

newportwalesmarathon.co.uk

ABP ASSOCIATED
BRITISH PORTS

Title Partner: Phil Barker

RACE DAY GUIDE
05.05.2019
CANLLAW DIWRNOD Y RAS

MARATHON & 10K CASNEWYDD CYMRU

WALEs MARATHON & 10K

NEWPORT

ABP ASSOCIATED
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AM Y RAS!

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Download the Run 4 Wales App for Live Tracking!

Find out more and download at:
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Lawrlwythwch Ap Rhedeg Dros Gymru

Am fwy o wybodaeth ac i lawrlwytho'r ap, ewch i:
www.newportwalesmarathon.co.uk/tracker-app

SUSTAINABILITY

We are committed to improving our sustainability and minimising the impact our events have on the environment. Read more about the Green Action Plan we are developing on our website, and help us on event day by considering the responsibilities below!

✔ Consider sustainable travel

Why not walk, cycle, take public transport or consider lift sharing to the event?

✔ Take your litter home

Please help us leave the city of Newport how we found it!

✔ Help us recycle on the course and at the finish line

Recycling bins are located some distance after each on-course energy station. If you can, please aim your discarded bottle or gel wrapper at the bins! At the finish line, look out for our Environmental Champions who will be on hand to direct you to your nearest!

✔ Avoid contamination

Plastic bottles are 100% recyclable, but only if they are not contaminated with any other waste such as banana skins or food waste. Take care when recycling them!

✔ Dispose of your goody bag properly!

We've stepped away from the use of plastic goody bags, and the one you receive at the finish line will be 100% compostable and biodegradable, made of corn starch to European Standard EN13432. Please dispose of it properly in a green waste bin!

CYNALIADWYEDD

Rydym wedi ymrwymo i wella ein cynaliadwydd a lleihau'r effaith mae ein digwyddiadau yn cael ar yr amgylchedd. Darllenwch mwy am ein Cynllun Gweithredu Gwyrdd rydym yn datblygu ar ein gwefan, a helpwch ni ar y diwrnod wrth ystyried y cyfrifoldebau isod!

Eich Cyfrifoldebau fel Rhedwr

✔ Ystyriwch ddulliau teithio cynaliadwy

Beth am gerdded, beicio, teithio ar gludiant cyhoeddus, neu rannu lifft i'r digwyddiad?

✔ Ewch â'ch sbwriel adref

Helpwch ni i adael Casnewedd yr un mor ag y cawsoch efi!

✔ Helpwch ni i ailgylchu ar y cwrs ac ar y llinell derfyn

Mae biniau ail-gychu wedi'i leoli yn agos i bob un safle egni ar y cwrs. Os gallwch chi, anelwch eich potel neu'r pecyn gel at y biniau! Ar y llinell derfyn, edrychwch am ein Hwyrddwyr Amgylcheddol a fydd ar gael i helpu cyfeirio chi at y bin agosaf!

✔ Ceisiwch osgoi halogi

Mae poteli plastig yn gwbl ailgylchadwy, ond dim ond os nad ydynt wedi'u halogi ag unrhyw wastraff arall tebyg i groen banana neu wastraff bywyd. Byddwch yn ofalus wrth eu hailgylchu!

✔ Helpwch ni i ailgylchu ar y cwrs ac ar y llinell derfyn

Rydym wedi camu i ffwrdd o ddefnyddio bagiau plastig, a bydd y bag y derbyniwyd ar y llinell derfyn yn 100% compostadwy a pydrawdwy, wedi'i greu o startsh grawn i Safon Ewropeaidd EN13432. Gwaredwch a'r bag yn iawn mewn bin gwastraff gwyrdd!

YOUR NEXT CHALLENGE!
EICH HER NESAF!

