



SSAFA Cardiff 5K Race Series 2019

Entry online at www.ssafa5kcardiff.org or
on the night from 5:30 to 7:00pm



Race HQ: Blackweir Tavern, 35 North Road, Cardiff CF10 3DX

Wednesdays May 22nd, June 19th and July 24th 2019

Club Runners **£6.00** • Unattached Runners **£8.00**

START 7:30pm

Enter online in advance at <https://ssafa.fullonsport.com/login>

New course for 2019 • Start/Finish line co-located south of ambulance station • improved timing and recording facilities

PRIZE LIST: 1st 2nd 3rd Male & Females

Masters M40 M45 M50 M55 M60+

Masters W35 W40 W45 W50 W55+

Prize giving on the night at Blackweir Tavern • Prize giving for Series' Winners on 24th July