



# CARDIFF CROSS CHALLENGE X

2023 MAP



WELSH ATHLETICS  
ATHLETAU CYMRU

# BRITISH ATHLETICS CROSS CHALLENGE

### COURSE LAPS

Small Lap: **A,B,G,H** = 1,250m

Small Lap with ext: **A,B,C,G,H** = 1 Mile

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

11:10 - U11 Boys: 1 x Small = 1,250m

11:30 - U13 Girls: 1 x Medium Lap = 2,780m

11:45 - U13 Boys: 1 x Medium Lap = 2,780m

12:00 - U17 Men: 2 x Medium Laps = 5,560m

12:25 - U17/20 Women: 1 x Small Lap + 1 x Big Lap = 4,450m

12:50 - U15 Girls: 1 x Big Lap = 3,200m

13:05 - U15 Boys: 1 x Big Lap = 3,200m

13:25 - Senior Women's 1 Mile: Small Lap with ext

13:35 - Senior Men's 1 Mile: Small Lap with ext

13:45 - Senior Women & Masters: 2 x Big Laps = 6,400m

14:30 - U20 Men: 2 x Big Laps = 6,400m

14:55 - Senior Men & Masters: 3 x Big Laps = 9,600m

