

MAP 2024

**CARDIFF
CROSS
CHALLENGE** X

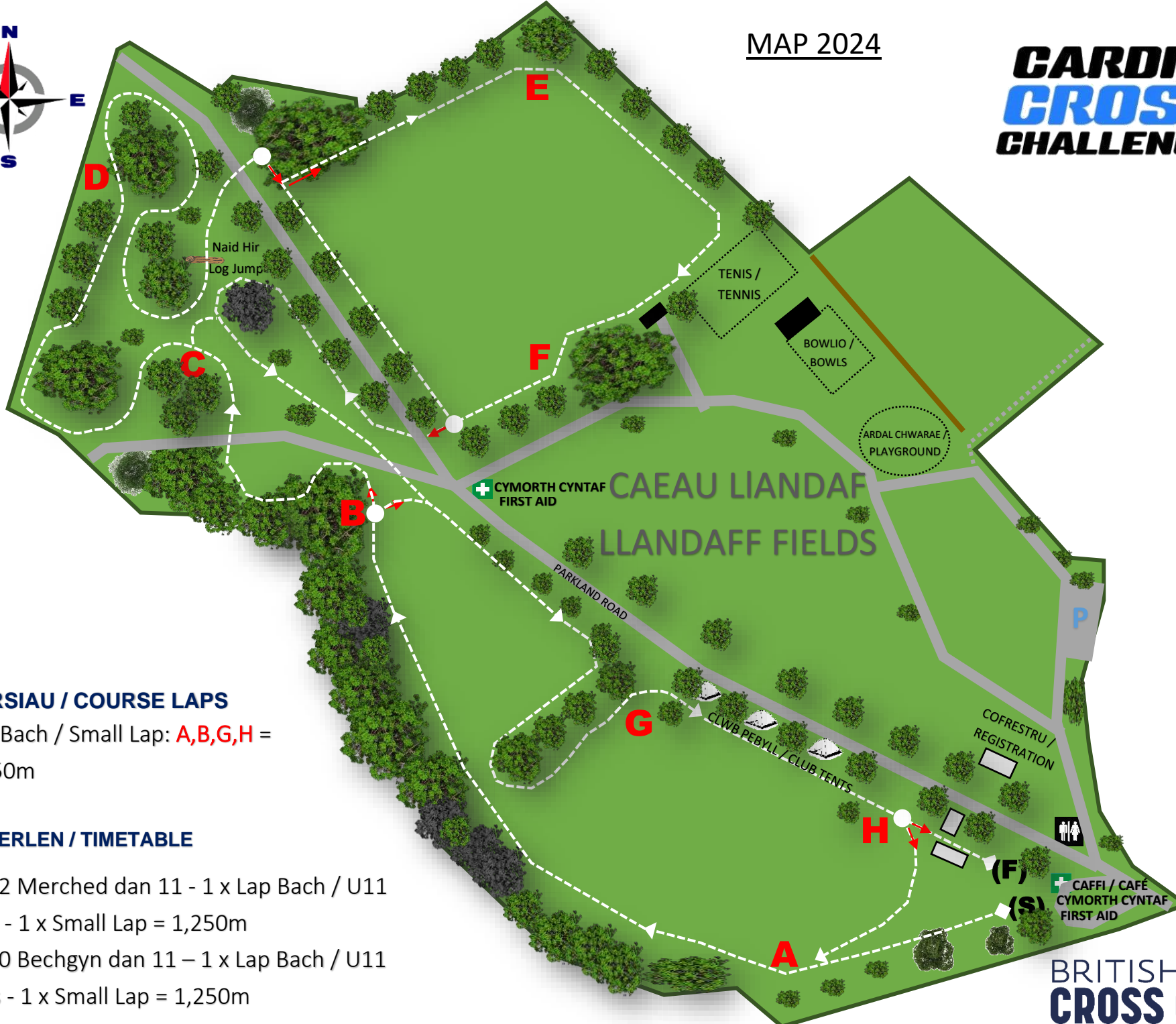


Urdd



WELSH ATHLETICS
ATHLETAU CYMRU

**BRITISH ATHLETICS
CROSS CHALLENGE**



CYRSIAU / COURSE LAPS

Lap Bach / Small Lap: **A,B,G,H** = 1,250m

AMSERLEN / TIMETABLE

11:02 Merched dan 11 - 1 x Lap Bach / U11

Girls - 1 x Small Lap = 1,250m

11:10 Bechgyn dan 11 – 1 x Lap Bach / U11

Boys - 1 x Small Lap = 1,250m