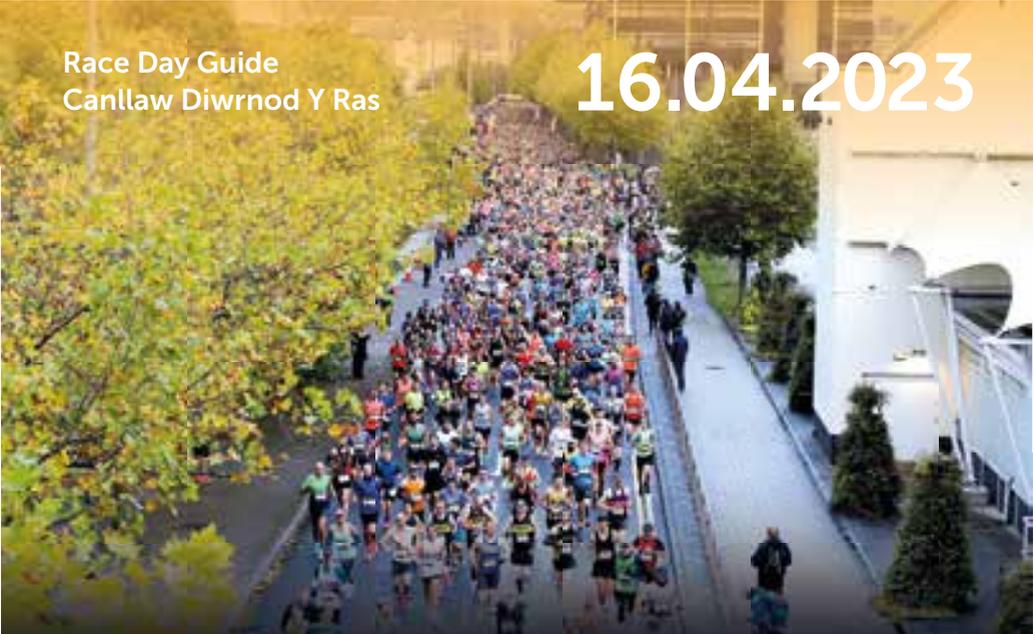


Race Day Guide
Canllaw Diwrnod Y Ras

16.04.2023



ABP | ASSOCIATED
BRITISH PORTS
NEWPORT
WALES MARATHON & 10K

MARATHON & 10K CASNEWYDD CYMRU

Title Partner Prif Barner

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newportwalesmarathon.co.uk

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- 
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 2. Ayr
 3. Sillith
 4. Barrow
 5. Fleetwood
 6. Garston
 7. Goole
 8. Hull
 9. Immingham
 10. Grimsby
 11. King's Lynn
 12. Lowestoft
 13. Ipswich
 14. Swansea
 15. Port Talbot
 16. Barry
 17. Cardiff
 18. Newport
 19. Plymouth
 20. Teignmouth
 21. Southampton
 22. Hams Hall Rail Freight Terminal

ABP
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MAE'N AMSER IT'S TIME!

Rydyn ni'n falch iawn o fod yn ôl yn ein slot arferol ym mis Ebrill, a hynny am y tro cyntaf ers Marathon a 10k cyntaf ABP Casnewydd Cymru yn 2018! Rydyn ni'n edrych ymlaen at groesawu athletwyr o bob cwr o'r DU i Gasnewydd ar gyfer dwy ras wastad a chyflym, sy'n berffaith ar gyfer curo'r amser personol gorau ac ar gyfer rhedwyr newydd.

Mae'r canllaw hwn ar gyfer diwrnod y ras yn llawn gwybodaeth bwysig. Gwnewch yn siŵr eich bod yn darllen y canllaw hwn cyn diwrnod y ras, boed chi'n cymryd rhan am y tro cyntaf neu am y deugeinfed tro! Pob lwc i chi gyda'ch ymarferion olaf, ac edrychwn ymlaen at eich gweld ddydd Sul 16 Ebrill.

MARATHON 09:00

10K 09:45

TODDLER DASH 12:30

FUTURE CHALLENGERS 12:45

FUN RUN 13:15



Five years on since the inaugural edition of the ABP Newport Wales Marathon & 10K in 2018, we're thrilled to be back in our usual April slot! We're looking forward to welcoming athletes from all over the UK to Newport for two flat and fast races, perfect for personal bests and first-timers.

This race day guide is packed full of important information. Whether this is your first race or fortieth, please ensure you read through this guide prior to race day! We wish you the best of the luck in the final stages of your training, and look forward to seeing you on Sunday 16 April.

