



Race Day Guide
Canllaw Diwrnod Y Ras

13.04.2025

**ABP NEWPORT
MARATHON
FESTIVAL**
GWŶL MARATHON CASNEWYDD

Title Partner *Prif Bartner*

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newportwalesmarathon.co.uk

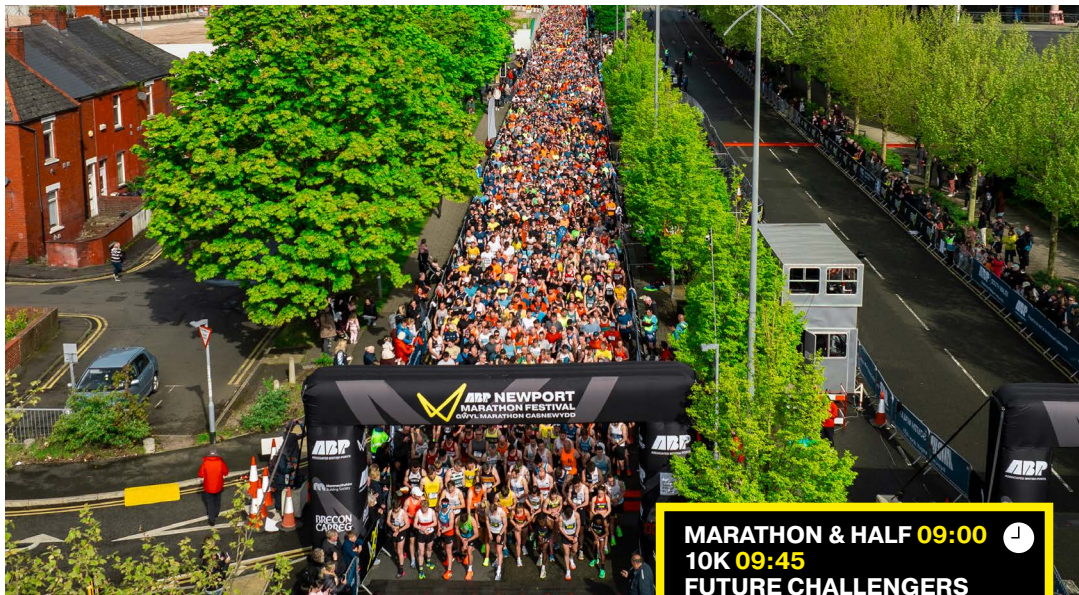


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BRITAIN
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**ENABLING
THE ENERGY
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MARATHON & HALF 09:00 
10K 09:45
FUTURE CHALLENGERS
12:00
TODDLER DASH 12:15
FUN RUN 12:45

MAE'R AMSER WEDICYRRAEDD! IT'S TIME!

Mae Gŵyl Marathon Casnewydd ABP 2025 yn prysur agosáu ar ddydd Sul 13eg Ebrill, ac edrychwn ymlaen yn eiddgar i'ch croesawu i'r ddinas am ddiwrnod bythgofiadwy o redeg.

Mae'r Canllaw Diwrnod Rasio hwn yn llawn gwybodaeth, felly os ydych chi'n cymryd rhan yn y 10K, yn paratoi ar gyfer yr hanner marathon neu'n rhedeg y 26.2 milltir llawn – darllenwch bopeth yn ofalus fel eich bod yn barod i redeg!

Os ydych chi wedi rhedeg gyda ni o'r blaen, cofiwch fod rhai newidiadau, gan gynnwys o amgylch y llinell gychwyn a'r corlannau cychwyn (gyda phob un o'r tri chwr yn dechrau i'r cyfeiriad arall o'i gymharu â rasyd blaenorol).

Pob lwc i chi gyda chamau olaf eich hyfforddiant ac edrychwn ymlaen at eich gweld ar y llinell gychwyn!

The 2025 ABP Newport Marathon Festival is fast approaching on Sunday 13th April, and we can't wait to welcome you to the city for a truly memorable day of running.

