

CARDIFF SSAAFA 5K SERIES



SSAFA 5K Course:

The route uses a flat & fast loop of Bute Park, Starting & Finishing at Blackweir Fields Changing room's heading towards the River Taff going pass the Café and turning left before the next Café heading back up to Blackweir Fields going pass the Start & Finish area on your right running up to the Weir going pass the weir you turn right at the hole in the wall on to the Cycle Path going down pass race HQ on your left all the way to the entrance into Bute Park going over the Bridge turning left going back over to the River Taff heading back up to Blackweir Field & the Finish area.

COURSE RECORDS MALE 14:29. FEMALE 16:20

