNTIL:	**08/11/2026**	Number of Dates:	**1**
Promoted By:	**Welsh Athletics**		
Event:	**Cardiff Cross Challenge**		

COMPETITION DETAILS 1 - 1 (1 Event Dates)

EVENT DATE:	**08/11/2026**	DIVISION:	
VENUE:	**Llandaff Fields, Cardiff**		
HOST CLUB:			

THE ABOVE EVENT HAS BEEN APPROVED AS A RACE/EVENT THAT WILL BE HELD UNDER UK ATHLETICS RULES FOR COMPETITION AND IN ACCORDANCE WITH THE LICENCE REQUIREMENTS

Darran Williams
Competitions Officer

WELSH ATHLETICS
ATHLETAU CYMRU

WELSH ATHLETICS
ATHLETAU CYMRU

CARDIFF CROSS CHALLENGE

WELSH ATHLETICS
ATHLETAU CYMRU

Welsh Athletics Limited
Cardiff International Sports Stadium, Leckwith Road, Cardiff, CF11 8AZ
Telephone: 029 2164 9800
e-mail: marcus.meyrick@welshathletics.org

website: www.welshathletics.org
Company Registration Number: 6179841