ROYAL WELSH TRAIL RUNNING FESTIVAL
SATURDAY 18TH MAY

Your chance to take on the trail is back! The Royal Welsh Trail Running Festival will once again take place alongside the Royal Welsh Smallholding & Countryside Festival. Whether you're up to 10K, 3K or the Family Mile, join hundreds of trail runners in Builth Wells for the scenic woodland trail run. Register at rwtrailrunningfestival.co.uk

GŴYL RHEDEG ROYAL WELSH
SADWRN MAI 18FED

Dyma eich cyfle i redeg ar lwybrau'r Sioe Frenhinol! Mae'r Wyl rhedeg Royal Welsh yn dychwelyd unwaith eto wrth ochr yr Wyl Tyddyn a Chfein Gwlad. Ymunwch â channoedd o redwyr yn Llanfair-ym-muallt wrth gwblhau'r 10K, 3K neu'r Ffilltir Deuluol, ar lwybrau rhagorol y wlad. Cofrestrwch nawr rwtrailrunningfestival.co.uk

HEALTHSPAN PORTHCAWL 10K
SUNDAY 7TH JULY

The newest race on the Run 4 Wales 2019 calendar, the Healthspan Porthcawl 10K is an exciting addition to the sporting calendar for a town known for its surf, sports and coastal walks. Join thousands on a new adventure in Porthcawl! Register at porthcawl10k.co.uk

HEALTHSPAN PORTHCAWL 10K
SUL GORFFENNAF 7FED

Bydd 10K newydd sbon Porthcawl yn atodiad cyffroes i'r dref ar lan y môr sy'n enwog am y cerdded arfordirol, syffio a chwaraeon. Ymunwch â'r miloedd ar antur newydd ym Mhorthcawl! I gofrestru ewch i porthcawl10k.co.uk

BARRY ISLAND 10K
SUNDAY 4TH AUGUST

Sun, sea and sand provide the backdrop for the second year of the Barry Island 10K after thousands took to the Island in 2018. Renowned for its scenic route, unbeatable crowd support and summery, feel-good atmosphere, the race is the final in the series! Register at barryisland10k.co.uk

10K YNYS Y BARRI
SUL AWST 4YDD

Dychwelydd 10K Ynys y Barri ar ôl i filoedd cymryd rhan yn 2018 gyda'r haul yn tywynnu ar y tywod. Yn enwog am y llwybyr golygfaol, cefnogaeth anorchfygol o'r dorf a'r awyrgylch hafaidd, dyma'r ras olaf yn ein cyfres 10K! I gofrestru, ewch i barryisland10k.co.uk

CARDIFF UNIVERSITY/CARDIFF HALF MARATHON
SUNDAY 6TH OCTOBER

Join 25,000 runners on the start line for the flat, fast and iconic Cardiff University/Cardiff Half Marathon. The UK's second largest half marathon race is selling out quicker than ever before, so act fast if you want to guarantee your spot on the start line in October. Register at cardiffhalfmarathon.co.uk

HANNER MARATHON CAERDYDD/PRIFYSGOL CAERDYDD
SUL HYDREF 6ED

Ymunwch â 25,000 o redwyr ar linell cychwyn cwrs cyfflym, gwastad ac eiconig Hanner Marathon Caerdydd/Prifysgol Caerdydd. Mae hanner marathon ail fwyaf y DU yn gwerthu'n gyflymach nag enioed o'r blaen felly os ydych chi am gadarnhau safle ar y linell gychwyn ym mis Hydref, cofrestrwch nawr cardiffhalfmarathon.co.uk

KEEPING
BRITAIN
TRADING

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ABP's network of 21 ports handle around 100 million tonnes of cargo every year.

Our ports connect British businesses to global markets and support 84,000 jobs.

Together, our ports generate £5.6 billion for the UK economy.

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SATURDAY
6 JULY

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southwales.ac.uk/opendays

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On your marks, get set,
GO!

Tweet us if you see us
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GoCompare is proud to be an official partner of the ABP Newport Wales Marathon. Good luck everyone, we'll be cheering you all the way!

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Tel: 01633 844351 Fax: 01633 844445

Good luck
Team NSPCC

Thank you for taking on the marathon or 10k for the NSPCC. Each one will help protect children and prevent abuse. So get ready to hit the ground running.
Go #TeamNSPCC

It's not too late to join, you can still do something amazing.
nspcc.org.uk/newportmarathonand10k
running@nspcc.org.uk

FR Registered with FUNDRAISING REGULATOR

NSPCC
EVERY CHILDHOOD IS WORTH FIGHTING FOR

IT'S TIME!
MAE'R AMSER
WEDI CYRRAEDD!

