

PARKING AND TRAVEL PARCIO A THREFNIADAU TEITHIO



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.

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

PARKING PARCIO

CAR PARKS MEYSYDD PARCIO

Visit www.newport.gov.uk for details on parking options offered in the city centre

Ewch i www.newport.gov.uk i gael manylion am yr opsiynau parcio sydd ar gael yng nghanhau y dinas.

PARK & RIDE PARCIO A THEITHIO

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.

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 dwyfwrdd o'r Swyddfa Ystadegau Gwladol i ganol y ddinas – lai na phum munud ar droed o'r llinell ddechrau/deryn. 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 lleoedd yn gyfyngedig, felly archebwch yn gynnari er mwyn osgol cael eich siomi.

TRAVEL TEITHIO

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.

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

SUSTAINABILITY CYNALIADWYEDD



As event organisers, Run 4 Wales are committed to improving our sustainability and minimising the impact our events have on the environment: but we need your help!

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!

Take care at drink stations

Recycling bins are located some distance after the on-course water station. If you can, please aim your discarded bottle for the bins!

Recycle your water bottles at the finish line

Recycling bins will be located close to the finish line. Look out for our Environmental Champions who will be on hand to help 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!

Mae trefnwr y digwyddiad, sef Rhedeg dros Gymru, wedi ymrwymo i wella ein cynaliadwyedd ac i leihau effaith ein digwyddadau ar yr amgylchedd – ond mae arnom angen eich help chi!

EICH CYFRIFOLDEAU FEL RHEDWR

Ystyriwrch 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 Casnewydd yr un mor ag y cawscoff ei!

Cymerwch ofal wrth orsaedd dŵr

Mae biniau allgyrchu wedi'u gosod heb ilo'r gorsaedd dŵr. Celsiwrch anelu eich potel at y biniau!

Allgychwch eich potel dŵr wrth y llinell deryn

Bydd biniau allgyrchu wedi'u gosod ger yr llinell deryn. Cadwch lygad am ein Heiriolwyr yr Amgylchedd a fydd wrth law i'ch helpu i dddod o hyd i'ch bin agosaf!

Celsiwrch osgoi halogi

Mae poteli plastig yn gwbl allgyrchadwy, ond dim ond os nad ydynt wedi'u halogi ag unrhyw wastraff arall febyg i groen banana neu wastraff bwyd. Byddwch yn ofalus wrth eu halgyrchu!



Good luck to
#TeamNSPCC
runners!

ABP Newport
Marathon and 10k
Sunday 29 April 2018

It's not too late – join Team NSPCC today!
nspcc.org.uk/newportmarathon

NSPCC

EVERY CHILDHOOD IS WORTH FIGHTING FOR

healthspan 10

The ABP Newport Wales 10K is part of the Healthspan 10 Initiative, born out of an innovative partnership between Healthspan, the UK's leading direct vitamin and supplement supplier and Run 4 Wales, the team behind some of Wales' largest mass-participation running and cycling events.

It's been launched to emphasise the principles of staying active, eating well and being positive to those who want to achieve a greater sense of overall well-being.

A group of 10 first-time runners will be running the ABP Newport Wales 10K as part of Team Healthspan. They've been helped every step of the way in their training by a range of Healthspan products and content as well as the expertise of Healthspan ambassador Iwan Thomas, who will be joining them to run the Brecon Carreg Barry Island 10K in August, which is also part of the Healthspan 10 Initiative.

All runners in the ABP Newport Wales Marathon & 10K will have the opportunity to sample a Healthspan product as they cross the finish line.

Learn more at www.newportwalesmarathon.co.uk/healthspan-10 or www.healthspan.co.uk

healthspan
www.healthspan.co.uk

YOUR NEXT CHALLENGE! EICH HER NESAF!



ROYAL WELSH TRAIL RUNNING FESTIVAL
Saturday 19th May 2018

Make 2018 the year you try a trail, with thrilling half marathon, 10K and 3K trail races, incorporated into the Royal Welsh Spring Festival in Builth Wells.

Rhowch gynnig ar reded gwylod yn 2018 trwy gymryd rhwng mawr ras gwlad 3K, 10K neu hanner marathon cyffrous ddydd Sadwrn 19 Mai, a hynny yn than o Wyl y Gwanwyn yn Llanfair-ym-Muallt.

rwtrailrunningfestival.co.uk



VELOTHON WALES
Sunday 8th July 2018

Wales' largest cycling sportive returns, with a choice of 140, 125 and 60KM routes on offer. Experience the thrill of closed road cycling, breathtaking scenery and challenging climbs.

