**A blue and red badge with a person running

AI-generated content may be incorrect.A logo of a police officer

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**PSUK 10 MILE ROAD RACE CHAMPIONSHIP**

**1PM WEDNESDAY 10TH SEPTEMBER 2025**

A path with trees on it

AI-generated content may be incorrect.

South Wales Police look forward to welcoming you to the PSUK 10 Mile Road Race. The event will take place from Pontcanna Fields, Cardiff heading North along the South Wales Taff Trail. The start and finish area will be at Pontcanna Fields, **Cardiff CF5 2AX.**

Pontcanna Fields is a stone’s throw away from the vibrant City Centre encompassing beautiful greenery and parks as well as quirky shops and restaurants.

**RACE COST AND ENTRY DETAILS**

Individuals will need to enter the race via the following link - <https://my.raceresult.com/329555/>  
  
Race entry will be £16 per person. **The last date for entries will be at 11pm on Sunday 7th September 2025.**

Should you enter the race and be unable to run for whatever reason, entries are transferable up until 11pm Sunday 7th September 2025. There will however be no refunds for entrants that can no longer run once entered. Full details of how to amend or transfer your entry will be in the entry confirmation email.

**PARKING**

**Pontcanna Fields Car Park, CF11 9HY** (149 spaces) This is nearest the registration area.

2 hours free, 3 hours £3, over 3 hours £5

**Llandaff Fields and Turning Head Car Parks​, CF11 9JQ** (80 spaces)

2 hours free, 3 hours £4, 4 hours £4.50, 5 hours £5

**Talybont Cardiff University site, CF14 3UX** (100 spaces)

4 hours free parking, RingGo parking app required for longer than 4 hours.

Tesco Extra Western Avenue **CF14 3AT** is also an option. This is however limited to 3 hours free with a risk of a fine if this is exceeded. Suitable for spectators or fast runners!

**REGISTRATION**

Registration will commence from 10:30am to 12:30pm in the changing rooms of Pontcanna Fields Car Park. The postcode for registration is **CF11 9HY.**

**There are changing rooms and toilet facilities within this building which you are welcome to use**.

This building will be locked during the race and a representative of SWP will have the key to reopen after the race. We cannot however take responsibility for any lost or stolen items.

At registration you will be given your race number which has two built-in timing chips on the rear, please ensure you wear this race number clearly visible on the front of your torso/body. Safety pins will be available to pin it to your outer race layer.

\*\*Please note all race bibs MUST be filled out with your personal information on the rear – your name, any medical information and an emergency contact and their phone number. This is non-negotiable and pens will be provided for you to fill this in as and when you collect your race number\*\*

**RACE DETAILS**

The race is 10 miles in distance and will commence at 1pm. The race is chip timed and coordinated by EventResultz, a professional and reliable company who have successfully timed 140 events to date.

You will receive your race time via email soon after you cross the finish line, so please ensure you supply the correct email address when registering via the link.

The course has been measured via a certified member of Welsh athletics.

We will NOT have exclusive access of the paths on race day so please consider other site users on the day.

**COURSE**

The course is an out and back route through the beautiful park of Pontcanna and the Taff Trail. You will start near the horse stables at Pontcanna. Please do not congregate around this area as it distresses the horses. We will run around a large triangular area at the start and then along a spine road to Blackweir Bridge. The river will be on your left and you will run towards the City Centre before crossing Millenium Bridge. At this point you will see the iconic Principality Stadium up ahead. You will then enter part of beautiful Bute Park and cover the last 3K of the Cardiff parkrun route. You continue along the Taff Trail to Hailey Park with the river on your left where you will complete a short loop and then return the exact same way in reverse. The river will be on your right on return. You will have to repeat the triangle on the return too.

The entire route is on concrete path and flat! The route is shaded in parts by trees.

There will be sufficient marshals along the way at every turning point to ensure you will not get lost. Mile markers will be in place at each relevant point.

**PLEASE RUN ON THE LEFT TO ENSURE ALL RUNNERS ARE AFFORDED SPACE AND AVOID CLASHES.**

A map of a city

AI-generated content may be incorrect.

**WATER STATIONS.**

There will be 1 water station which is situated around mile 3 on the way out and mile 7 on return. There will be bins provided for the bottles please make every effort to ensure they are disposed of appropriately.

