



Supporter Points

The Dragon 100 Start – Rhossili Bay

SA3 1PR

The dramatic start of the Dragon 100 on the cliff tops of the Gower! This is a fantastic location to start your journey as a supporter - there is ample parking, good cafes and beautiful views over the expanse of sand in Rhossili Bay, Pembrokeshire, the Worm's Head and the South Gower coastline. Bring a picnic and a camera!

Toilets: Yes, there is a large toilet block at the car park.

Top tip: The area can get crowded on a nice day, with the lanes leading to Rhossili being quite narrow. Allow plenty of time to make the journey here and then relax once you've made it!

Port Eynon

SA3 1NZ

NO SUPPORTERS / CREW IN CHECKPOINT

This small village has narrow access and limited car parking, the next option (Oxwich Bay) has a much larger car park and easier access. If you do go to Port Eynon there is parking at the beach car park.

Oxwich Bay

SA3 1ND

Not far from the start, but quite a tough journey for the runners, so you'll have plenty of time to get here. This wide bay has ample parking, sand dunes to explore and a wonderful view towards Three Cliffs Bay. There is also The Dunes café (open until 8) to grab a snack, or if you really want to live, the Michelin starred Beach House - booking absolutely required!

Toilets: Yes

Southgate

SA3 2HD

The small National Trust car park in the village of Southgate is the last stop on the South Gower, before the route heads Northwards and back towards Swansea and the hills of the Afan.

Toilets: No

Top tip: This is one of the most exposed points on the route so bring a waterproof / thick jacket / Dryrobe



The Mumbles / Swansea Bay

Various postcodes

After the windswept Gower coast, you're suddenly back in civilisation! There are many, many places to eat in Swansea and they will be open until late, so we'd suggest a bit of internet research to find what would suit you best. The location of the checkpoint, the first indoor one on the route, is Victoria Hall, SA3 4AA. **This hall has some parking that is for race vehicles only.** Public parking is available on the seafront a short walk away at the 24 hour Pay and Display car park, SA3 4DN. There are plenty of hotels in Swansea including all the major budget hotels (and the appropriately named Dragon Hotel!).

Toilets: There are several public toilets at Caswell Bay, Langland Bay, Mumbles head and near the checkpoint.

Baglan

SA11 2YW

There is no supporter / access for CP4 Fedwen Farm. The last place to meet runners is at the car park of the McDonalds, which has now become a firm favourite with runners as many will head off into the night with a bag of chips or cup of coke. Please note the McDonalds is 24 hours but walk in access shuts at midnight.

Toilets: Yes, at the McDonalds

Top tip: This is the last chance to get a coffee for quite some time. Don't drive tired if you're a supporter, remember everyone needs to get home safely.

The Beast of Bryn Checkpoint!

Bryn Community Centre SA13 2RY

New for 2026 the community centre has an adjacent car park meaning you can meet your runner(s) here. In partnership with our friends at the beastofbryn.com race, this checkpoint provides light and warmth halfway through the scary dark forests of the Afan! We're sure the beast of Bryn is just a legend, but probably best to stick to the path and beware the moon...

Toilets: Yes, inside the community centre.

Overnight

For supporters this gives you a chance to rest and catch some sleep. There are limited places to see runners now until Kenfig. Our advice is to head to a hotel.

Top tip: Sleep! You won't miss anything we promise.



Pyle (New for 2026)

St James Church Hall CF33 6AE

The halfway point and second drop bag location. This lovely church hall has limited parking that is for race vehicles only. There is a very large ASDA car park behind the hall, we would suggest parking there and walking to the hall - it is a 2 minute walk.

Toilets: Yes, at the hall.

Top tip: this is a good place to make sure you have a 'first aid kit' as runners will probably need to be patched up. Compeed, tape and Vaseline are all worth having with you for this point. Please note: Do not supply your runner with anti-inflammatory such as Ibuprofen. The pain at this point is part of the race, and anti inflammatories can cause serious problems.

Dragon 50 start - Kenfig Visitors Centre

CF33 4PT

Set in the dunes of Kenfig the visitors centre has two large (pay and display) car parks that make this an ideal place to plan the second day for 100 supporters or to see the start of the race for 50 mile supporters.

