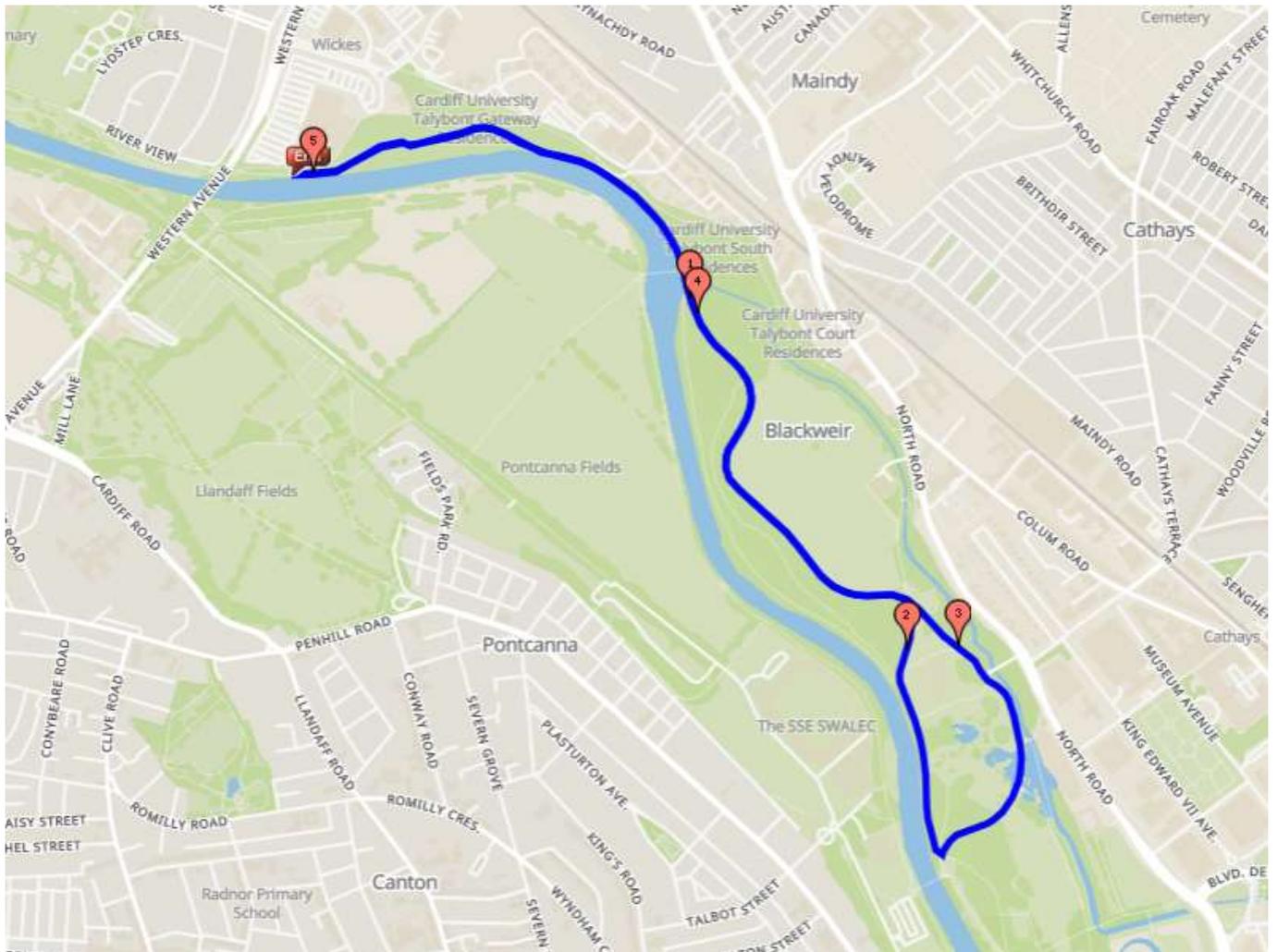


Details of the CPR courses :

parkrun 5K

The first event is being incorporated into Cardiff parkrun (www.parkrun.org.uk/cardiff), please be there early for the briefing and to collect your number. You will take part in parkrun as normal, but when you finish please come and see me before you register your finishing position, that way we know where in the results we have to look to make it easier for us.

