

# SSAFA 5K SERIES CARDIFF COURSE



**ssafa** the  
Armed Forces  
charity

## 5K COURSE INFO

LAP ONE IN RED 

LAP 2 IN BLACK 

MASHALLS > 

M1 Bottom of Bridge.

M2 Cross roads.

M3 by the Weir.

M4 Cycle Path.

M5 Entrance to Ambulance Station.

M6 Entrance to Car Park North Road.

M7 Entrance to Bute Park over Bridge.

M8 Cross road by River Taff.