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

MARATHON 09:00

10K 09:45

TODDLER DASH 12:30

FUTURE CHALLENGERS 12:45

FUN RUN 13:15



AMSER A LLEOLIAD

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

Mae Pentref y Rhedwyr a'r llinell cychwyn wedi'i leoli ar bwys Prifysgol De Cymru. Bydd ein Rasys lau yn dechrau am 12:30pm gyda'r Ras Plant Bach, bydd Herwyr y Dyfodol yn dechrau am 12:45pm, ac yna bydd y Ras Hwyl yn dechrau am 1:15pm.



TEITHIO

Cofiwch bydd miloedd o bobl yn cyrraedd ddechrau ras ar yr un pryd a chi. Gadewch ddigon o amser i gyrraedd, a cynlluniwch eich 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.

Bydd parc beiciau ar gael am ddim i redwyr a chefnogwyr ym Maes Parcio Canolfan Siopa Friars Walk.

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.

Mae gwasanaeth Parcio a Theithio ar gael ar gyfer y digwyddiad, a hynny o'r ICC Wales yng Nghasnewydd, gan gynnig mynediad hawdd o gyffordd 24 traffordd yr M4.

Ewch i www.newportwalesmarathon.co.uk/parking i archebu lle. Sylwch fod lleoedd yn gyfyngedig, felly archebwch yn gynnar er mwyn osgoi cael eich siomi. Dylai rhedwyr y Marathon ddim cyrraedd yn hwyrach na 07:30 i sicrhau eich bod chi'n cyrraedd y llinell cychwyn mewn pryd.

TIME & LOCATION

Sunday 16 April 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. Our Junior Races will begin at 12:30 with the Toddler Dash, followed by the Future Challengers at 12:45, then the Fun Run at 13:15.



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.

There will be a free bike park, available to runners and spectators in the Friars Walk Shopping Centre Car Park.

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.

An Event Park & Ride is available, from the ICC Wales, offering easy access from the M4 motorway off Junction 24.

Visit www.newportwalesmarathon.co.uk/parking to book. Please note, spaces are limited so book early to avoid disappointment. Marathon runners should arrive no later than 07:30 in order to arrive at the start line.

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 i lenwi'r gwybodaeth feddygol ar gefn y bib. Mae hwn yn bwysig iawn.**

**CAMWYR CYFLYMDER**

Bydd camwyr cyflymder yn rhedeg gyda baneri sy'n cyfateb i'r amseroedd canlynol: 1:00, 3:15, 3:30, 3:45, 4:00, 4:15, 4:30 (marathon) a 00:45, 1:00, 1:15 (10K).

**MAN CADW BAGIAU**

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

**PENTREF Y RHEDWYR**

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

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.**

**PACERS**

Pacers will be running with sail flags that correspond with the following times: 3:00, 3:15, 3:30, 3:45, 4:00, 4:15, 4:30 (marathon) and 00:45, 1:00, 1:15 (10K).

**BAGGAGE**

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

**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.





RAS YN DECHRAU

Bydd y Marathon (am 9:00am) a'r 10K (am 9:45am) yn dechrau ar Ffordd Wysg, wrth ochr Canolfan Hamdden Casnewydd. Dylai'r rhedwyr ymgynnwll o dan y nenbont aur. Gwnewch yn siŵr eich bod yn gyfarwydd â map cychwyn y ras yn y daflen, ac anelwch am y gorlan gywir cyn i'r ras ddechrau. Bydd y marathon yn gorffen o dan y nenbont aur a bydd y 10K yn gorffen o dan y nenbont llwyd. Bydd y rasys iau (12:30pm Ras Plant Bach, 12:45pm Herwyr y Dyfodol a 1:15pm Ras Hwyl) yn dechrau ac yn gorffen o dan y nenbont lwyd.



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 mwyr.



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 siŵr mae eich dydd yn bythgofiadwy.

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



RACE STARTS

The Marathon (at 09:00) and 10K (at 09:45) will both start on the Newport Leisure Centre side of Usk Way. Runners should assemble under the gold gantry. Please familiarise yourself with the start map in the leaflet and head for the correct starting pen ahead of the race. The marathon will finish under the gold gantry and the 10K will finish under the grey gantry. Junior races (12:30 Toddler Dash, 12:45 Future Challengers and 13:15 Fun Run) will start and finish under the grey gantry.



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.



HIGH 5

SAVOUR
EVERY MILE
HIGHFIVE.CO.UK



University of
South Wales
Prifysgol
De Cymru

Caeerdydd | Casnewydd | Pontypridd
Cardiff | Newport | Pontypridd

“
GWTHIA DY HUN I
FEYSYDD NEWYDD
A CHWALA
DDISGWYLIADAU POBL.”

GET OUT OF YOUR
COMFORT ZONE AND
SMASH PEOPLE'S
EXPECTATIONS.