This Race Day Guide is packed full of information, so whether you are taking on the 10K, gearing up for the half marathon or running the full 26.2 miles – please read everything carefully so you are ready to run!

If you've ran with us before, please note there are some changes including around the start line and starting pens (with all three courses starting in the opposite direction versus previous editions).

We wish you the best of luck with the final stages of your training and look forward to seeing you on the start line!

OEDDECH CHI'N GWYBOD

OEDDECH CHI'N GWYBOD AM SEFYDLIAD ELUSENNOL R4W?

Yn R4W, rydyn ni'n credu ym mhŵer chwaraeon i gyflwyno newid. Oeddech chi'n gwybod, pan nad ydyn ni'n trefnu rhai o'r digwyddiadau gorau yn y wlad, fod ein Sefydliad Elusennol yn gwneud cyfraniadau ariannol positif i amrywiaeth, iechyd meddwl, iechyd corfforol, llesiant, adfywio cymunedol, gwirfoddoli, codi arian i elusennau, cynaliadwyedd amgylcheddol, twristiaeth a defnydd cyfrifol?

Fel menter ddielw, mae'r arian sydd dros ben a gynhyrchir o R4W yn cael ei fuddsoddi yn Sefydliad Elusennol R4W sy'n dyfarnu cyllid ac yn cefnogi prosiectau chwaraeon a chymunedol ar lawr gwlad, gan gynnwys hyd yma: Run Wales, Mwslima Run Club, Starting Blocs a mentrau fel The Daily Mile a'r ABW 500 nôl yn Hanner Marathon y Byd yn 2016.

Mae mwy i ddod ac rydyn ni'n falch iawn o'r hyn y gallwn ei gyflawni gyda'n gilydd fel cymuned dros y blynnyddoedd i ddod.



DID YOU KNOW

ABOUT THE R4W CHARITABLE FOUNDATION?

We at Run 4 Wales (R4W) believe in the power of sport to bring change. Did you know that when we are not organising some of the best events in the country, our Charitable Foundation is making positive financial contributions to diversity, mental health, physical health, wellbeing, community regeneration, volunteering, charity fundraising, environmental sustainability, tourism and responsible consumption?

As a not-for-profit, surpluses generated from R4W are invested into the R4W Charitable Foundation which awards funding and supports grassroots sports and community projects, so far including: Run Wales, Mwslima Run Club, Starting Blocs and initiatives such as The Daily Mile and the ABW 500 back at the World Half Marathon in 2016.

There's more to come and we're really proud of what we can achieve together as a community over the coming years.



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

MARATHON & HALF 09:00
10K 09:45
FUTURE CHALLENGERS 12:00
TODDLER DASH 12:15
FUN RUN 12:45

AMSER A LLEOLIAD

Dydd Sul 13 Ebrill, 07:30–15:30.
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 12:00pm gyda'r Ras Plant Bach, bydd Herwyr y Dyfodol yn dechrau am 12:15pm, ac yna bydd y Ras Hwyl yn dechrau am 12:45pm.



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 opsiynnau 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.



PARCIO

Nodwch, na fydd meysydd parcio Stryd Emlyn, Riverfront new Friars Walk ar gael oherwydd y digwyddiad, ond bydd meysydd parcio eraill yn 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, o'r Swyddfa Ystadegau Gwladol (ONS), gan gynnig mynediad hawdd o gyffordd 28 ar y draffordd.

Cofiwch fod y gwasanaeth Parcio a Theithio ar gael i redwyr sydd wedi cadw a thalu am le parcio yn unig. Bydd mynediad yn cael ei wrthod i redwyr sy'n cyrraedd y Swyddfa Ystadegau Gwladol (ONS) ar droed.

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 a'r hanner marathon gyrraedd erbyn 07:30 fan bellaf er mwyn cyrraedd y llinell ddechrau.

TIME & LOCATION

Sunday 13 April 07:30 – 15:30.
Usk Way, Newport.

The Event Village and start line is located by the University of South Wales. The marathon and half marathon begin at 09:00 and 10K at 09:45. Our Junior Races will begin at 12:00 with the Future Challengers, followed by the Toddler Dash at 12:15, then the Fun Run at 12:45.



