

Race Day Guide
Canllaw Diwrnod Y Ras

24.10.2021

ABP | ASSOCIATED
BRITISH PORTS
NEWPORT
WALES MARATHON & 10K

MARATHON & 10K CASNEWYDD CYMRU

Title Partner *Prif Bartner*

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EWCH AMDANI! LET'S DO THIS!



MARATHON 9:00AM
10K 9:45AM
FAMILY MILE
12:30PM

Mae Marathon a 10K Casnewydd ABP 2021 bron â chyrraedd. Ar ddyd Sul 24 Hydref, bydd miloedd o redwyr dechreuol a rheini sy'n mynd ar ôl PB yn heidio i ddinas Casnewydd am ddiwrnod bythgofiadwy o redeg.

Yn y canllaw ras yma mae llwyth o wybodaeth bwysig felly, os ydych chi'n cymryd ymlaen y 26.2 milltir neu'r 10K gwnewch yn siŵr eich bod chi'n darllen trwy'r canllaw cyfan hwn i sicrhau eich bod chi'n gyfarwydd â phopeth ac yn barod i redeg.

Rydym yn dymuno pob lwc i chi yng nghampau olaf eich hyfforddiant, ac edrychwn ymlaen at eich croesawu ar y llinell gychwyn.

The 2021 ABP Newport Wales Marathon & 10K is nearly upon us. On Sunday 24 October, thousands of first-time runners and personal best chasers will flock to the city of Newport for an unforgettable day of running.

This Race Day Guide is packed full of important information, so whether you'll be taking on 26.2 miles or 10K, please make sure you read through this whole guide to ensure you're up to speed with everything and ready to run.

We wish you the best of luck in the final stages of your training, and look forward to welcoming you on the start line.



Cofrestrwyd gyda'r



FUNDRAISING
REGULATOR
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Good luck

Pob lwc

Team NSPCC

Tîm NSPCC

Thank you for taking on this incredible challenge for the NSPCC. Your support will help us protect children and prevent abuse.

Diolch am wynebu'r her anhygoel hon ar ran NSPCC. Bydd eich cefnogaeth chi yn ein helpu i amddiffyn plant ac atal camdriniaeth.

It's not too late to join our team with your own place. We'll provide you with the loudest cheers. Kit you can wear with pride. And all the support you need to make fundraising a breeze.

Dydy hi ddim yn rhy hwyr i chi gael lle ar ein tîm. Fe gewch chi gymeradwyaeth groch. Dillad i'w gwisgo â balchder. Ar' hofnogaeth sydd ei hangen arnoch chi i godi arian yn hawdd.

Find out more:
nspcc.org.uk/2021newport

Rhagor o wybodaeth:
nspcc.org.uk/2021newport

NSPCC

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POPETH SYDD ANGEN I CHI GWYBOD EVERYTHING YOU NEED TO KNOW!



AMSER A LLEOLIAD

Sul 24 Hydref, 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 Milltir i'r Teulu yn dechrau am 12:30.



TEITHIO

Cofiwch bydd miloedd o bobl yn cyrraedd ddechrau ras ar yr un pryd a chi. Gadewch ddigon o amser i gyrraedd, a cynlluniwch eith taith, a'ch trefniadau parcio ymlaen llaw.

Ewch i www.newportwalesmarathon.co.uk/parking i gael manylion am opsiynau teithio, gan gynnwys car, tren, beic, bws ac awyren. Rydym yn annog teithio cynaliadwy – meddwl am eich ol-traed carbon ag ymchwilio opsiynau teithio fel cerdded, beicio neu rhannu ceir, lle'n bossib.

TIME & LOCATION

Sunday 24 October, 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.



P PARCIO

Nodwch, na fydd meysydd parcio Stryd Emlyn, Riverfront new Friars Walk ar gael oherwydd y digwyddiad, ond bydd meysydd parcio eraill yng nghanol y ddinas, gan gynnwys Kingsway, ar agor trwy'r dydd. Ewch I www.newport.gov.uk am manylion parcio yn y dinas.

Am ragor o wybodaeth am sut i archebu safle parcio o flaen llaw ewch i ein gwefan:
www.newportwalesmarathon.co.uk/parking.

