

SIAB CROSS COUNTRY INTERNATIONAL 2026

TEAM MANUAL



FAENOL ESTATE, BANGOR

Saturday 21st March



THE EVENT

The 2026 SIAB International takes place at the Faenol Estate near Bangor in North Wales. The venue was last used for the SIAB & Home Countries International in 2009. The 2026 event will also host Primary School races and the British Masters Cross Country Championships. The course is set in the beautiful Faenol Estate on undulating farmland alongside the lake, with Faenol House as a backdrop.

Competition is for Junior and Middle Boys & Girls age-groups with 8 athletes from each team in each race and with the first 6 to score. Additionally, there will be a mixed relay for the junior age-group and one for the middle age-group. Each team will have access to a separate covered area in a Red Marquee near the start area.

ACCOMMODATION

Accommodation is booked for all teams on a dinner, bed and breakfast basis. Team delegates will also be staying at the same venue;

The Conway Centre, Llanfairpwllgwyngyll LL61 6DJ

Each team will have their own accommodation block as follows and each block will have a meeting room that can be use at any time;

England: Menai Block on Friday evening

Ireland: Penmon Block on Friday evening

Scotland: Hafod & Lafon Blocks on Friday & Saturday evenings

Wales: Gogarth Block on Friday evening

Arrival will take place from 15:30 and an attaché from the Welsh Schools Athletics Association will be there to welcome you.

MEALS

Dinner and breakfast will be served in the dining hall at the Conway Centre. Teams have provided their dietary requirements. Dinner is served from 17:30 and breakfast from 7:45am on Saturday and 8:00 on Sunday.

The venue will also be providing the team's packed lunches for race day.

TRANSPORT

Bws Peris will be providing team transfers for the event as follows;

Friday 20th March

Ireland Team collected from Manchester Airport travelling to the Conway Centre, Llanfairpwll (LL61 6DJ)
Flight Details: 16:00 arrival on Ryanair Flight from Dublin (FR556), Terminal 1

Saturday 21st March

09:00: Wales Team collected from the Conway Centre and take them to the Faenol Estate
England Team collected from the Conway Centre and take them to the Faenol Estate

09:30: Scotland Team collected from the Conway Centre and taken to the Faenol Estate
Ireland Team collected from the Conway Centre and taken to the Faenol Estate

14:30: Scotland Team collected from the Faenol Estate and taken back to the Conway Centre

15:00: Ireland Team collected from the Faenol Estate and taken to Manchester Airport
Flight Details: 20:50 from Terminal 1 (FR557 to Dublin)

RACE DAY

Although most team members will be travelling together on buses, if you do have parents / family members

making their way to the venue, **ample parking** is provided on site, free of charge. The car park will be fully signed and stewarded and is around 200m from the start / finish area.

Each team will have access to a covered area in a Red Marquee near the start area as shown on the site plan below.

Team photos will take place at the venue and will be provided to the teams free of charge. Suggested timings are as follows;

09:50: England 10:00: Scotland
09:55: Wales 10:05: Ireland

Two photographers will be in attendance with pictures available on their websites; Bill Scriven: <https://runninginfocus.smugmug.com/> & Gwynfor James: <https://www.sportpictures.cymru/>

A race timetable follows;

Time	Race	Distance
10:30	Primary Girls (1 x Large Lap)	1,660m
10:45	Primary Boys (1 x Large Lap)	1,660m
11:00	Junior Girls (2 x Large Lap)	3,200m
11:20	Junior Boys (1 x Small Lap, 2 x Large Lap)	4,040m
11:45	Middle Girls (1 x Small Lap, 2 x Large Lap)	4,040m
12:15	Middle Boys (4 x Large Lap)	6,280m
13:00	Junior Girls & Boys Mixed Relay (4 x Large Lap)	4 x 1500m (2 Girls & 2 Boys)
13:25	Middle Girls & Boys Mixed Relay (4 x Large Lap)	4 x 1500m (2 Girls & 2 Boys)
13:55	Master Women UK Championships (4 x Large Laps)	6,280m
14:45	Master Men UK Championships (5 x Large Laps)	7,820m

SIAB EXECUTIVE MEETING

The SIAB Executive meeting is booked at the Conway Centre for 20:00 on Friday 20th March.

The meeting area is set in the grounds of the Conway Centre with views along the Menai Straight and of Snowdonia National Park.

FURTHER INFORMATION

Some further information including an event preview will be available on the Welsh Athletics Website; www.welshathletics.org



2026 SIAB

CROSS COUNTRY INTERNATIONAL

inc British Masters Championships

Faenol Estate nr Bangor (LL57 4BP)

Saturday 21st March



Course Laps

- Start & Finish: 160m
- Re-Lap: 40m
- Small Lap: A,C,D,E 800m
- Large Lap: A,B,C,D,E 1,500m

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2026 SIAB CROSS COUNTRY INTERNATIONAL - SITE PLAN

