



WELSH ATHLETICS
ATHLETAU CYMRU

WELSH CROSS COUNTRY CHAMPIONSHIPS

LLANDAFF FIELDS, CARDIFF 24/01/2026



A

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

C

B

D

E

FINISH

START