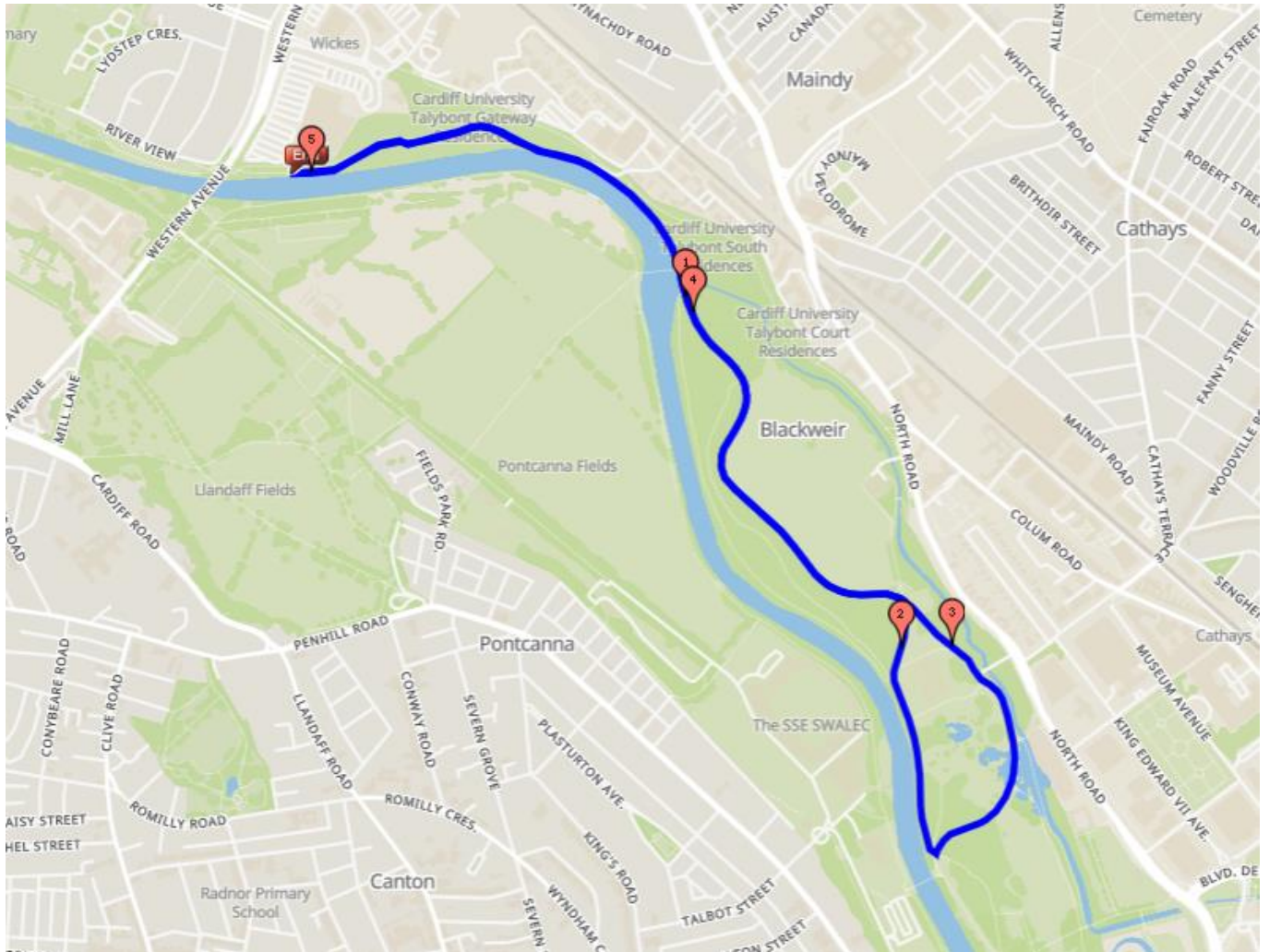


Details of the CPR courses :

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.