Mae digwyddiad belio mwyaf Cymru yn dychwelyd ddydd Sul 8 Gorffennaf, gyda dewis o lwybrau 140, 125 a 60KM. Profwch wefr belio ffodd caeedig, galgylfeidd godidog a dringyfeidd herol.

velothon.com/wales



BRECON CARREG
BARRY ISLAND 10K
Sunday 5th August 2018

Sun, sea and sand provide the backdrop to this new event. The race takes in all of the town's most scenic seaside spots – including Whitmore Bay, Romilly Park, The Knap & Watch House Bay.

Mae'r haul, y môr a'r tywyd yn gefnol i'r digwyddiad newydd sbon hwn, a gynhellir ddydd Sul 5 Awst. Cewch twynhau rhai o atyniadau glan môr mwyaf poblogaid y dref ar hyd y llwybr, gan gynnwys Bae Whitmore, Parc Romilly, y Knapp a Bae Watch House.

barryisland10k.co.uk



CARDIFF UNIVERSITY /
CARDIFF HALF MARATHON
Sunday 7th October 2018

Join us as we celebrate the 15th anniversary of Wales' biggest and best mass participation event. Register soon to avoid disappointment – entries are expected to sell out even earlier this year!

Ymunwch â ni ddydd Sul 7 Hydref i ni ddathlu pymtheg mlynedd ers i ddigwyddiad torfol mwyaf a gorau Cymru gael ei gynnal am y tro cyntaf. Coffestwrch 'nawr i osgoi cael eich siomi – disgylfeidd i'r lleoedd werthu allan hyd yn oed yn gyn eleni!

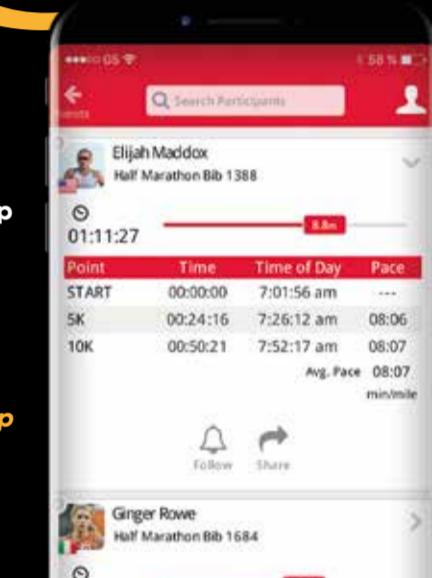
cardiffhalfmarathon.co.uk

SHOUT ABOUT IT! RHOWCH WYBOD AM Y RAS!

[facebook.com/
newportwalesmarathon](http://facebook.com/newportwalesmarathon)
 @newportwales262



#NEWPORT262
newportwalesmarathon.co.uk



Download Our Live Tracker Race App

Find out more and download at:
www.newportwalesmarathon.co.uk/tracker-app

Liwythwch Yr Ap Traciwr Byw I Lawr Ar Gyfer Y Ras

Mae modd llwytho'r ap i lawr yn ogystal â chael i ragor o wybodaeth yn:
www.newportwalesmarathon.co.uk/tracker-app



RACE DAY GUIDE CANLLAW DIWRNOD Y RAS



ABP | ASSOCIATED BRITISH PORTS NEWPORT WALES MARATHON & 10K

MARATHON & 10K CASNEWYDD CYMRU



Title Partner Prif Partner

ABP | ASSOCIATED
BRITISH PORTS
newportwalesmarathon.co.uk

LOOK INSIDE FOR MORE
TROWCH DROSODD
I GAZI GWIBOD
MWY

IT'S TIME!

MAE'R AMSER
WEDI CYRRAEDD!

ABP NEWPORT WALES MARATHON & 10K ABP MARATHON & 10K CASNEWYDD CYMRU

The highly anticipated inaugural ABP Newport Wales Marathon & 10K is fast approaching, set to finally satisfy the demand for a premier marathon distance mass-participation event in Wales and deliver a truly memorable day of running in the city of Newport.

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 29th April – please read everything carefully so you are ready to run!

