



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