

03:00
18:00

RUNNERS VILLAGE
PENTREF Y RHEDWYR
START / FINISH
DECHRAU/GORFFEN

EASTBOUND EXIT ONLY BETWEEN
07:00
09:05
16:15

07:00
11:15

EASTBOUND ACCESS ONLY BETWEEN
07:40
09:10
11:15

07:00
09:00
16:15

08:40
10:03
15:45

07:00
09:57
15:15

08:40
15:00

08:40
09:13
14:50

08:40
09:16
14:40

09:00
09:21
13:30

09:00
09:32
13:30

09:00
10:09
13:00

09:00
14:40

ACCESS BETWEEN
10:05
10:45

09:00
10:41
14:30



09:00
10:30
14:00

NO THROUGH ROAD BETWEEN
09:15
09:40
11:30

09:30
09:43
12:00

09:30
09:50
12:00

09:00
09:58
12:15

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