

ssafa **CARDIFF** 5K Series




Royal Navy – British Army – Royal Air Force

2019 COURSE MAP



ssafa | the Armed Forces charity

START BY BLACK GATE

LAP ONE IN RED (1K) (2K) (3K) →

INTO FINISHING IN BLACK (4K) →

MARSHALS ☒

FINISH ALONGSIDE CHANGING ROOMS (NOT AVAILABLE FOR USE)

ST JOHN'S AMBULANCE ON SITE