

ssafa | the Armed Forces charity

CARDIFF 5K COURSE




WELSH ATHLETICS
ATHLETAU CYMRU
LICENSED EVENT



COURSE MARSHAL POINTS

- M1** Road Crossing
- M2** Bridge & Cafe
- M3** by Coopers Field
- M4** by the bottom of bridge
- M5** by Weir Foot Path
- M6** Hole in Wall
- M7** onto Cycle Path
- M8** Ambulance Station