**FIRST AID** There will be first aid provisions available on the day and a mobile medic. Should this be required the marshals will all be in receipt of radio contact should you encounter any difficulties during the race.

**PRESENTATIONS**

**INDIVIDUAL AWARDS**

**OPEN CATEGORY**

**Male & female 1st / 2nd / 3rd**

**VETERAN CATEGORY**

**V40 Male & female 1st / 2nd / 3rd**

**V45 Male & female 1st / 2nd / 3rd**

**V50 Male & female 1st / 2nd / 3rd**

**V55 Male & female 1st / 2nd / 3rd**

**V60 Male & female 1st / 2nd / 3rd**

**TEAM AWARDS**

**OPEN CATEGORY**

**Male teams of 4 - 1st / 2nd / 3rd**

**Female teams of 3 - 1st / 2nd / 3rd**

**MINOR FORCES CATEGORY**

**Male teams of 4 - 1st / 2nd / 3rd**

**Female teams of 3 - 1st / 2nd / 3rd**

**VETERAN CATEGORY**

**Male teams of 3 - 1st / 2nd / 3rd**

**Female teams of 3 - 1st / 2nd / 3rd**

Please note if the number of entries for a category is substantially low, awards may be reduced to 1st only or 1st and 2nd. Additional veteran categories may also be awarded if there are sufficient entries.

**EVENING FUNCTION**

**A building with stairs leading to the entrance

AI-generated content may be incorrect.**

The evening function will take place at The Village Hotel which is approximately 3.5 miles away from the race start. The address is:

**Village Hotel Cardiff 29 Penwyallt Rd Cardiff CF14 7EF 02921 671120**

Whilst there are lots of parking spaces this is a leisure facility so alternative street parking may be necessary. Parking is free for hotel residents and for those attending the evening function.

The evening event will commence at 6pm for drinks reception and a welcome drink on arrival. The food will consist of a 3-course meal which will start at 6:30pm allowing time for food and presentations before the party begins.

The colour theme for the evening function is blue or black in line with the thin blue line which is what we are all about.

We ask that you please dress smart/casual.

There is a limit of 250 people for the evening function. Once this limit is reached there will be no further bookings.

The cost of the evening meal is **£42** per person. Please can the fee be paid by bank transfer quoting your surname and force to the following account:

**South Wales Police Athletics Section** Sort Code **20-51-32** Account number **80713023**

Also included in the email sent to all force SPOCS is an excel spreadsheet which has already been pre-populated with food choices to save you time completing.

Please can the force SPOC be the person that sends the entire food order for each force!

There are around 37 plus forces that take part so please appreciate this is a lot to collate.

Please send your completed food menu choices to **PSUKRoadRace2025@south-wales.police.uk**

**The last date available to submit your meal choices is Sunday 31st August 2025.**

**A room with tables and chairs

AI-generated content may be incorrect.**

**MENU**

**STARTER Prawn cocktail or Tomato Soup (VG)**

**MAIN Lemon and Tarragon chicken Breast with seasonal vegetables and creamed potatoes or Sesame seed and ginger tofu (VG)**

**DESSERT Sticky toffee pudding with custard or Vegan Coconut cheesecake (VG)**

**VG = Vegan**

**ACCOMMODATION**

**Village Hotel Cardiff -** 29 Pendwyallt Road, Coryton, Cardiff, CF14 7EF, United Kingdom. **Blue light discount is accepted at a rate of 20%.**

The management have agreed that all residents will have access to the gym and the pool facilities. In addition, a QR code will be set up in the room which will grant a free day pass to any Village facility within 1 month of the event.

[Village Hotel Cardiff, Cardiff (updated prices 2025)](https://www.booking.com/hotel/gb/viilagehotelcardiff.en-gb.html?aid=304142&label=gen173bo-1FCBkoggI46AdIM1gDaFCIAQGYAQm4ARfIAQzYAQHoAQH4AQOIAgGYAgKoAgO4AvHA8L4GwAIB0gIkNmRmMDc5MTgtOTQyNi00YjIyLWFkNzQtZmViNjNiYTQ2MTdh2AIF4AIB&sid=a0fdfe2008f1675bd86793474d365a29&all_sr_blocks=76964_91467008_0_0_0&checkin=2025-09-10&checkout=2025-09-11&dist=0&group_adults=2&group_children=0&hapos=1&highlighted_blocks=76964_91467008_0_0_0&hpos=1&matching_block_id=76964_91467008_0_0_0&no_rooms=1&req_adults=2&req_children=0&room1=A%2CA&sb_price_type=total&sr_order=distance_from_search&sr_pri_blocks=76964_91467008_0_0_0__22500&srepoch=1742480328&srpvid=fa2b630bf5af0505&type=total&ucfs=1&)

