



# Jiffy's CANCER 50 CHALLENGE 16th August 2026



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# FAQ Document

In Aid Of



Velindre University NHS Trust, registered charity number 1052501.  
Swansea Bay Health Charity, registered Charity number 1122805.



# Jiffy's CANCER 50 CHALLENGE

16th August 2026



## What is Jiffy's Cancer 50 Challenge?

Jiffy's Cancer 50 is an annual cycling challenge that will be taking place on 16<sup>th</sup> August 2026. We will be cycling the 56 miles from Cardiff City Stadium to Bracelet Bay for a truly powerful cause. For the last 6 years, Velindre Cancer Charity and Swansea Bay Health Charity have joined together to raise funds for patients and families across Wales. Led by Welsh Rugby Legend and Velindre Charity President Jonathan 'Jiffy' Davies, Cancer 50 has grown from strength to strength, bringing these two remarkable charities together in the ambition to achieve Victory Over Cancer.

## Who can participate?

Registrations are open to all abilities from the age of 16+.

## Do I need to register in advance?

Yes - we will require you to register ahead of the event so we can account for you in our complete safety briefing, emergency information, and catering.

## How much do I need to pay or fundraise towards the challenge?

It's simple - pay £50, raise £50.

With every mile you pedal and every pound you raise, you will be raising funds for supportive care and services throughout Velindre Cancer Services and Swansea Bay. In order to make this impact, we ask each cyclist to raise a minimum of £50.

The impact of your funds will have a lasting effect by allowing us to go above and beyond for patients and families, develop cutting-edge technology and equipment, and pioneer ground-breaking trials and research.

## Do I get a cycling jersey?

You can order a 2026 cycling jersey for £50 at the same time as registering your space - this is an optional add on.

## What bikes can be used?

We see bikes of all shapes and sizes each year - from tandems and electric to hybrid, road & TT bikes.

## Start times

The event village will be ready from 7am with the following waves:

Wave 1 (for riders who are new to cycling): 7:30am

Wave 2 (for riders who are avid cyclists): 8:00am

Wave 3 (for advanced riders): 8:30am

## Start Location

Cardiff City FC  
Leckwith Road  
Cardiff  
CF11 8AZ



## What does the day look like?

The event village will open at 7am for registration. This is where riders can pick up their rider board and wrist band, which will give you access to a free drink and BBQ item at The Morgan's Hotel - so make sure you collect these to avoid missing out!

Riders will set off in waves between 7:30am - 8:30am dependent on their abilities, and from there will follow a guided route from Cardiff to Swansea.

Take a look at the full route map on the following page.

[www.swanseabayhealthcharity.com](http://www.swanseabayhealthcharity.com)