Link for 5K (parkrun) course <http://www.gmap-pedometer.com/?r=5027676>



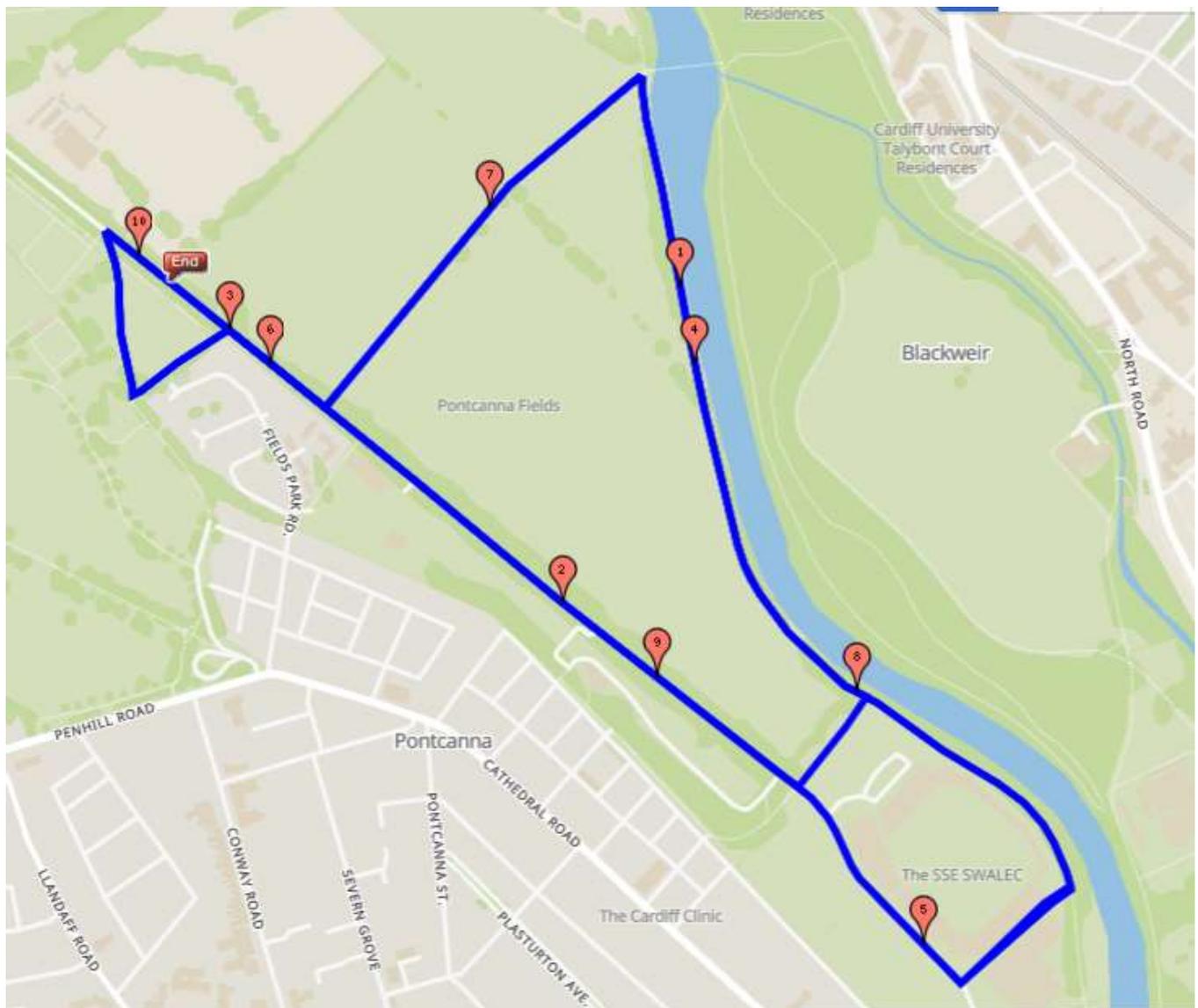
10K

This event starts on the main spine road through Pontcanna Fields, just up from the riding school. **There are no distance markers on the course.**

Lap 1 - You will run down towards Sofia Gardens and turn left along the cross path to Blackweir Bridge and then turn right along the river path. When you get to the Wall turn right and then right again onto the Spine Road, follow the Spine Road towards the start/finish, turn left down the small slope and run around the triangle, re-join the Spine Road by the allotments, turn right and run through the start/finish.

Laps 2+3 - Run down towards Sofia Gardens and turn left along the cross path to Blackweir Bridge and then turn right along the river path. Run past the back of the SWALEC stadium turn right between the SWALEC stadium and the Sports Centre and then right again onto the Spine Road, follow the Spine Road towards the start/finish, turn left down the small slope and run around the triangle, re-join the Spine Road by the allotments, turn right and run through the start/finish, then repeat the whole thing.

