



	Road closure/ Marathon route	<i>Ffordd ar gau/ Llwybr y marathôn</i>
	Approximate road closure/open times	<i>Amser agor/ cau'r ffordd (yn fras)</i>
	Managed access	<i>Rheoli mynediad</i>
	Approximate road management times	<i>Amser rheoli'r ffordd (yn fras)</i>
	First runner	<i>Y rhedwr cyntaf</i>
	Water station	<i>Gorsaf ddŵr</i>

**07:00**  
**11:15**

**08:40**  
**15:00**

**EASTBOUND ACCESS  
ONLY BETWEEN**

**07:00**  
**09:10**  
**11:15**

**08:40**  
**11:15**

**08:40**  
**10:03**  
**16:15**

**08:40**  
**09:13**  
**14:50**

**07:00**  
**09:57**  
**15:15**

**08:40**  
**09:16**  
**14:40**

**09:00**  
**09:21**  
**13:30**

**09:00**  
**14:40**

**ACCESS BETWEEN**

**10:05**  
**10:45**

**09:00**  
**10:41**  
**14:30**

**Nash**