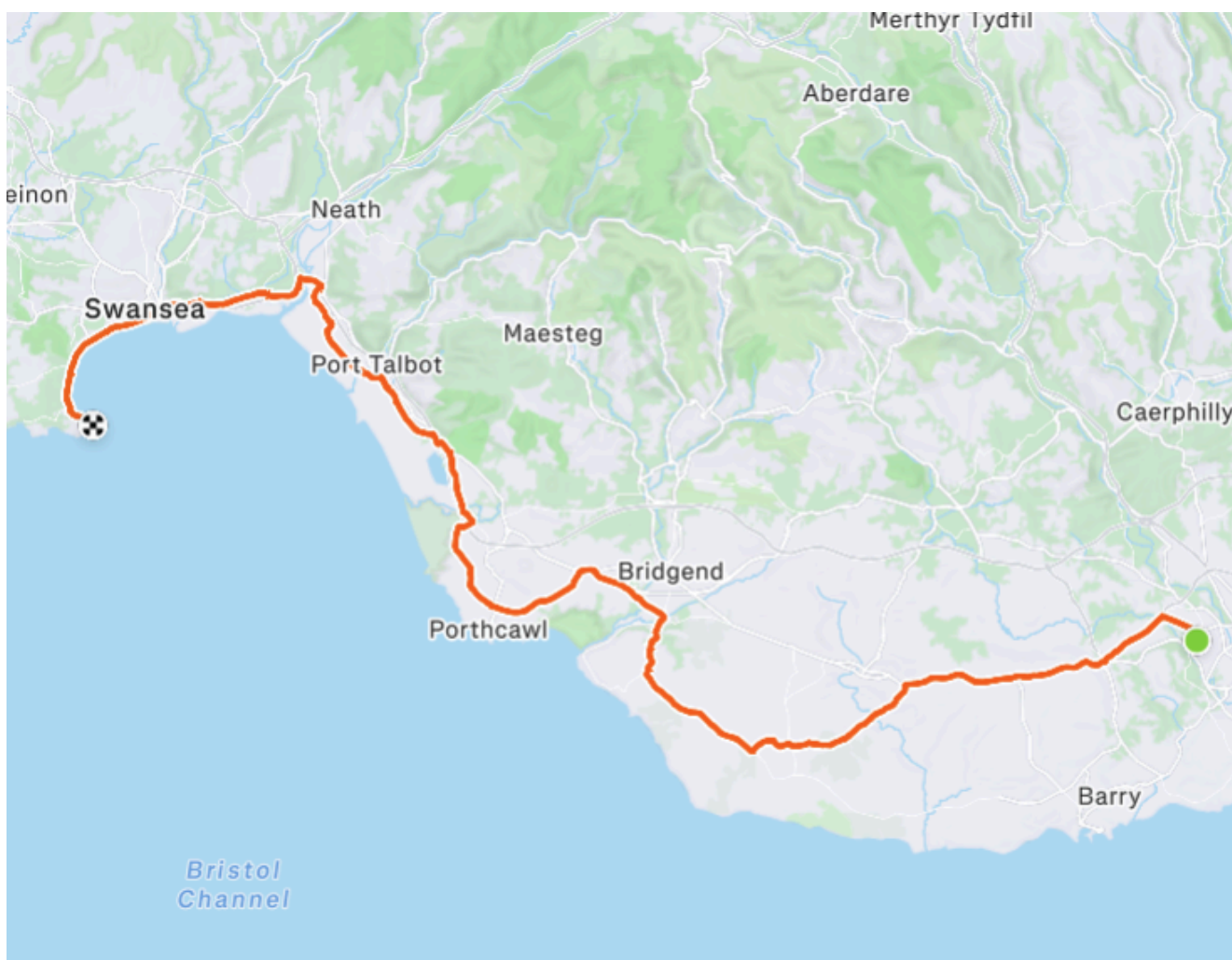
[www.velindrefundraising.com](http://www.velindrefundraising.com)

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Elusen Iechyd  
Bae Abertawe  
Swansea Bay  
Health Charity

## The Route



We have 3 scheduled refreshment stations:

- 1 at Wick Village, approx. 16 miles into the ride. Here riders can enjoy water, coffee, flapjacks, fruit, and Welshcakes.
- 1 at Kenfig at approx. 29 miles into the ride. Here riders can enjoy water, coffee, flapjacks, fruit, and Welshcakes.
- The final stop will be at Morgans Hotel approx. 42 miles into the ride. Here riders will be able to claim their complimentary beverage and BBQ food item!

You are, of course, more than welcome to stop at your own pace if needed along the way.

## Finish Time

We expect all participants to have crossed the finish line no later than 3pm.

## Finish Location

The Lighthouse  
Mumbles Road  
Mumbles  
SA3 4JT



## Police Escort

The police escort will depart from the Morgans Hotel, Swansea at promptly 2pm.

## How do I navigate the route?

You can download the full route here:

<https://www.strava.com/routes/3462082655789241128>

and it will also be signposted along the way by clear arrows.

There will be marshals amongst the riders who are there to help you if you get into any trouble.

## Can I ride at my own pace?

Yes, the event is not a race and we encourage all cyclists to ride at a pace that feels comfortable to them. We do, however, ask that all riders are ready to leave Morgans Hotel, Swansea at 2pm for our police escort to the finish line.

## What if I can't finish the ride?

You will have an emergency number given to you in your rider briefing pack at the beginning of the ride. You can call this if you have any issues and need to be collected by the support van.

## Will there be food and entertainment?

Yes, there will be refreshments available at the start line, at each scheduled stop, and at the finish line at The Lighthouse.

The refreshment stop at Morgans Hotel will include a complimentary drink and BBQ food item. There will be live music at Morgans Hotel and at the finish line at The Lighthouse. There will also be an event village set up at The Lighthouse including food and drink vendors.

## Can friends and family attend?

Of course - the more the merrier! We also encourage spectators along the route too!

## Is transportation available?

Unfortunately, we don't have any transportation available to take riders to and from the start and finish lines.

## Is there accommodation available?

Yes - we have agreed an exclusive riders offer at Morgans Hotel, Swansea at a 10% discounted rate.

## Is there a rider's briefing available?

Yes - all riders who register for the event will be sent a rider's briefing the week before the event.

**Hopefully we have answered all of your questions here, but if there is anything you would like to know - please get in touch with our event leads:**

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