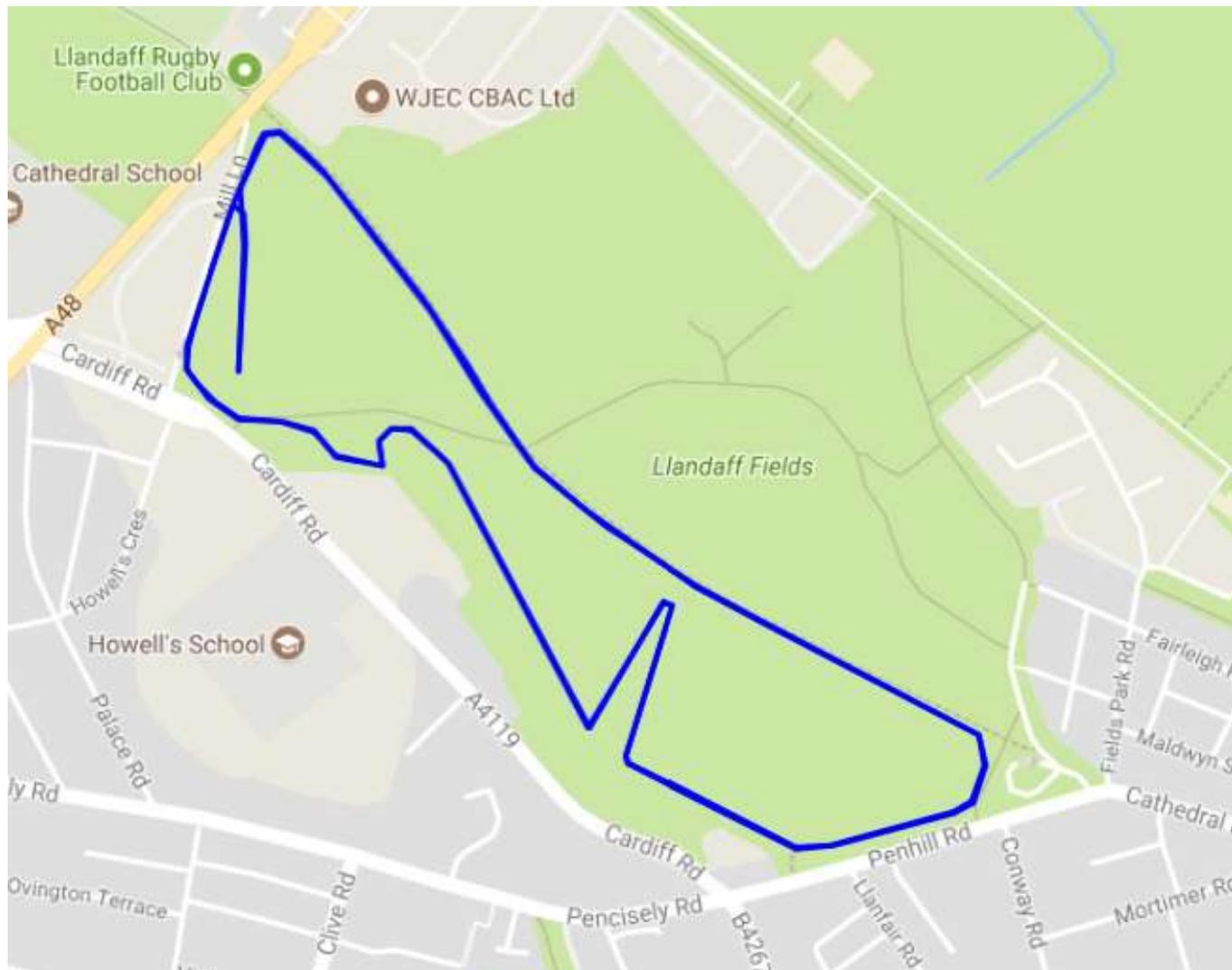
Link for 10K course <http://www.gmap-pedometer.com/?r=7396589>



Cross Country

This will take place in Llandaff Fields and start/finish at the Western Avenue end ~ opposite the rugby club. The course is 2 laps on the right hand side of the park. The course will be marked with small orange and yellow plastic marker flags, as well as marshals.