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.



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 Office for National Statistics (ONS), offering easy access from Junction 28 of the motorway.

Please note the Park & Ride service is only available to runners who have booked and paid for a parking space. Runners arriving on foot at ONS will be turned away.

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

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 i'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), 1:30, 1:45, 2:00, 2:15, 2:30, 2:45, 3:00 (hanner 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 Brodyr, a bydd ar agor rhwng 07:30 a 15:30.



PENTREF Y RHEDWYR

Mae Pentref Marathon Casnewydd Gŵyl ABP yn cynnwys llawer o adloniant i'r teulu. Dewch i weld ein noddwyr a'n harddangoswyr cyffrous, cael tiliadau 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.



PEIDIWCH Â CHOLLI!

Mae **Côr Mind in Gwent** yn grŵp cynhwysol, cyfeillgar a hwyliog sy'n rhoi cyfle i bobl ag anawsterau iechyd meddwl i gysylltu a mynegi eu hunain drwy ganu a cherddoriaeth. Byddan nhw'n darparu adloniant ar hyd y cyrsiau 10K, hanner marathon a marathon. Felly cadwch lygad amdany'n nhw yn y Pentref Chwaraeon Rhyngwladol!

Bydd **Ardal Tawel ABP a Mind / Mind yng Ngwent** ym Mhentref y Digwyddiad yn cynnig gofod niwro-gynhwysol ar gyfer rhedwyr, cefnogwyr a'u teuluoedd a fydd ar gael i'w ddefnyddio cyn, yn ystod ac ar ôl y ras. Ewch draw os oes angen munud o lonyddwch arnoch chi!



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

Marathon 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), 1:30, 1:45, 2:00, 2:15, 2:30, 2:45, 3:00 (half 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 15:30.



EVENT VILLAGE

The ABP Newport Marathon Festival Event Village will host family friendly entertainment. Come and 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.



DON'T MISS!

The **Mind in Gwent Choir** is an inclusive, friendly and fun group that gives people with mental health struggles the opportunity to connect and express themselves through singing and music. They'll be providing course entertainment on the 10K, half marathon and marathon routes. Keep an eye out for them in the International Sports Village!

The **ABP & Mind / Mind in Gwent Calm Zone** in the Event Village will offer a neuroinclusive space for runners, supporters and their families which will be available to use before, during and after the race. Head here if you need to get a moment of calm!





RAS YN DECHRAU

Bydd y Marathon/Hanner Marathon (am 9:00am) a'r 10K (am 9:45am) yn dechrau ar Ffordd Wysg, wrth ochr Canolfan Hamdden Casnewydd. Gwnewch yn siŵr eich bod yn gyfarwydd a map cychwyn y ras yn y daflen, ac anelwch am y gorlan gywir cyn i'r ras ddechrau. Bydd y Marathon/Hanner Marathon yn gorffen ar Ffordd Wysg wrth ochr Canolfan Hamdden Casnewydd. Bydd y 10K yn gorffen ar Ffordd Wysg wrth ochr Prifysgol de Cymru. Bydd y rasys iau (12:00 Herwyr y Dyfodol, 12:15 Ras Plant Bach a 12:45 Ras Hwyl) yn dechrau ac yn gorffen ar Ffordd Wysg wrth ochr Prifysgol de Cymru.

Cofiwch y bydd rhedwyr y marathon a'r hanner marathon yn dechrau yn yr un corlannau, a fydd yn cael eu trefnu yn ôl yr amser gorffen a ragwelir a'r psellter rasio.



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 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/Half Marathon (at 09:00) and 10K (at 09:45) will both start on the City side of Usk Way. Please familiarise yourself with the start map in the leaflet and head for the correct starting pen ahead of the race. The Marathon/Half Marathon will finish on the City side of Usk Way and the 10K will finish on the river side of Usk Way. Junior races (12:00 Future Challengers, 12:15 Toddler Dash and 12:45 Fun Run) will start and finish on the river side of Usk Way.