Mae Marathon a Ras 10K cyntaf ABP Casnewydd Cymru yn prysur agosau. Bydd y digwyddiad hirddisgwylodig hwn yn ateb y galw am ddigwyddiad torfol pellter marathon o'r radd flaenaf yng Nghymru, ac yn cynnig diwrnod bythgofiadwy o redeg yn ninas Casnewydd.

Mae'r Canllaw hwn yn llawn gwybodaeth am ddiwrnod y ras, felly p'un a fyddwch yn cymryd rhian yn y ras 10K neu'n herio'ch hun i ymgymryd â'r marathon 26.2 milltir llawn ddydd Sul 29 Ebrill, darllenwch bofeth yn ofalus fel eich bod yn barod i redeg!

newportwalesmarathon.co.uk

TIME & LOCATION AMSER A LLEOLIAD

Sunday 29th April,
07:30 – 16:00,
Usk Way, Newport.

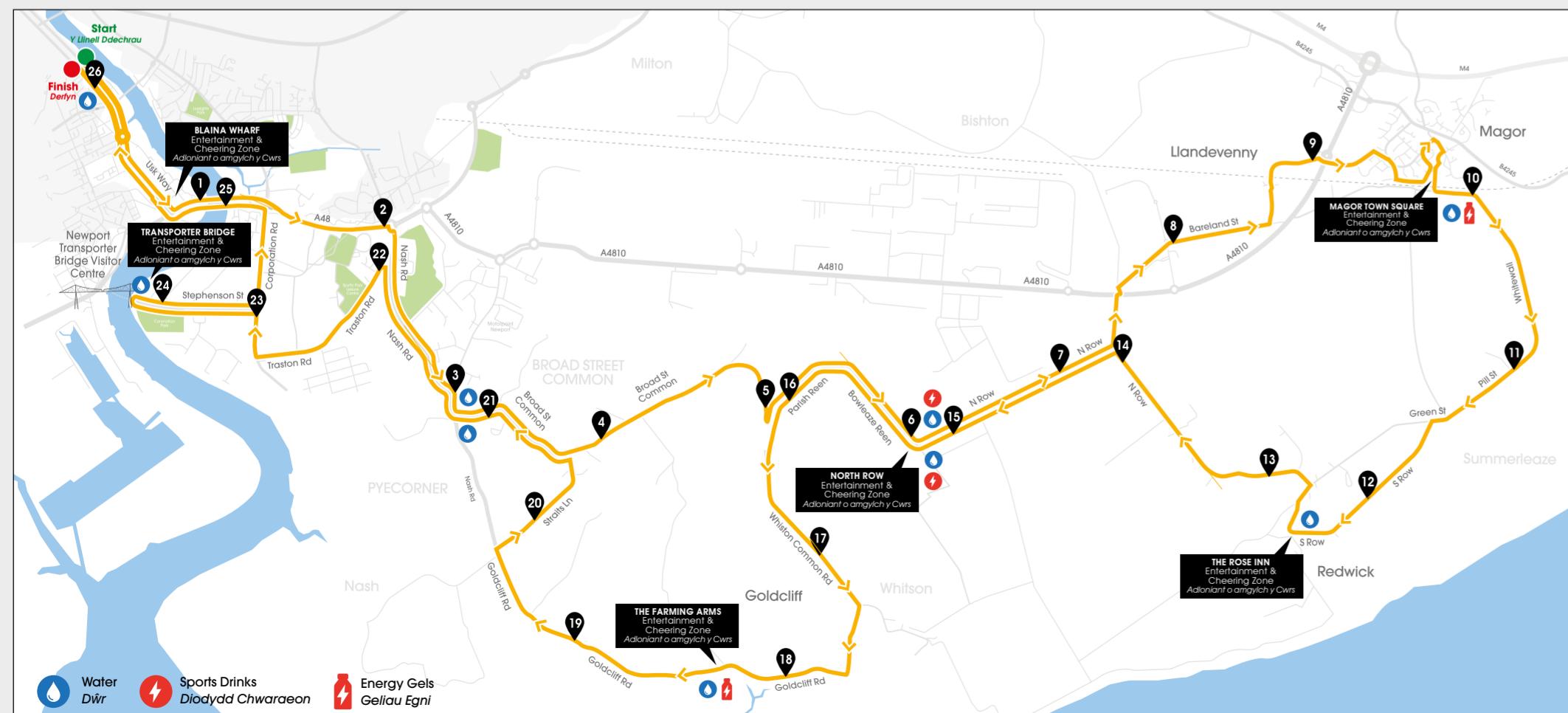
The Event Village is located near the Wave and start line by the University of South Wales.

