



Cardiff Cross Challenge inc John Collins Gwent Cross Country League 1 Saturday 13th October, Llandaff Fields, Cardiff

Please read the below information very carefully, this will help you have a more enjoyable day.

Arrival:

We would encourage participants to use sustainable transport methods where possible, either travelling by bicycle or by public transport.

If you do need to travel by car, event car parking is available at Cardiff Metropolitan University and at WJEC Headquarters which are both within 300 metres of the course. We advise competitors not to travel directly by vehicle to the park entrance on Cathedral Road to avoid congestion in the residential area of Pontcanna.

Cardiff Metropolitan University, Sat Nav: CF5 2YB
W.J.E.C. Headquarters, Sat Nav:CF5 2YX

Timings:

You can pick up your number & Chip from Race HQ (9.30 to 2pm). If registering on the day for the John Collins Gwent League registration will close 15 minutes before the start of each race.

School team managers must pick up all their team race numbers for their teams. All competitors must be on the start line 5 minutes before their start time (remember that no chip means no time and no result).

Chip Timing Information

Your race timing chip is attached to your race number. There are two chips per race number: one at the top and one at the bottom. The actual chip is under the foam spacer and must not be removed.

Your timing chip has a race number and a do not remove message. The race number and the timing chip number should be the same.

- 1. Do not pierce the chip when attaching your number with safety pins.**
- 2. Do not cover your number when crossing the finish line this normally happens when stopping a stop watch.**
- 3. Use four pins to attach your number so it is clear to marshals. Please use one safety pin for each corner.**
- 4. Your race number must be worn on your chest and not your leg or arm or on your back.**



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Medical conditions:

If you have a medical condition, it is vital that you notify the race organisers on the day. Please also write details of your condition or any medication you are taking, on the reverse of your race number. For example: asthma, diabetes, notable allergies, and cardiac conditions. Please read all the information on www.runnersmedicalresource.com/en/ before taking part in the race.

Prize Money:

For 2018 there is open race prize money provided in addition to the British only prizes provided by British Athletics.

Open Race Prize Money

	Men	Women
1st	£800	£800
2nd	£500	£500
3rd	£250	£250
4th	£100	£100
5th	£50	£50

British Only Prizes; <https://cardiffcrosschallenge.co.uk/app/uploads/2018/10/Prizes-pdf.pdf>

Some further race information can be found at; <https://cardiffcrosschallenge.co.uk>



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