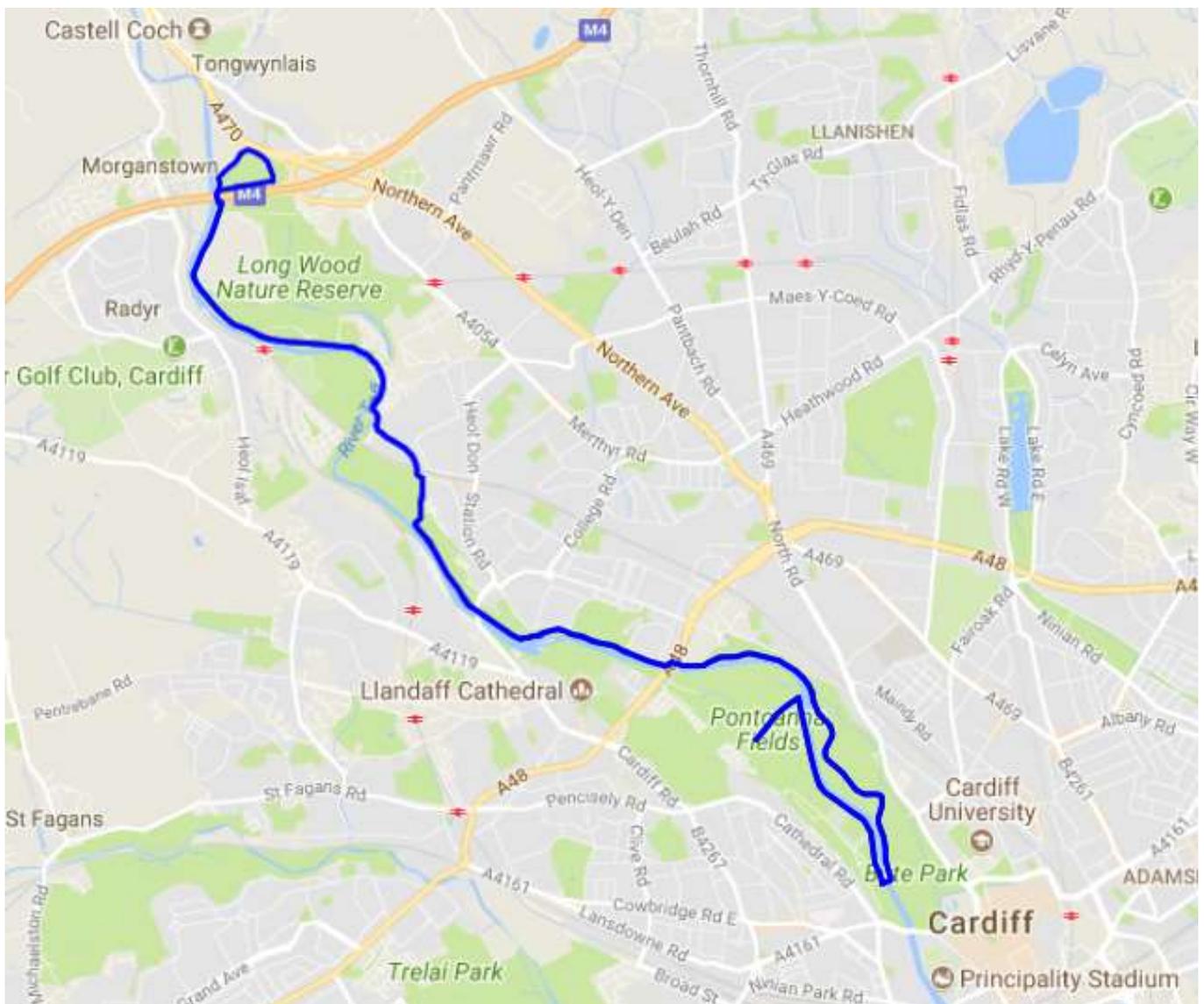
Link for XC course <http://www.gmap-pedometer.com/?r=7129193>



Half Marathon

This event starts on the cross path just off the main spine road through Pontcanna Fields, just down from the changing rooms. You will run down the cross path to Blackweir Bridge and then turn right along the river path, then turn left over the Millennium Bridge, straight off the bridge and towards the Nursery (opposite way to parkrun), keeping the river on your left. Carry on past Blackweir Bridge and past the start/finish for parkrun, continue following the river path up through Hailey Park, and go past the car park, go through the gates and carry straight on under the railway bridge, follow the cycle path. When you get to the “pump wheel” bear left following the cycle path through the houses, at the end of the path just after the barrier bear left on to the road. Pass Cardiff High School Old Boys’ rugby club and continue up past Radyr Bridge ~ the river should still be on your left. When you get to the end turn left and go under the M4, at Iron Bridge bear right and follow lane towards Tongwynlais, don’t turn left under A470, continue straight on and pick up the dirt path, at this point beware of the gate. Follow this path until you get back to the river path by the M4, turn left and pass under the M4 once again, you should fully retrace your steps back to the finish. **There are no distance markers on the course.**

Link for Half Marathon course <http://www.gmap-pedometer.com/?r=7129191>



1 mile

This starts and finishes by Blackweir Changing rooms. You run from the changing rooms, complete the parkrun nursery loop IN REVERSE and run back to the changing rooms. This will be run as a time trial and you will go off individually at 20 second intervals.

Link for 1 mile course <http://www.gmap-pedometer.com/?r=5027713>