The 2019 ABP Newport Wales Marathon & 10K is fast approaching on Sunday 5th May, and we can't wait to welcome you to the city of Newport for a truly memorable day of running.

This Race Day Guide is packed full of information, so whether you are taking on the 10K or gearing up for the full 26.2 mile marathon on Sunday 5th May - please read everything carefully so you are ready to run!

We wish you the best of luck with the final stages of your training, and look forward to seeing you on the start line!

Mae Marathon & 10K ABP Casnewydd Cymru yn agosáu ar ddydd Sul Mai 5ed. Rydym yn edrych ymlaen at groesawu chi i ddinas Casnewydd am ddiwrnod bythgofiadwy o redeg.

Mae'r canllaw yma llawn gwybodaeth am ddiwrnod y ras, felly p'un a fyddwch yn cymryd rhan yn y ras 10K neu'n herio'ch hun i ymgymryd â'r marathon 26.2 milltirar ddydd Sul Mai 5ed, darllenwch bopeth yn ofalus fel eich bod yn barod i redeg!

Dymunwn bob lwc i chi gyda gweddill eich hyfforddiant, ac edrychwn ymlaen at eich gweld ar y llinell gychwyn!



TIME & LOCATION

Sunday 5th May, 07:30-16:00
Usk Way, Newport.

The Event Village and start line is located by the University of South Wales. The marathon begins at 09:00 and 10K at 09:45. The Family Mile will take place at 12:30.

TRAVEL

Please be aware that thousands of people will be aiming for the start of the race at the same time as you. Please allow plenty of time to arrive in time for the start of your race and plan your travel and parking beforehand.

Please visit www.newportwalesmarathon.co.uk/parking for details on travel options including train, car, bus, bike and plane. We encourage sustainable transport - please consider your carbon footprint and explore travel options such as walking, cycling or car sharing where possible.

PARKING

Visit www.newport.gov.uk for details on parking options offered in the city centre. Please note that Emlyn Street, Riverfront and the Friars Walk Car Park are now available for use due to the event but all other city centre car parks, including Kingsway will be fully accessible.

AMSER A LLEOLIAD

Sul 5 Mai, 07:30-16:00
Usk Way, Casnewydd.

Mae Pentref y Rhedwyr a'r llinell cychwyn wedi'i leoli ar bwys Prifysgol De Cymru. Bydd y marathon yn dechrau am 09:00 a'r ras 10K yn dechrau am 09:45. Bydd y ras Miltir i'r Teulu yn dechrau am 12:30.

TEITHIO

Cofiwch y bydd miloedd o bobl yn anelu at ddechrau'r ras ar yr un pryd a chi. Caniatwch ddigon o amser i gyrraedd mewn pryd i ddechrau eich ras, a chynllunio eich taith a'ch trefniadau parcio ymlaen llaw.

Ewch i www.newportwalesmarathon.co.uk/parking i gael manylion am opsiynau teithio, gan gynnwys teithio mewn car, ar dren, ar feic, ar fws, ac ar awyren. Rydym yn annog cludiant cynaliadwy - byddwch cystal ag ystyried eich ol-troed carbon ac archwilio opsiynau teithio megis cerdded, beicio neu rannu ceir, lle bynnag y bo hynny'n bosibl.

PARCIO

Nodwch, na fydd meysydd parcio Stryd Emlyn, Riverfront neu Friars Walk ar gael oherwydd y defnyddir ar y digwyddiad ond bydd meysydd marcio eraill canol y ddinas, gan gynnwys Kingsway ar agor. Ewch i www.newport.gov.uk i gael manylion am yr opsiynau parcio sydd ar gael yng nghanol y ddinas.



PARK & RIDE

An Event Park & Ride is available, from the Office of National Statistics in Newport, offering easy access from the M4 motorway off Junction 28. Booking is one place per car and includes return transfer to/from the Office of National Statistics to the city centre - less than a 5-minute walk from the start/finish line. This will operate between 06:00 - 18:00 and is priced at £7 per car.

