

2026 WELSH CROSS COUNTRY CHAMPIONSHIPS

Saturday 24th January

Llandaff Fields, Cardiff



WELSH ATHLETICS
ATHLETAU CYMRU

Time	Race Age Group	Laps	Distance
11:15	Yr 3 & 4 Primary Girls	1 x Small Lap	1,540m
11:25	Yr 3 & 4 Primary Boys	1 x Small Lap	1,540m
11:35	Yr 5 & 6 Primary Girls	1 x Small Lap	1,540m
11:45	Yr 5 & 6 Primary Boys	1 x Small Lap	1,540m
11:55	Under 13 Girls	2 x Small Laps	3,130m
12:05	Under 13 Boys	2 x Small Laps	3,130m
12:20	Senior Women & Masters	3 x Large Laps	7,660m
13:10	Senior Men & Masters	4 x Large Laps	10,230m
14:05	Under 15 Boys	1 x Small Lap, 1 x Large Lap	4,110m
14:25	Under 15 Girls	1 x Small Lap, 1 x Large Lap	4,110m
15:00	Under 17/20 Women	2 x Large Laps	5,090m
15:25	Under 17/20 Men	2 x Small Laps, 1 x Large Lap	5,700m