1234 EICH RHIF UNIGRYW AR GYFER Y RAS

Maer pecyn hwn yn cynnwys eich bib rhedeg, syn dangos rhif unigryw ar gyfer y ras. Cadwch y bib yn ddiogel, gan ei fod yn cynnwys bathodyn amseru (sy'n galluogi i roi eich amser gorffen i chi). Mae'r lliw bib, yn ddangos pa lliw man cychwyn fyddwch yn dechrau mewn ar y dydd. Gwelwch y map ddechrau am fwy o wybodaeth. Atodwch eich bib l'ch crys rhedeg ar y dydd, **a cofiwch l lenwi'r gwybodaeth feddygol ar gefn y bib. Mae hwn yn bwysig iawn.**

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.

P 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 **NOT** available for use due to the event but all other city centre car parks, including Kingsway will be open throughout the event.

Visit www.newportwalesmarathon.co.uk/parking to find out more about pre-bookable parking available for the event.

1234 RACE NUMBER

Enclosed in this race pack is your race bib with unique race number. Please keep this safe as your timing chip (which enables us to give you a finish time) is embedded. Please note the background colour of your bib, indicates the colour of your dedicated starting bay, where you must assemble at the start of the race. Please see start map for clarity. Please pin your bib 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.





DECHRAU'R MARATHON

Bydd y marathon yn dechrau ar Usk Way am 09:00, ar ochr Prifysgol De Cymru. Dylai'r rhedwyr ymgynnull y tu ol i'r nebont llwyd. Edrychwych ar y map cychwyn, sy'n cynnwys yn y daflen hon, ac ewch i'r man cychwyn 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. Ymglyfarwyddwch 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 Run 4 Wales, 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

Bydd medalau a chrysau-t yn cael eu dosbarthu wrth y llinell derfyn. 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.



GWIRFODDOLWYR

Bydd tim o 300 gwirfoddolwyr **#ExtraMilers** yn bresennol ar y dydd. Codwch wen a llaw arnynt – maent yn rhoi amser i wneud yn siwr mae eich dydd yn bythgofiadwy.

Anfonwch ebost i volunteers@run4wales.org os fydd eich ffrindiau new teulu am helpu ar y dydd.



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 grey 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

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



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.

Please email volunteers@run4wales.org should you have friends or family who wish to help out on the day.



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NM&10KAD(02/20-1)

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Discover the best brands, latest equipment and tools to aid your training and recovery suitable for every kind of runner.

Visit www.run4wales.org/shop to browse a selection of our favourite products and brands and official R4W merchandise or visit the Event Village to purchase official Newport Wales Marathon, Cardiff Half Marathon and Healthspan Wales 10K Series training and leisure wear from Scimitar Sports.

www.run4wales.org/shop

MARATHON



- Dŵr Water
- Diodydd Chwaraeon Sports Drinks
- Geliâu Egni Energy Gels

Darperir dŵr yn y gorsafoddi isod.

Gels ar filltiroedd 9.7 a 21. Diodydd Egni ar filltir 6.2 a 14.5.

Water provided at the stations below.

Gels at 9.7 and 21 miles. Sport Drinks at 6.2 miles and 14.5 miles.

Trowch y tudalen I ddarllen ein canllaw diogelwch

Turn over and read our COVID safety guide



10K

Start
Y Llinell Ddechrau

Finish
Derflyn

BLAINA WHARF
Entertainment &
Cheering Zone
Adloniant o amgylch y Cwrs

TRANSPORTER BRIDGE
Entertainment &
Cheering Zone
Adloniant o amgylch y Cwrs

Stephenson St

Newport
Transporter
Bridge Visitor
Centre



Water
Dŵr

DIOGELU YN ERBYN COVID

COVID SAFETY GUIDE



Scan QR code to be taken to the COVID safety section of our website!

Bydd ras 2021 yn cael ei chyflwyno fel digwyddiad 'Breathable' - gan ddarparu profiad ac awyrgylch diwrnod digwyddiad gwych gyda ffocws ar diogelwch a chyfrifoldeb unigolion. Bydd nifer o elfennau diogelwch ar waith i gadarnhau iechyd a diogelwch cyfranogwyr, staff digwyddiadau, gwirfoddolwyr a'r cyhoedd yn ehangach – ond bydd angen eich cydweithrediad i sicrhau profiad diogel i bawb!

