

Some landmarks on the Cardiff Bay 10k route

The route of the Cardiff Bay 10k takes you on a magical mystery tour – along thoroughfares named after internationally renowned Welshmen, past some of Cardiff’s most iconic edifices – ancient and modern – through largely regenerated docklands to one of the largest civil engineering projects in Europe constructed during the 1990s!

Assembly area for the race is at the imposing Welsh Parliament, Senedd Cymru, designed by eminent Architect Lord Rogers of Riverside and opened by [Queen Elizabeth II](#) on St David's Day, 1st March 2006.



The race starts in waves in the heart of the rejuvenated Cardiff Bay at Roald Dahl Plass. Prolific novelist and short story writer Roald Dahl, born in Llandaff, Cardiff, to Norwegian parents. His books have sold more than 250 million copies worldwide and include Charlie and the Chocolate Factory, the BFG and James and the Giant Peach.

Participants then pass the Millennium Centre “home for the arts in Wales” and major venue for music, dance, comedy and theatre. Artists including U2, the Rolling Stones, Paul McCartney, Madonna and Rihanna have performed there. It has a memorable inscription on the front of the building.



The course then proceeds along Bute Avenue subsequently renamed Lloyd George Avenue in honour of international statesman David Lloyd George, Liberal MP for Caernarfon Boroughs for 55 years, and who as Chancellor of the Exchequer introduced Old Age Pensions and National Insurance. He served as Prime Minister from 1916-1922.



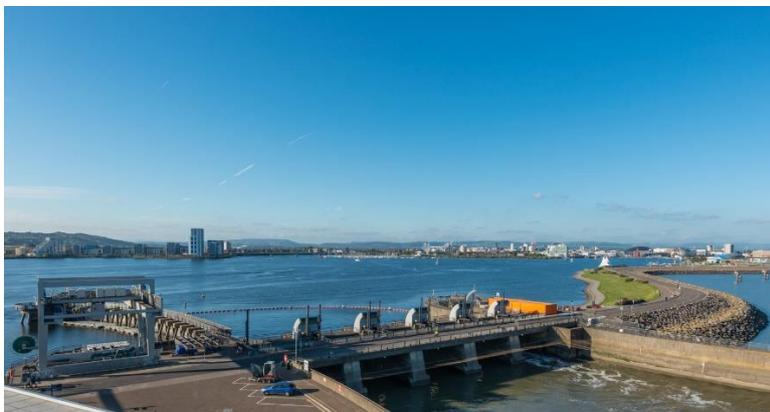
Doubling back and entering former docklands you view the 2011 constructed distinctively facaded BBC Roath Lock production studio with repeating motifs, where episodes of the hospital drama

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Casualty and the cult sci-fi series Dr Who are/have been filmed. Good news for aficionados - the previously closed Dr Who Experience “regenerated” nearby in Porth Teigr in October 2020!



With authorised entry through the downsized but vibrant modern port of Cardiff whose owners claim “expertise in the handling of containers, steel, forest products, and dry and liquid bulks” the race heads towards the Cardiff Bay Barrage which extensively transformed the landscape/seascape.



The Barrage stretches across the mouth of Cardiff Bay from Cardiff Docks to Penarth and was completed in November 1999. The sluice gates were closed at high water to retain the seawater from the Bristol Channel within the 200 hectare (500 acre) created lake. Subsequent filtration has transformed it into a freshwater lake drawing water from the rivers Ely and Taff to maintain permanent high water.

The race turns round shortly afterwards (between 6k and 7k) and heads back to the finish at Roald Dahl Plass largely duplicating sections of the outward route.