

# Cardiff ssafa 5k series

Entry on the night from 17.00hrs Wednesday 18<sup>th</sup> May, 22<sup>nd</sup> June, 27<sup>th</sup> July 2022

Race HQ Blackweir Tavern, North Road Cardiff CF10 3DX

Entry fee Club runner £7 unattached runners £9

Start time 19.30hrs Blackweir fields changing rooms

Prize list 1<sup>st</sup> 2<sup>nd</sup> 3<sup>rd</sup> Male & Female 1<sup>st</sup> U20 Male & Female

Masters 40+ 50+ 60+ Male & Female

Course flat & fast one lap in Bute Park Start & Finish Blackweir Changing rooms

More info : [www.ssafa5kcardiff.org](http://www.ssafa5kcardiff.org)

**ssafa**

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**Armed Forces**  
charity