Visit www.newportwalesmarathon.co.uk/parking to book. Please note, spaces are limited so book early to avoid disappointment and **you must have your parking pass printed in your windscreen ready before your arrival or you will not be permitted entry - to prevent a build-up of queuing traffic to the site. Marathon runners should arrive no later than 07:30 in order to arrive at the start line in time.**

RACE NUMBER

Enclosed in this race pack is your running bib, with unique race number. Please keep this safe as your timing chip (which enables us to give you a finish time) is embedded. Your starting pen colour is referenced on the bib, dictating where you must assemble at the start of the race. The start map in this leaflet will help explain this. Please pin this number to the front of your t-shirt on race day and remember to complete the medical information on the back of your number. This is VERY important!

BAGGAGE

Bag storage is located in the Friars Walk Shopping Centre car park and will be open from 07:30 until 16:00.



PARCIO A THEITHIO

Mae gwasanaeth Parcio a Theithio ar gael ar gyfer y digwyddiad, a hynny o'r Swyddfa Ystadegau Gwladol yng Nghasnewydd, gan gynnig mynediad hawdd o gyffordd 28 traffordd yr M4. Mae'r gwasanaeth yn darparu un lle fesul car, ac yn cynnig cludiant dwyffordd o'r Swyddfa Ystadegau Gwladol i ganol y ddinas - lai na phum munud ar droed o'r llinell ddechrau/derfyn. Bydd y gwasanaeth yn gweithredu rhwng 06:00 a 18:00, a hynny am £7 fesul car.

Ewch i www.newportwalesmarathon.co.uk/parking i archebu lle. Sylwch fod lloedd yn gyfyngedig, felly archebwch yn gynnar er mwyn osgoi cael eich siomi. **Rhaid i chi argraffu tocyn parcio o'ch lle parcio a'i arddangos yn ffenest flaen eich cerbyd cyn i chi gyrraedd y maes parcio neu ni chaniateir mynediad - i osgoi traffig yn cwlw i'r safle. Dylai rhedwyr y Marathon ddim cyrraedd yn hwyrach na 07:30 i sicrhau eich bod chi'n cyrraedd y llinell cychwyn mewn pryd.**

EICH RHIF UNIGRYW AR GYFER Y RAS

Mae'r pecyn hwn yn cynnwys eich bib rhedeg, sy'n dangos eich rhif unigryw ar gyfer y ras. Cadwch hwn yn ddiogel gan ei fod yn cynnwys eich sglogdyn amseru (sy'n ein galluogi i roi amser gorffennol i chi). Mae eich bib hefyd yn dangos lliw eich corlan dechrau, sy'n dynodi lle y dylech ymgynnull ar ddechrau'r ras. Bydd y map o ddechrau'r ras, sydd wedi'i gynnwys yn y daflen hon, yn helpu i egluro hyn. Defnyddiwch binnau i osod y rhif hwn ar flaen eich crys-t ar ddiwrnod y ras, a chofiwch lenwi'r wybodaeth feddygol ar gef.

MAN CADW BAGIAU

Mae'r man cadw bagiau wedi'i leoli ym maes parcio Canolfan Siopa Rhodfa'r Brodyr, a bydd ar agor rhwng 07:30 a 16:00.



MARATHON START

The marathon starts on Usk Way at 09:00, on the University of South Wales side of the carriage way. Runners should assemble behind the black start gantry. Please familiarise yourself with the start map in this leaflet and head for the correct starting pen ahead of the race. The race will finish on the opposite side of the carriageway.

10K START

The 10K starts on Usk Way at 09:45, on the Newport Leisure Centre side of the carriage way. Runners should assemble behind the gold start gantry. Please familiarise yourself with the start map in this leaflet and head for the correct starting pen ahead of the race. The race will finish on the opposite side of the carriageway.

DOWNLOAD THE RUN 4 WALES APP

Available on iOS and Android, the Run 4 Wales App lets you track participants on race day, view live results and more.

