

Cardiff Half Marathon

Mid October.

Mainly flat course starting in Cardiff Bay with lovely scenery and historic buildings so very enjoyable route with lots to take your mind off any aches and pains. I think the route varies slightly from year to year but the Cardiff Half Marathon website gives a detailed map of the route including the sights and 'elevations'. There are no hills on this course only very slight inclines.

Running village set up at the start with toilets and baggage area. All looked very well organised. Don't know if there were enough loos as didn't need to find out as we were staying five minutes walk from the start but there looked to be plenty.

Lots of water provided along the route at around 3 mile intervals but unfortunately all the Lucozade Sports drink ran out early on.

Stayed at the Future Inn in Hemingway Road which was very close to the start. Post Code CF10 4AU. Several other hotels close by as well. Ours opened the restaurant early for breakfast especially for the runners.

Nice Goody Bag with T-Shirt and medal together with samples of cereal bar, vouchers etc.

Very enjoyable race although I didn't get the time I wanted due to cramp at around mile 9. By the time I got rid of it I'd lost the plot slightly and finished in 2.25. I'd recommend it to anyone who wants to try a half outside the county.

Next years race is 21 October 2012. It's a very popular race with around 15000 entrants for 2011 so need to book accommodation early. Also it now costs a hefty £5.70 for a car to cross the Severn Bridge (only entering Wales – free to come back out)

Gill