**MANOR HOTEL** - Thornhill Road, Cardiff, CF14 9UA, United Kingdom

[Manor Parc Hotel, Cardiff (updated prices 2025)](https://www.booking.com/hotel/gb/manor-parc.en-gb.html?aid=304142&label=gen173bo-1FCBkoggI46AdIM1gDaFCIAQGYAQm4ARfIAQzYAQHoAQH4AQOIAgGYAgKoAgO4AvHA8L4GwAIB0gIkNmRmMDc5MTgtOTQyNi00YjIyLWFkNzQtZmViNjNiYTQ2MTdh2AIF4AIB&sid=a0fdfe2008f1675bd86793474d365a29&all_sr_blocks=18006101_89475241_2_1_0&checkin=2025-09-10&checkout=2025-09-11&dist=0&group_adults=2&group_children=0&hapos=5&highlighted_blocks=18006101_89475241_2_1_0&hpos=5&matching_block_id=18006101_89475241_2_1_0&no_rooms=1&req_adults=2&req_children=0&room1=A%2CA&sb_price_type=total&sr_order=distance_from_search&sr_pri_blocks=18006101_89475241_2_1_0__15000&srepoch=1742479571&srpvid=fa2b630bf5af0505&type=total&ucfs=1&)

**The Beverley by Innkeeper's Collection-** 75-77 Cathedral Road, Cardiff, CF11 9PG, United Kingdom

[The Beverley by Innkeeper's Collection, Cardiff (updated prices 2025)](https://www.booking.com/hotel/gb/beverley-cardiff.en-gb.html?aid=304142&label=gen173bo-1FCBkoggI46AdIM1gDaFCIAQGYAQm4ARfIAQzYAQHoAQH4AQOIAgGYAgKoAgO4AvHA8L4GwAIB0gIkNmRmMDc5MTgtOTQyNi00YjIyLWFkNzQtZmViNjNiYTQ2MTdh2AIF4AIB&sid=a0fdfe2008f1675bd86793474d365a29&all_sr_blocks=32336802_361905137_0_2_0&checkin=2025-09-10&checkout=2025-09-11&dist=0&group_adults=2&group_children=0&hapos=28&highlighted_blocks=32336802_361905137_0_2_0&hpos=3&matching_block_id=32336802_361905137_0_2_0&no_rooms=1&req_adults=2&req_children=0&room1=A%2CA&sb_price_type=total&sr_order=distance_from_search&sr_pri_blocks=32336802_361905137_0_2_0__17010&srepoch=1742479753&srpvid=fa2b630bf5af0505&type=total&ucfs=1&)

**CoffiCo Hotel-** 73 Cathedral Road, Cardiff, CF11 9HE, United Kingdom

[CoffiCo Hotel, Cardiff (updated prices 2025)](https://www.booking.com/hotel/gb/73-by-coffico.en-gb.html?aid=304142&label=gen173bo-1FCBkoggI46AdIM1gDaFCIAQGYAQm4ARfIAQzYAQHoAQH4AQOIAgGYAgKoAgO4AvHA8L4GwAIB0gIkNmRmMDc5MTgtOTQyNi00YjIyLWFkNzQtZmViNjNiYTQ2MTdh2AIF4AIB&sid=a0fdfe2008f1675bd86793474d365a29&all_sr_blocks=766617101_334187169_0_0_0_146720&checkin=2025-09-10&checkout=2025-09-11&dist=0&group_adults=2&group_children=0&hapos=29&highlighted_blocks=766617101_334187169_0_0_0_146720&hpos=4&matching_block_id=766617101_334187169_0_0_0_146720&no_rooms=1&req_adults=2&req_children=0&room1=A%2CA&sb_price_type=total&sr_order=distance_from_search&sr_pri_blocks=766617101_334187169_0_0_0_146720_18216&srepoch=1742479753&srpvid=fa2b630bf5af0505&type=total&ucfs=1&)

