



WELSH ATHLETICS
ATHLETAU CYMRU

WELSH CROSS COUNTRY CHAMPIONSHIPS

LLANDAFF FIELDS, CARDIFF 24/01/2026

Start: 70m
Finish: 140m
Re-lap: 260m
Small Lap: A,B,E 1,330m
Large Lap: A,B,C,D,E 2,310m



START



FINISH



TOILETS



P.A. CABIN



RACE HQ / RETAIL