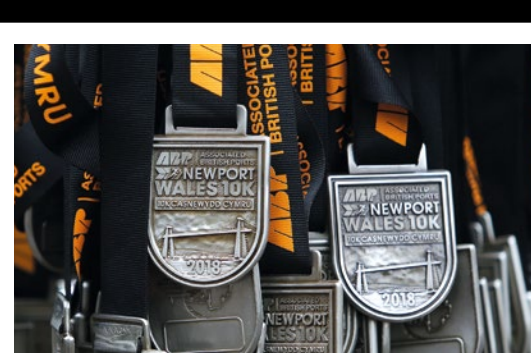
T-SHIRTS, MEDALS & GOODY BAGS

Medals, t-shirts and goody bags will be distributed at the finish line. Please note, your t-shirt will be packed into your goody bag. Your t-shirt size should be displayed on your race number, please ensure you take the correct size.

New for 2019, we have introduced 100% plastic free and biodegradable goody bags - made of compostable corn starch. Please help us in our efforts to become a greener race by disposing of them properly in the green waste bin.

VOLUNTEERS

A team of 300 #ExtraMilers will be out in force on race day. Please give them a smile and a wave - they're giving up their own time to make sure you have an unforgettable day.



DECHRAU'R MARATHON

Bydd y marathon yn dechrau ar Usk Way am 09:00, a hynny ar ochr Prifysgol De Cymru y ffordd. Dylai'r rhedwyr ymgynnull y tu ôl i'r nenbont ddu. Ymgylfarwyddwch â'r map o ddechrau'r ras, sydd wedi'i gynnwys yn y daflen hon, ac ewch i'r gorlan gywir cyn y ras. Bydd y ras yn gorffen ar ochr arall y ffordd.

DECHRAU'R RAS 10K

Bydd y ras 10K yn dechrau ar Usk Way am 09:45, a hynny ar ochr Canolfan Hamdden Casnewydd y ffordd. Dylai'r rhedwyr ymgynnull y tu ôl i'r nenbont aur. Ymgylfarwyddwch â'r map o ddechrau'r ras, sydd wedi'i gynnwys yn y daflen hon, ac ewch i'r gorlan gywir cyn y ras. Bydd y ras yn gorffen ar ochr arall y ffordd.

LAWRLWYTHWCH AP RHEDEG DROS GYMRU

Mae Ap Rhedeg Drops Gymru, sydd ar gael ar gyfer iOS ac Android, yn eich galluogi i dracio rhedwyr ar ddiwrnod y ras, gweld canlyniadau byw, a mwy.

CRYSAU-T, MEDALAU A BAGIAU RHODD

Bydd medalau, crysau-t a bagiau rhodd yn cael eu dosbarthu wrth y llinell derfyn. Sylwch y bydd eich crys-t yn rhan o'ch bag rhodd. Dylai eich maint ar gyfer y crys-t fod wedi'i ddangos ar eich rhif unigryw ar gyfer y ras, felly sicrhewch eich bod yn mynd â'r maint cywir.

Yn newydd ar gyfer 2019, rydym wedi cyflwyno bagiau sydd 100% yn rhydd o blastig ac yn bydradwy - wedi'i greu o startsh grawn. Helpwch ni yn ein hymderwchion i fod yn ras gwyrdd wrth gael gwared â'ch bag yn y bin gwastraff gwyrdd.

GWIRFODDOLWYR

Bydd tîm o 300 o wirfoddolwyr #ExtraMilers yn bresennol ar ddiwrnod y ras. Codwch wên a llaw arnynt - maent yn rhoi o'u hamser i wneud yn siŵr r eich bod yn cael diwrnod bythgofiadwy.



EVENT VILLAGE

The ABP Newport Wales Marathon & 10K Event Village will host family friendly entertainment, sports activities and live entertainment. Come visit our exciting sponsors and exhibitors, grab a post-race massage, or celebrate your achievements at the bar! There's also a whole host of eating and leisure options at the nearby Friars Walk Shopping Centre.

PENTREF Y RHEDWYR

Mae Pentref Marathon a Ras 10K ABP Casnewydd Cymru yn cynnwys llawer o adloniant i'r teulu, gweithgareddau chwaraeon ac adloniant byw. Dewch i weld ein noddwyr a'n harddangoswyr cyffrous, cael tyliadau ar ôl y ras, neu ddathtu eich cyflawniadau wrth y bar! Mae yna hefyd lluo o opsiynau bwyta a hamdden yng Nghanolfan Siopa Rhodfa'r Brodyr gerllaw.