The marathon begins at 09:00 and 10K at 09:45.
The Family Mile will take place at 12:30.

Dydd Sul 29 Ebrill,
07:30 – 16:00,
Usk Way, Casnewydd.

Mae Pentref y Digwyddiad wedi'i leoli yn ymly y Wave, ac mae'r llinell dechrau yn ymly Prifysgol De Cymru. Bydd y marathon yn dechrau am 09:00 o'r ras 10K yn dechrau am 09:45. Bydd y ras Milltir i'r Teulu yn dechrau am 12:30.

MARATHON MAP MAP MARATHON



TRAVEL & PARKING TEITHIO A PHARCIO

Please see overleaf for detailed information on travel and parking. Please be aware that thousands of people will be aiming for the start of the race at the same time as you, so please allow plenty of time to arrive in time for your race start.

Trowch drosodd i gael gwybodaeth fanwl am deithio a pharcio. Cofiwch y bydd miloedd o bobl yn anelu at ddechrau'r ras ar yr un pryd â chi, felly caniatewch ddigon o amser i gyrraedd mewn pryd i ddechrau eich ras.

RACE NUMBER EICH RHIF UNIGRYW AR GYFER Y RAS

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!

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 sglydon amseru (sy'n ein galluogi i roi amser gorffen i chi). Mae eich bib hefyd yn dangos llw iach corian dechrau, sy'n dynodi lle y dylech ymgynnnull ar ddechrau'r ras. Bydd y map o ddechrau'r ras, sydd wedi'i gynnwys yn y dafllen hon, yn helpu i egluro hyn. Defnyddiwr biniau i osod y rhif hwn ar flaen eich crys-t ar ddiwrnod y ras, a chofiwch lenwi'r gwybodaeth feddygol ar gefn eich rhif. Mae hyn yn bwysig IAWN!

BAGGAGE MAN CADW BAGIAU

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

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 DECHRAU'R MARATHON

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.

Bydd y marathon yn dechrau ar Usk Way am 09:00, a hynn y ocr Prifysgol De Cymru y ffordd. Dylai'r rhedwyr ymgynnull y tu ôl i'r nenbont ddu. Ymgyfarwyddwch â'r map o ddechrau'r ras, sydd wedi'i gynnwys yn y dafllen hon, ac ewch i'r gorlan gwyr cyn y ras.

10K START DECHRAU'R RAS 10K

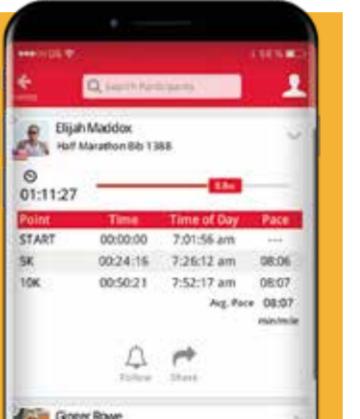
The 10K starts on Usk Way at 09:45, on the Newport Leisure Centre side of the carriage way. Runners should assemble behind the gold start gantry. Please familiarise yourself with the start map in this leaflet and head for the correct starting pen ahead of the race.

Bydd y ras 10K yn dechrau ar Usk Way am 09:45, a hynn y ocr Canolfan Hamdden Casnewydd y ffordd. Dylai'r rhedwyr ymgynull y tu ôl i'r nenbont aur. Ymgyfarwyddwch â'r map o ddechrau'r ras, sydd wedi'i gynnwys yn y dafllen hon, ac ewch i'r gorlan gwyr cyn y ras.

DOWNLOAD THE RUN 4 WALES APP LAWRLWYTHWCH AP RHEDEG DROS GYMRU

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

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



T-SHIRTS, MEDALS & GOODY BAGS CRYSAU-T, MEDALAU A BAGIAU RHODD

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.

Bydd medalau, crysau-t a bagiau rhodd yn cael eu dosbarthu wrth y llinell derbyn. 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.