Toilets: Yes, at the visitors centre

Ogmore by Sea

CF32 0PD

The river mouth car park at Ogmore is a beautiful location set on the river and looking back to Porthcawl. Please note the car park is shut overnight and opens at 7am. If the surf is on there will be plenty to watch and depending on what time you are here there are mobile vendors with coffee and light snacks. You'll see the runners head across Merthyr Mawr beach and get within a few metres of the checkpoint before they head inland, cross the river and head back to you.

Toilets: Yes. There is a toilet block in the centre of the car park – these are shut overnight.

Top tip: Tell them they have broken the back of the course, which they have. The remaining section is relatively flat and it can be done. Keep moving, stay ahead of the cut offs and you can taste the finish.

Dragon 30 start - Southerndown Heritage Centre

CF32 0RP

This beautiful bay is CP8 for the 100, CP3 for the 50 and the start of the 30 mile race. There is a car park at the top of the hill before the bay, this is a pay and display machine that takes cards. There are also car parks in the bay, these must be paid for in cash to the parking attendant.

Toilets: Yes, in the car park and at the heritage centre



Llantwit Major Beach

CF61 1YX

The beach car park is large, but the lane leading to it and through Llantwit is quite narrow so in good weather this can be busy. Once you are there the small bay has a café and a short climb up to the cliff tops where excellent views keep you company as you wait for your runner. This is the last drop bag location for the Dragon 100 and Dragon 50, supporters are welcome to collect the bags from the checkpoint to avoid waiting for them to return at the finish. There are many options for food and drink in Llantwit town centre.

Toilets: Yes

Porthkerry Park

CF62 3BY

Runners pass along the seafront at Porthkerry for only a short distance, however, this is an excellent location for supporters. There are toilets, a great café, an excellent playground, car parking and a lot of short forest walks to explore while you wait. The climb up the 100 steps towards The Knap will give you outstanding views over the North Devon Coast, Barry and the first glimpses of Cardiff.

Toilets: Yes, next to Marcos Café.

Top tip: Mobile signal here is patchy, if you're watching the trackers you may have to experiment with where has the best signal.

The Knap

CF62 6TA

The open seafront of the Knap has ample parking and alongside the ornamental lake a series of cafes and ice cream shops. There is also a nice walk along the promenade towards Knap Hill and the lifeguard station. The large shingle beach is also popular with kids with the chance of finding fossils or maybe just practising your skimming. This is the last easily accessible support point until runners have cleared Barry.

Toilets: Yes, at the car park alongside the cliffs.

Top tip: The official name of the Knap is the Cold Knap. On a windy day you'll see why! A windproof layer here will make waiting far more bearable.

Barry Island

CF62 5AH

Home of Gavin and Stacey and a South Wales icon! Runners do not go around the island, so it is not part of the supporters route. But, if you have some spare time there is a large beach, outdoor climbing wall, arcades, chips, cafes, ice cream, a pleasure park – if it's traditional seaside, then Barry Island has it! The postcode takes you to the large car park on the Island.

Toilets: Yes, a large block near Marcos Café.



Cliff Parade & Penarth Pier

CF64 5BP & CF64 3AU

The final location before runners reach Cardiff. The beautiful art deco pier is one of Penarth's highlights. The seafront here is a great place to meet runners and give them one last word of encouragement before they make the final climb up to Penarth. There are cafes and coffee shops, ice cream and even a traditional sweet shop at the entrance to the pier. Parking at the pier is limited, the best place to park is Cliff Parade as there is plenty of parking here.

Toilets: Yes, at Cliff Parade and the pier.

Cardiff Bay & The finish

CF10 4PT

The finish at the iconic Norwegian Church and Scott Memorial is one of the best places to wait. There is an abundance of places to eat and things to do, from riding the big wheel and taking a boat tour to Techniquet and the Wales Millennium Centre! Just don't get too distracted and miss them finishing... There is ample parking locally both on the road and in the big car parks. The Norwegian Church is the event base for the finish and is a great place to watch the trackers on the big screen and try some of their coffee and excellent food.

Toilets: Yes, loads! The Norwegian Church has some if you're planning to locate yourself there.

Top tip 1: Have some warm clothes for your runner, especially if they finish in the dark. Make sure they get out of their race kit and put on warm kit – even if they can't be bothered – just bully them into it. Or ask a race official and we'll do it. This will stop them getting hypothermia which is a high possibility once they stop and much easier to prevent than it is to treat.

Top tip 2: Don't complain about how tired you are and how much driving you did, you probably won't get any sympathy!