IECHYD

Dylech chi ond mynychu'r digwyddiad os ydych chi'n hyderus eich bod yn iach, a ddim yn berygl i bobl eraill. Dylech gymryd cyfrifoldeb personol trwy gymryd prawf llif unffordd 24 awr cyn y digwyddiad a pheidio mynychu os gennyh unrhyw symptomau COVID-19.

MANNAU DIOGEL

Mae'r pentref y digwyddiad, llinell gychwyn, llinell derfyn, mynedfa'r corlannau a gorsafoedd diod wedi'u hailgynllunio er mwyn osgoi tagfeydd neu bwyntiau pinsio. Rydym wedi cynyddu maint y corlannau ar ddechrau'r ras yn sylweddol er mwyn caniatáu mwy o wagle rhyngoch chi ac eraill wrth i chi ymgynnull cyn dechrau'r ras. Rydym hefyd yn gofyn i chi parchu'r rhai o'ch cwmpas a chadw i'r gorlan sydd wedi eu penodi i chi!

WYNEB

Rydym yn annog i chi wisgo gorchudd wyneb ym mhob ardal brysur (oni bai eich bod wedi'ch eithrio). Gallwch dynnu'r gorchudd wrth redeg. Bydd ein staff, cyflenwyr a swyddogion y digwyddiad yn gwisgo gorchuddion wyneb pan fyddant yn agos at eraill i helpu i gadw eu hunain a chi yn ddiogel.

HYLENDID

Bydd tîm penodol yn glanhau pwyntiau cyffwrdd yn rheolaidd ledled y safle gan gynnwys toiledau, dolenni drysau, rhwystrau, gorsafoedd diod a phwyntiau mynediad corlannau. Defnyddiwch y gorsafoedd diheintio a ddarperir o amgylch safle y digwyddiad!

CEFNOGWYR

Cyfyngwch y nifer o bobl rydych yn dod gyda chi i'r digwyddiad. Rydym yn gofyn bod cefnogwyr yn osgoi ardaloedd prysur o amgylch y llinell cychwyn a gorffen. Hefyd rydym yn ofyn i chi osgoi defnyddio'r cyfleuster bagiau ble y gallwch!

The 2021 race will be delivered as a 'Breathable Event' – providing a great event day experience and atmosphere with a focus on responsibility and safety. A number of measures will be in place to protect the health and safety of participants, event staff, volunteers and the wider public – but we need your help to ensure a safe experience for everybody!

HEALTH

You should only attend if you are confident that you do not pose a risk to the health of others. You should take personal responsibility by taking a lateral flow test 24 hours before the event and not attend if you have any COVID-19 symptoms.

SPACE

Our event village, start line, finish line, pen entry points and drink stations have been redesigned to avoid congestion or pinch points.

We have significantly increased the size of our starting pens to allow you to create space between yourself and others as you assemble before the start of the race and ask that you are respectful of those around you and stick to your allocated starting pen!