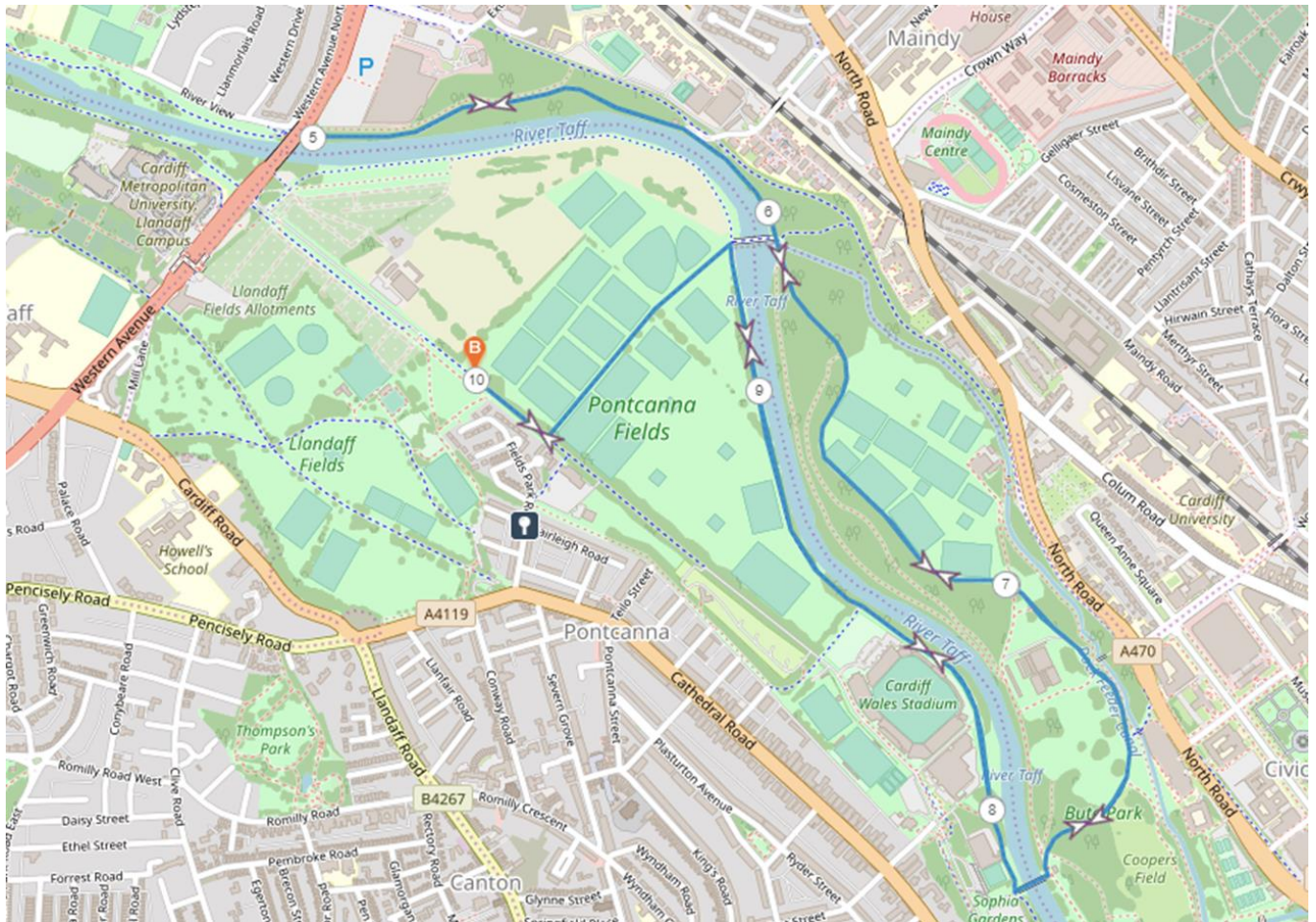
Link for 5K (parkrun) course <http://www.gmap-pedometer.com/?r=5027676>



10K

Start near the stables, run down the Spine Rd towards town, turn left onto the cross path and run down to Blackweir bridge, turn right onto the river path, and run to Millennium Bridge, cross the bridge and then head towards the College of Music & Drama, and continue to the crossroads. Go straight across at the crossroads and follow the path through to the parkrun start/finish area, the turnaround uses the triangle at the bottom of the steps at the A48 underpass, then retrace the route back to the Spine Rd, turn right and run up to the start/finish line.

There are no distance markers on the course.