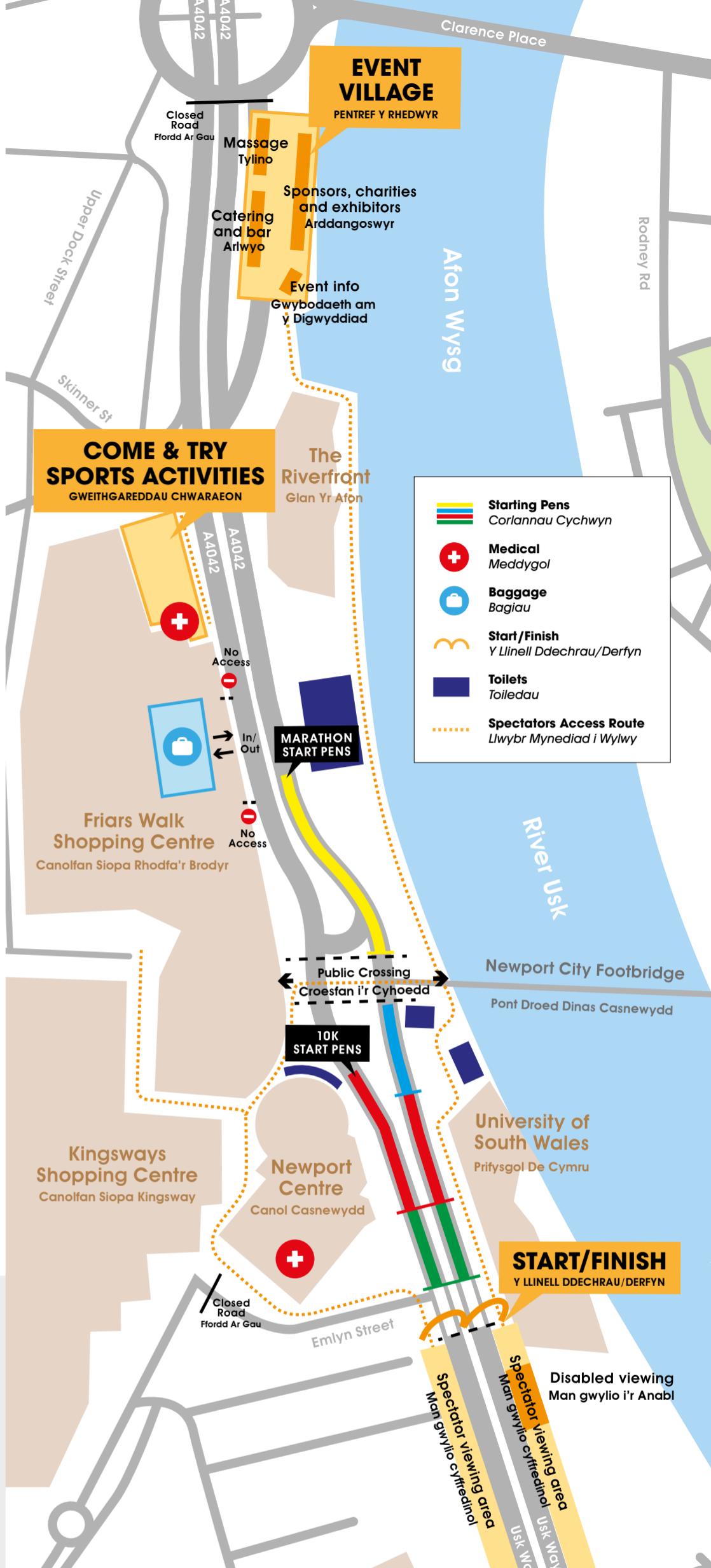
VOLUNTEERS GWIRFODDOLWYR

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.

Bydd tim o 300 o wirfoddolwyr #ExtraMilers yn bresennol ar ddiwrnod y ras. Cadwch wén a llaw amrynt – moent yn rhoi o'u hamser i wneud yn siŵr r eich bod yn cael diwrnod bythgofiadwy.



10K MAP MAP 10K



EVENT VILLAGE PENTREF Y RHEDWYR

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.

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 nodwyr o'n harddangoswyr cyffrous, cael tyliad ar ôl y ras, neu dathlu eich cyflwyniadau wrth y bar! Mae yna hefyd lu o opsiynau bwyta a hamdden yng Nghanolfan Siopa Rhodfa'r Brodyr gerllaw.

