



BRITISH ATHLETICS
Blaengwynlais
CROSS CHALLENGE

CARDIFF CROSS CHALLENGE 14.10.2017

LLANDAFF FIELDS



Post Code CF52DZ

Post Code CF52YB

Post Code CF119JP

By Car or Coach

From the North – Take the M5 south and exit at Junction 8 onto the M50. Continue onto the A40 and then onto the A449 to Newport. Join the M4 West at junction 24. Exit M4 at junction 29 onto the A48 (M) and follow signs for Cardiff.

From the South – Take the M5 North and exit at junction 15 onto the M4. Exit M4 at Junction 29 and take the A48 (M) following signs for Cardiff.

From the West – From M4 exit at junction 32 onto the A740. Follow signs for Cardiff.

By Coach: There are regular coach services from towns and cities across the UK. The Station is a 20 minute walk from Llandaff Fields.

By Rail: High-speed inter-city trains provide frequent services between all major UK cities. The Cardiff – London Paddington service runs at 30-minute intervals throughout the day. Frequent services also connect Cardiff with Bristol, Birmingham, Southampton, Manchester, and Liverpool and with many other towns and cities.

