

SSAFA 5K SERIES CARDIFF

23rd MAY

20th JUNE

25th JULY



M 8

M 7

4K

Blackweir Tavern
FINISH

To the Start

Ambulance Station

START

M 1

M 2

3K

Cafe

M 3

2K

1K

Cafe

M 6

M 5

M 4

MARSHALS

1. Road Junction
2. Bridge
3. Road Junction Coopers Field
4. Bottom of Coopers Field
5. River Taff by Coopers Field
6. Road Junction by Café
7. By the Weir path junction
8. Hole in the Wall Cycle Path

Lap one in red 
Lap two in black 

