

# Gwent Cross Country League

## Timetable Cardiff

### Llandaff Fields



Race 1	Novice Boys 12:00 hrs	Lap Start A.B.C.E + Finish	1700 m
Race 2	Novice Girls 12:10 hrs	Lap Start A.B.C.E + Finish	1700 m
Race 3	Under 13 Boys 12:20 hrs	Lap Start A.B.C.D.E + Finish	2370 m
Race 4	Under 13 Girls 12:30 hrs	Lap Start A.B.C.D.E + Finish	2370 m
Race 5	Senior Women & Masters 12:45	Lap 1 Start A.B.C.E. Lap 2 A.B.C.E. Lap 3 A.B.C.D.E. + Finish	5970 m
Race 6	Under 15 Boys 13:15 hrs	Lap 1 Start A.B.C.E. Lap 2 A.B.C.D.E + Finish	4170 m
Race 7	Under 15 Girls 13: 30 hrs	Lap 1 Start A.B.C.E. Lap 2 A.B.C.D.E + Finish	4170 m
Race 8	Under 17/20 Men 13:45 hrs	Lap 1 Start A.B.C.E. Lap 2 A.B.C.E. Lap 3 A.B.C.D.E + Finish	5970 m
Race 9	Under 17/20 women 14:10 hrs	Lap 1 Start A.B.C.D.E. Lap 2 A.B.C.D.E + Finish	4850 m
Race 10	Senior Men & Masters 14: 30 hrs	Lap 1 A.B.C.D.E. Lap 2 A.B.C.D.E. Lap 3 A.B.C.D.E. Lap 4 A.B.C.D.E + Finish	9810 m

The Course will be marked out with white plastic stakes & barriers tape.

All road crossings will have rubber matting on the roads.