Cross Country

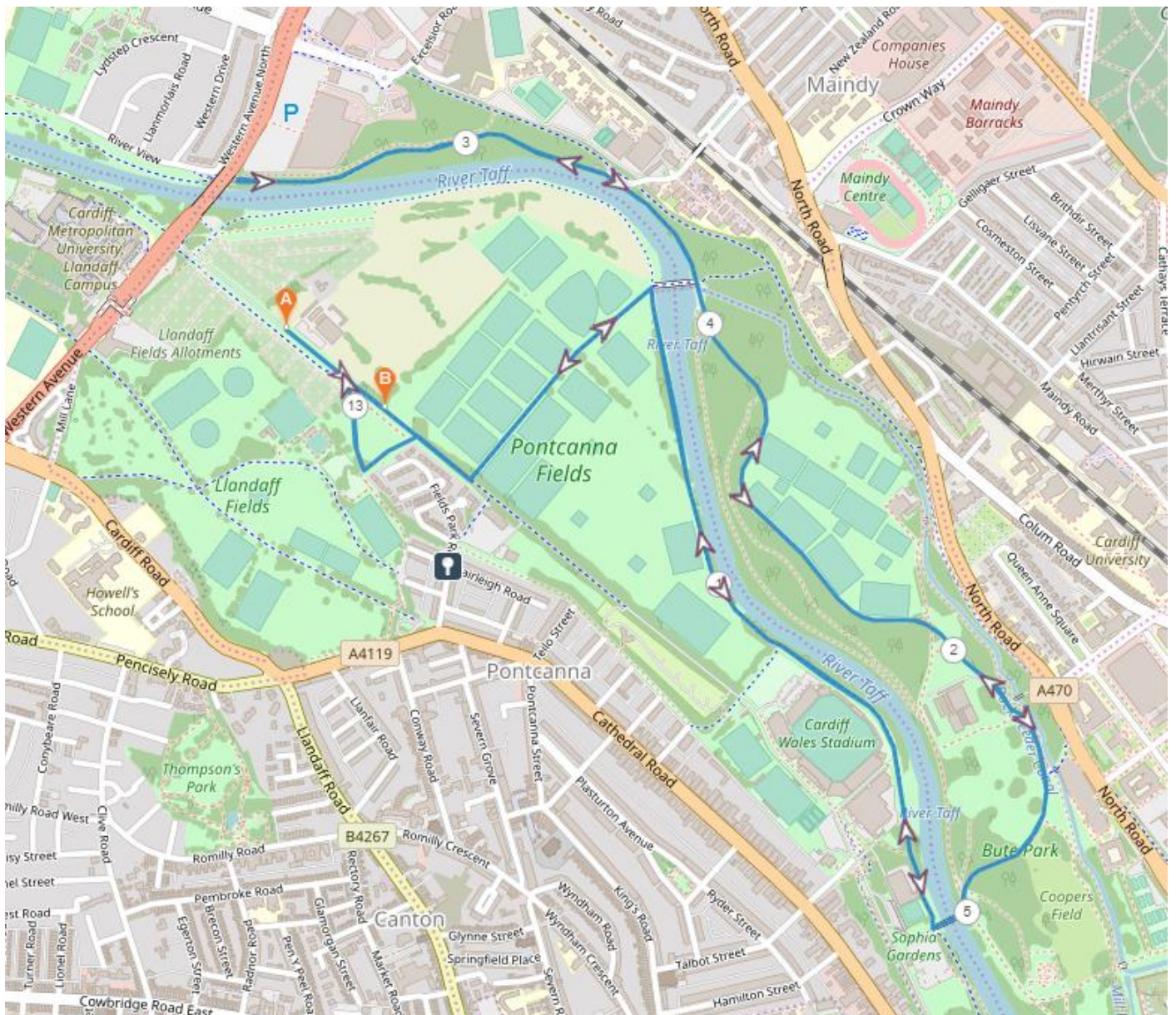
This will take place in Pontcanna Fields and start/finish at the stables end of the playing fields. The course is 3 laps on the section of the park between the stables and cross path, and the River Taff and the Spine Road. **The course is completely on grass.** The course will be marked with small orange and yellow plastic marker flags, as well as marshals.



Half Marathon

Start near the stables, run through the finish line, and continue down the Spine Rd towards town, turn left onto the cross path and run down to Blackweir bridge, turn right onto the river path, and run to Millennium Bridge, cross the bridge, and then head towards the College of Music & Drama, and continue to the crossroads. Go straight across at the crossroads and follow the path through to the parkrun start/finish area, the turnaround uses the triangle at the bottom of the steps at the A48 underpass, then retrace the route back to the Spine Rd, turn right and 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.

There are no distance markers on the course.



1 mile

This will take place in Pontcanna Fields. Start on the River path just down from Blackweir Bridge, run down to “the Wall”, and turn right along the wall path and then right on to the Spine Road. Run down to the Finish which is situated just before the Stables.

