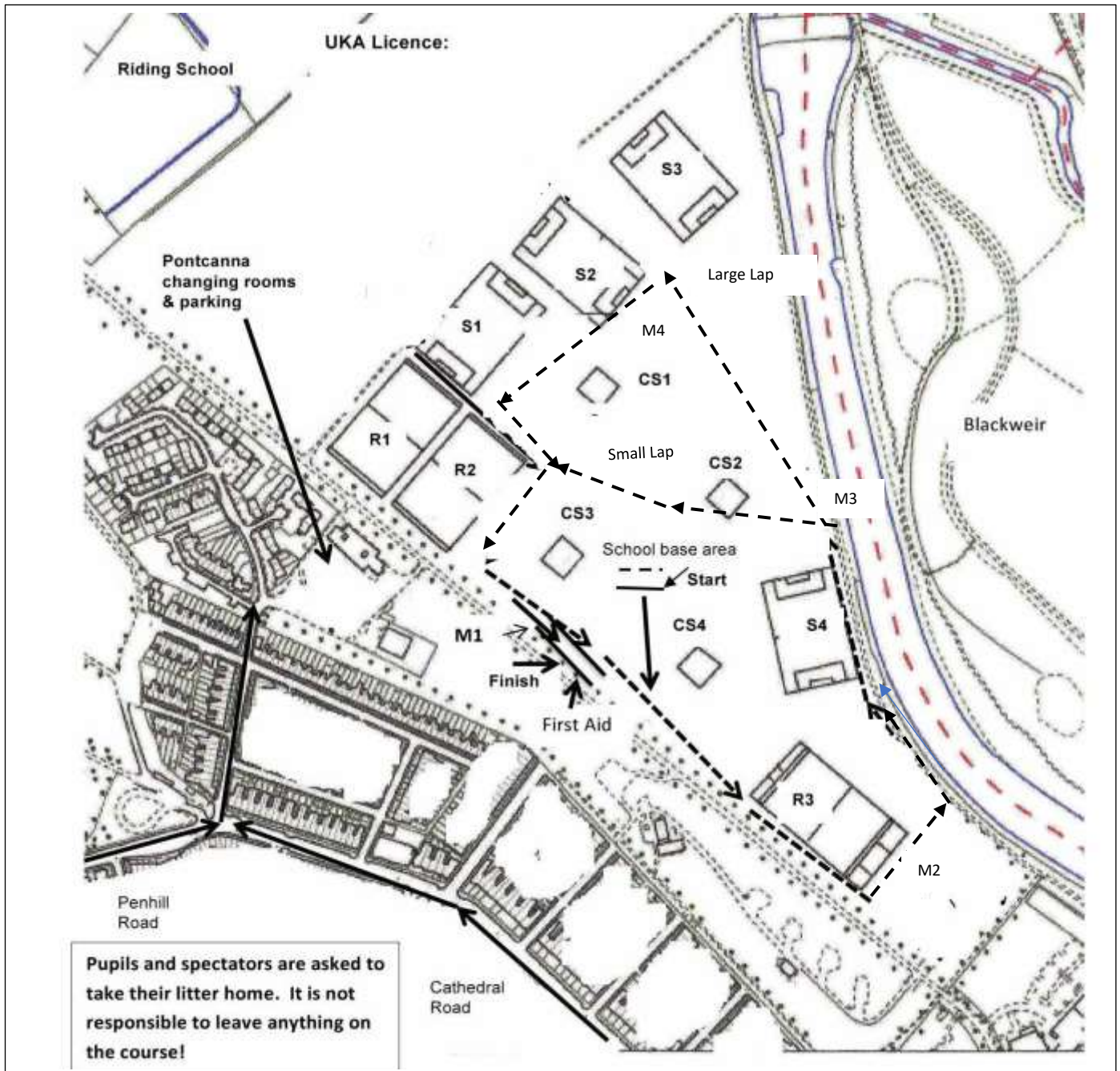


**Cross-Country League 2025/26**

**Boys' L1 (Tuesday, 30/09/25)**



**Order of Races:**

4.30 pm: Race 1 – Year 8 & 9 Boys – 1 small + 1 large laps – 2350m

Race 2 – Year 7 Boys – 2 small laps – 2000m

Race 3 – Senior Boys – 2 large laps – 2700m

Small lap = 1 km; Large Lap = 1.35 km

On the map of Pontcanna, there are three rugby pitches (R1 to R3), four soccer pitches (S1 to S4) and four cricket squares (CS1 to CS4).

Please **KEEP OFF** these pitches. Schools are asked to set up their base around the start area. At the start of a race, pupils are to line up on the dashed assembly line, and will be called forward to the start line when the starter is ready. **Please remind pupils to take any litter home!**

Toilets are at the Pontcanna Changing Rooms. For 2 hours, car parking is free BUT you need to get a ticket!