**Pontcanna Inn-** 36 Cathedral Road, Cardiff, CF11 9LL, United Kingdom

[**Pontcanna Inn, Cardiff (updated prices 2025)**](https://www.booking.com/hotel/gb/pontcanna-inn.en-gb.html?aid=304142&label=gen173bo-1FCBkoggI46AdIM1gDaFCIAQGYAQm4ARfIAQzYAQHoAQH4AQOIAgGYAgKoAgO4AvHA8L4GwAIB0gIkNmRmMDc5MTgtOTQyNi00YjIyLWFkNzQtZmViNjNiYTQ2MTdh2AIF4AIB&sid=a0fdfe2008f1675bd86793474d365a29&all_sr_blocks=357864601_364980627_0_40_0&checkin=2025-09-10&checkout=2025-09-11&dist=0&group_adults=2&group_children=0&hapos=33&highlighted_blocks=357864601_364980627_0_40_0&hpos=8&matching_block_id=357864601_364980627_0_40_0&no_rooms=1&req_adults=2&req_children=0&room1=A%2CA&sb_price_type=total&sr_order=distance_from_search&sr_pri_blocks=357864601_364980627_0_40_0__9800&srepoch=1742479753&srpvid=fa2b630bf5af0505&type=total&ucfs=1&)

**Holiday Inn Cardiff City by IHG-** Castle Street, Cardiff, CF10 1XD, United Kingdom

[Holiday Inn Cardiff City by IHG, Cardiff (updated prices 2025)](https://www.booking.com/hotel/gb/holiday-inn-cardiff-city.en-gb.html?aid=304142&label=gen173bo-1FCBkoggI46AdIM1gDaFCIAQGYAQm4ARfIAQzYAQHoAQH4AQOIAgGYAgKoAgO4AvHA8L4GwAIB0gIkNmRmMDc5MTgtOTQyNi00YjIyLWFkNzQtZmViNjNiYTQ2MTdh2AIF4AIB&sid=a0fdfe2008f1675bd86793474d365a29&all_sr_blocks=3419102_95155072_2_2_0&checkin=2025-09-10&checkout=2025-09-11&dist=0&group_adults=2&group_children=0&hapos=57&highlighted_blocks=3419102_95155072_2_2_0&hpos=7&matching_block_id=3419102_95155072_2_2_0&no_rooms=1&req_adults=2&req_children=0&room1=A%2CA&sb_price_type=total&sr_order=distance_from_search&sr_pri_blocks=3419102_95155072_2_2_0__13515&srepoch=1742480017&srpvid=fa2b630bf5af0505&type=total&ucfs=1&)

**The Angel Hotel-** Castle Street, Cardiff, CF10 1SZ, United Kingdom

[**The Angel Hotel, Cardiff (updated prices 2025)**](https://www.booking.com/hotel/gb/theangelhotel-cardiff.en-gb.html?aid=304142&label=gen173bo-1FCBkoggI46AdIM1gDaFCIAQGYAQm4ARfIAQzYAQHoAQH4AQOIAgGYAgKoAgO4AvHA8L4GwAIB0gIkNmRmMDc5MTgtOTQyNi00YjIyLWFkNzQtZmViNjNiYTQ2MTdh2AIF4AIB&sid=a0fdfe2008f1675bd86793474d365a29&all_sr_blocks=10017223_91463453_0_2_0_300414&checkin=2025-09-10&checkout=2025-09-11&dist=0&group_adults=2&group_children=0&hapos=60&highlighted_blocks=10017223_91463453_0_2_0_300414&hpos=10&matching_block_id=10017223_91463453_0_2_0_300414&no_rooms=1&req_adults=2&req_children=0&room1=A%2CA&sb_price_type=total&sr_order=distance_from_search&sr_pri_blocks=10017223_91463453_0_2_0_300414_42500&srepoch=1742480017&srpvid=fa2b630bf5af0505&type=total&ucfs=1&)

There is a Facebook group set up called **PSUK 10 mile road race Cardiff.** If you wish to join this group, please answer the administrative questions with your request to join or your request will be declined for obvious reasons.

Contact for race enquiries and evening meal enquiries **PSUKRoadRace2025@south-wales.police.uk**

On behalf of South Wales Police, we look forward to hosting this event and seeing you all in September.

A group of people posing for a photo

AI-generated content may be incorrect.

**A logo of a police officer

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