Kristoff Young
Gradwraig / POC / Hyfforddwr / Clwbwrwr,
USW Graduate / Sport Coach

DECYNNU.AC.UK

SOUTHWALES.AC.UK



Prifysgol De Cymru yn eiddau gofrestrwyd. RIF y rhifon: 11882112
The University of South Wales is a registered charity. Registeration No: 11882112

Proud to Sponsor the ABP Newport Wales Marathon & 10k

Come along to see us at our
stand to find out more &
get a goodie bag!



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MSW/04/12/21/10

I'm Made from 51% recycled plastic!



Thank you for
recycling our bottles

MARATHON



Start
Y Linell Ddechrau

Finish
Defryn

BLAINA WHARF
Entertainment Zone
Adloniant o amgylch y Cws

TRANSPORTER BRIDGE
Entertainment Zone
Adloniant o amgylch y Cws

MAGOR TOWN SQUARE
Entertainment Zone
Adloniant o amgylch y Cws

 Dŵr Water	 Diodydd Chwaraeon Sports Drinks	 Gelïau Egni Energy Gels
<p>Dŵr Brecon Carreg ar filltiroedd 3, 6.2, 9.7, 12.5, 15.2, 18.4, 21.1, 24 a 26.2.</p> <p>Gels HIGH5 ar filltiroedd 9.7 a 21. Diodydd egni ar filltir 6.2 a 14.5.</p>		
<p>Brecon Carreg water provided at 3, 6.2, 9.7, 12.5, 15.2, 18.4, 21.1, 24 and 26.2 miles.</p> <p>HIGH5 Energy Gels at 9.7 and 21 miles. Sports drinks at 6.2 miles and 14.5 miles.</p>		

10K

Start
Y Llinell Ddechrau

Finish
Defryn

BLAINA WHARF
Entertainment &
Cheering Zone
Adloniant o amgylch y Cwrs

TRANSPORTER BRIDGE
Entertainment &
Cheering Zone
Adloniant o amgylch y Cwrs



Water
Dŵr

THE RUN 4 WALES WAY

Mae R4W yn gwmni digwyddiadau sy'n ymwybodol o gymdeithas, ac mae gennym nodau uchelgeisiol ar gyfer ein hunain yn y dyfodol. Yn dilyn Deddf Llesiant Cenedlaethau'r Dyfodol Cymru, rydyn ni wedi nodi Ffordd R4W.

Mae rhagor o wybodaeth ar gael ar www.run4wales.org/the-r4w-way/

R4W are a socially conscious events company, and we have ambitious aims for ourselves in the future. Following Wales' Wellbeing of Future Generations Act, we've set out the R4W Way.

Find out more on www.run4wales.org/the-r4w-way/

**SCAN
ME!**



CARDIFF HALF
HANNER MARATHON CAERDYDD



HALF MARATHON SERIES



**DEWCH I REDEG HANNER MARATHON
CAERDYDD CYN EI BOD YN RHY HWYR!**

Mae Hanner Marathon Caerdydd bron â gwerthu bob tocyn unwaith yn rhagor. Os ydych chi eisiau cymryd rhan yn yr hanner marathôn eiconig 13.1 milltir yn y brifddinas ddydd Sul 1 Hydref, dyma eich cyfle olaf i gymryd rhan! Ymunwch â ni yr hydref hwn i dathlu 20 mlynedd ers yr Hanner Marathon cyntaf ac i Redeg y Diff.

Cofrestrwch yma: www.cardiffhalfmarathon.co.uk

**RUN THE CARDIFF HALF
BEFORE IT'S TOO LATE!**

The Cardiff Half Marathon is nearing yet another sell out. If you want in for the iconic 13.1 miler in the capital on Sunday 1 October, now is your final opportunity to be a part of it! Join the 20th anniversary celebrations and Run The Diff this Autumn.

Register today on: www.cardiffhalfmarathon.co.uk



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!

Gadewch y bagiau bin gartref!

Mae llawer yn dewis gwisgo bag bin ar y llinell gychwyn os yw'r tywydd yn oer. Ystyriwch wisgo eitem ddillad diangen yn lle hynny. Rydym yn ailgylchu unrhyw ddillad sydd wedi ei daflu ar y llinell gychwyn.

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!

Leave the bin bags at home!

Many choose to don a bin-bag at the start line pre-race if the weather is cool. Consider wearing an unwanted item of old clothing instead, as we recycle any discarded clothing left on the start line.

RHOWCH WYBOD AM Y RAS! SHOUT ABOUT IT!



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@Run4Wales
#Newport262



@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/
results/](http://www.newportwalesmarathon.co.uk/results/)



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App Store



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