

| ROUTE | LOCALITY | COUNTRY | CREATED | USED FOR | DISTANCE (km) | ASCENT (m) | TERRAIN | VIEWS |
|--|----------|---------|-------------|----------|---------------|---------------------|----------|-------|
| Cardiff Olympic Run | Cardiff | GB | 1 year ago | Running | 9.008 | 67 | Road | 1740 |
| Cardiff Sprint Run | Cardiff | GB | 1 year ago | Running | 4.762 | 36 | Road | 1515 |
| Cardiff Pizza Run 5k / 10k 2019 | Cardiff | GB | 1 year ago | Running | 5.001 | 40 | Mixed | 637 |
| Wales Coastal Path: Cardiff To Barry | Cardiff | GB | 3 years ago | Running | 19.695 | 218 | Mixed | 607 |
| Bute To The Bay And Back | Cardiff | GB | 5 years ago | Running | 16.113 | 123 | Road | 606 |
| 10k Roath Lake | Cardiff | GB | 5 years ago | Running | 10.659 | 62 | Mixed | 523 |
| Cardiff Super Sprint Run | Cardiff | GB | 1 year ago | Running | 2.544 | 24 | Road | 521 |
| 3.15 Mile Cardiff Parkrun | Cardiff | GB | 4 years ago | Running | 5.058 | 37 | Off-Road | 379 |
| Cardiff Parkrun | Cardiff | GB | 3 years ago | Running | 5.000 | 40 | Road | 368 |
| Roath Park 8km | Cardiff | GB | 3 years ago | Running | 7.833 | 55 | Mixed | 356 |