
CARDIFF HALF
HANNER MARATHON CAERDYDD
MAINDY
CATHAYS
ROATH
Energy Drink
PONTCANNA
CANTON
RIVERSIDE
CITY CENTRE
BUTETOWN
GRANGETOWN
CARDIFF DOCKS
HIGH5 Energy Gel
CARDIFF BAY
SPORTS VILLAGE
CARDIFF BAY BARRAGE
PENARTH
Medical / Meddygol
Mile Markers / Marciwr Milltir
1 - 13
KM Markers / Marciwr Cilometr
5 - 20
Hydration Stations / Man Casglu Egni
Water
Gel/Drink