FACE

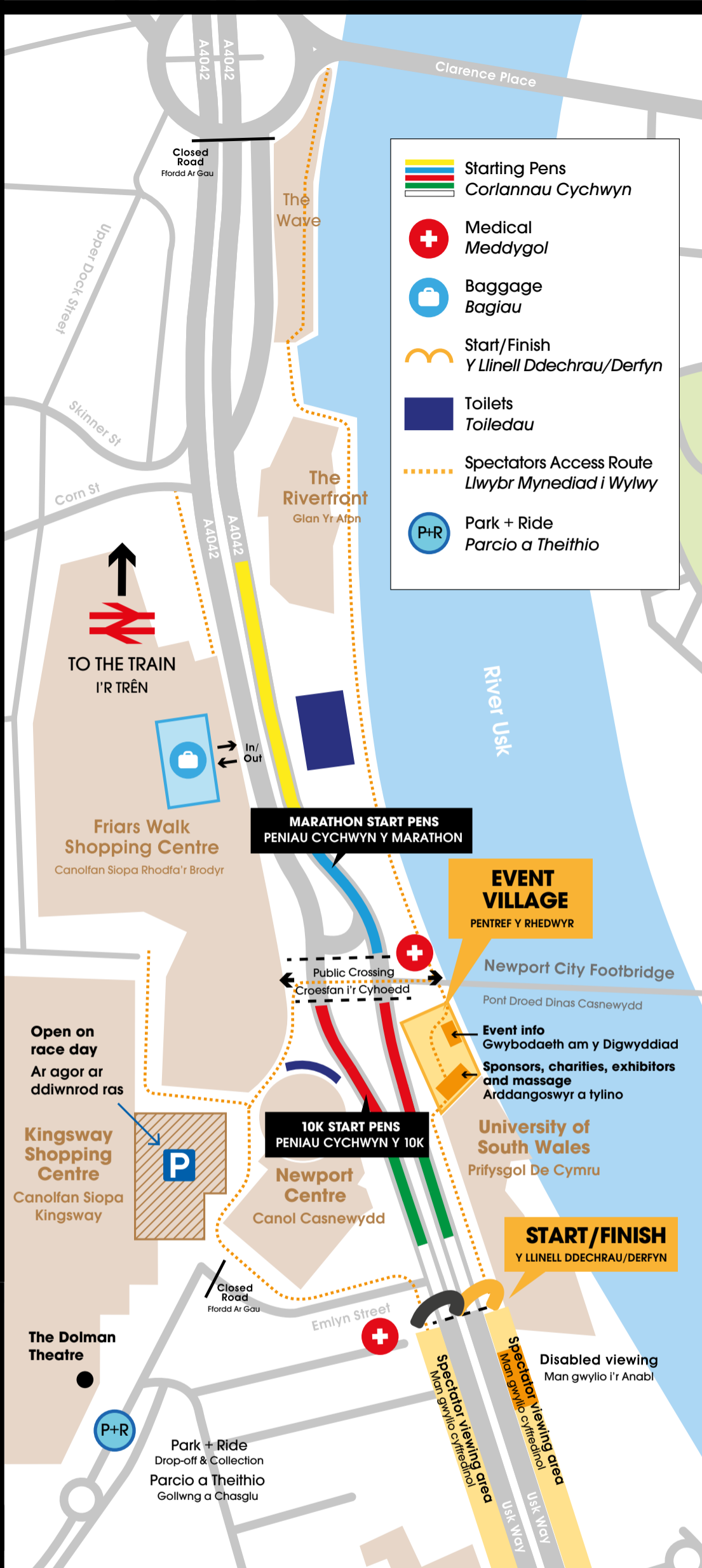
We encourage you to wear a face covering in all crowded areas (unless exempt). These can be removed whilst running. Our staff, suppliers and event officials will wear face coverings when close to others to help keep themselves and you safe.

HYGIENE

A dedicated cleansing team will regularly clean touch points throughout the event site including toilets, door handles, barriers, drink stations and pen entry points. Please use the hand sanitiser provided at points around the event site!

SUPPORT

Please limit the number of spectators you bring with you to the event and ask them to avoid busy areas around the start and finish line. Please only use the baggage facility if it is essential!



PENTREF Y RHEDWYR

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

EVENT VILLAGE

The ABP Newport Wales Marathon & 10K Event Village will host family friendly 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.

Title Partner
Prif Bartner



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Partneriaid Swyddogola



Strategic Partners
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Lead Charity
Partner Elusen



Cynaliadwyedd Sustainability



Rydym wedi ymrwmo i wella ein cynaliadwyedd 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 gadw Casnewydd yn daclus!

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 Hyrwyddwyr 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 bwyd. Byddwch yn ofalus wrth eu hailgylchu!

Symud ymlaen o fagiâu nwyddau

Rydyn ni wedi camu i ffwrdd o fagiâu nwyddau yn ein haddewid i ddod yn gwmni digwyddiadau mwy cynaliadwy, gan weithio mewn partneriaeth â digwyddiadau blaenllaw yn y DU i wella cynaliadwyedd ar y cyd.

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!

Your Responsibilities as a Runner

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!

Moving on from goody bags

We've stepped away from goody bags in our pledge to become a more sustainable events company, working in partnership with leading events in the UK to collectively improve sustainability.

RHOWCH WYBOD AM Y RAS! SHOUT ABOUT IT!



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newportwalesmarathon



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@Run4Wales

newportwalesmarathon.co.uk

Lawrlwythwch Ap Run 4 Wales

Am fwy o wybodaeth ac i
lawrlwytho'r ap, ewch i:
[www.newportwalesmarathon.co.uk/
results/](http://www.newportwalesmarathon.co.uk/results/)

Download the Run 4 Wales App for Live Tracking!

Find out more and download at:
[www.newportwalesmarathon.co.uk/
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