



Time	Race Age Group	Laps	Distance
11:02	Under 11 Girls (Inc Primary School Races)	1 x Small Lap	1,250 m
11:12	Under 11 Boys (Inc Primary School Races)	1 x Small Lap	1,250 m
11:25	Under 13 Girls	1 x Medium Lap	2,780 m
11:45	Under 13 Boys	1 x Medium Lap	2,780 m
12:00	Under 15 Girls	1 x Big Lap	3,200 m
12:15	Under 15 Boys	1 x Big Lap	3,200 m
12:30	Under 17/20 Women	1 x Small, 1 x Big Lap	4,450 m
12:55	Senior Women's Mile	1 x Small Lap + extension	1 Mile
13:05	Senior Men's Mile	1 x Small Lap + extension	1 Mile
13:20	Senior Women & Masters	2 x Big Lap	6,400 m
14:05	Under 17/20 Men	2 x Medium Lap	5,560 m
14:20	Senior Men & Masters	3 x Big Lap	9,600 m

Race Day Parking

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. This is extremely important because the future of this event relies on us not blocking the Highway.

Please **DO NOT PARK** on the road at Fields Park Road.

There is **NO PARKING** available at the Usual Cardiff Metropolitan University site this year.

Please use the City's regular parking provisions available as follows;

Sophia Gardens: Parking Lot, Pontcanna, Cardiff CF11 9SZ

North Road: North Road, Cardiff CF10 3DU

Cardiff Civic Centre: King Edward VII Avenue, Cardiff CF103NB

There is also an app where parking can be pre-booked nearby: <https://tinyurl.com/4h4bfjfx>