



**START / FINISH / EVENT VILLAGE**  
 DECHRAU / GORFFEN / PENTREF Y DIGWYDDIAD

EXIT EASTBOUND ONLY BETWEEN  
**07:00 - 11:00**  
 MANAGED RESIDENT ENTRY + EXIT  
**11:00 - 16:15**  
 SEE MAP/LETTER FOR INSTRUCTIONS

EASTBOUND ACCESS ONLY BETWEEN  
**07:00**  
**09:10**  
**11:00**

**07:00**  
**09:00**  
**11:00**  
**16:15**

**08:40 - 11:00**  
 MANAGED RESIDENT ENTRY + EXIT  
**11:00 - 15:00**

**08:40**  
**11:00**

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

**08:40**  
**10:00**  
**15:45**

**07:00**  
**09:57**  
**15:10**

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

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

**09:00**  
**09:27**  
**13:30**

NO THROUGH ROAD BETWEEN  
**09:15**  
**09:40**  
**11:25**

**09:30**  
**09:43**  
**11:45**

**09:30**  
**09:48**  
**12:00**

**09:00**  
**09:53**  
**12:15**

**09:00**  
**10:04**  
**13:00**

**09:00**  
**10:26**  
**14:00**

**09:00**  
**10:37**  
**14:30**

ACCESS BETWEEN  
**09:00**  
**10:00**  
**14:40**  
**10:45**

**Please Note:**

- Timings are based on a 09:00 marathon start time. In the unlikely event the race starts late, all timings would be delayed as appropriate.
- Roads will reopen behind the last runner and within the times indicated.

**Nodyn:**

- Amseroedd wedi'i seilio ar y marathon yn cychwyn am 09:00. Mae'n annhebygol y bydd y ras yn gorfod dechrau'n hwyr, ond yn yr achos yma byddai'r holl amseru'n cael ei oedi fel y bo'n briodol.
- Bydd y ffordd yn agor tu ôl y rhedwr olaf ac o fewn yr amseroedd a nodir.

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