Please note that marathon and half marathon runners will start in the same pens, which will be ordered by predicted finish time and race distance.



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 **#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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High 5

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Photos
Live**



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photos after the race

**MARATHON,
HALF & 10K**



MARATHON



HALF



10K

Choir / Côr

Mind in Gwent
yng Ngwent

Newport Castle

Rodney Parade

University of South Wales

Newport City Footbridge

Newport Stadium

Newport Market

Newport Transporter Bridge Visitor Centre

Newport Transporter Bridge

Stephenson St

River Usk

Newport International Sports Village

KM

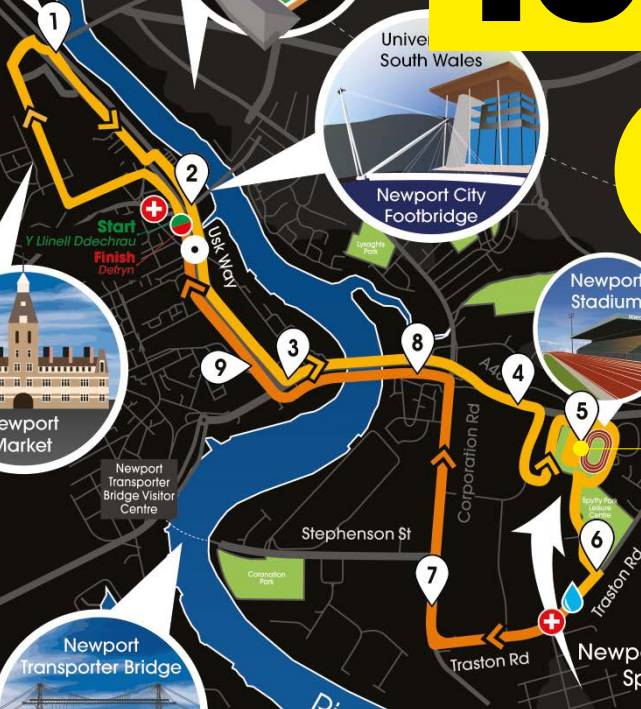
Medical / Meddygol



Hydration Stations /
Man Casglu Egni



Start
Y Llinell Ddechrau
Finish
Deilyn



Yn R4W, rydyn ni'n hoffi gwneud y peth iawn. Ers y dechrau, rydyn ni wedi bod wrth wraidd y gwaith o gynhyrchu arian ar gyfer prosiectau chwaraeon a chymunedol ar lawr gwlad.

Dros y blynyddoedd diwethaf, rydyn ni wedi troi ein sylw at wneud pethau yn y ffordd iawn – ffordd R4W.

We at Run 4 Wales like to do the right thing. Since the beginning, we've been at the heart of generating funds for grassroots sport and community projects.

Over the past few years, we've turned our attention to doing things the right way – the R4W Way.

THE RUN 4 WALES WAY

SCAN ME!



Cynaliadwyedd Sustainability

- Gyda chymorth ein ffrindiau yn adran Ddigiwyddiadau Marathon Llundain, rydyn ni wedi ail-lunio ein strategaeth i hyrwyddo cydraddoldeb ac amrywiaeth, iechyd meddwl a chorfforol, rhedeg menywod, adfywio cymunedol, gwirfoddoli, codi arian i elusennau, defnydd cyfrifol a chynaliadwyedd amgylcheddol.
- Wedi ein hysbryddoli gan Ddeddf Llesiant Cenedlaethau'r Dyfodol yma yng Nghymru, gallwn sicrhau bod pob nod a osodwn, boed yn gymdeithasol, yn amgylcheddol neu'n economaidd, yn cael ei wneud gyda chenedlaethau'r dyfodol mewn golwg.
- Mae ein pwyslais ar **Ddigiwyddiadau** cynaliadwy o safon, ysbryddoli **Plant a Phobl Ifanc**, a chreu canlyniadau cymdeithasol cynaliadwy drwy lens **Pobl**.

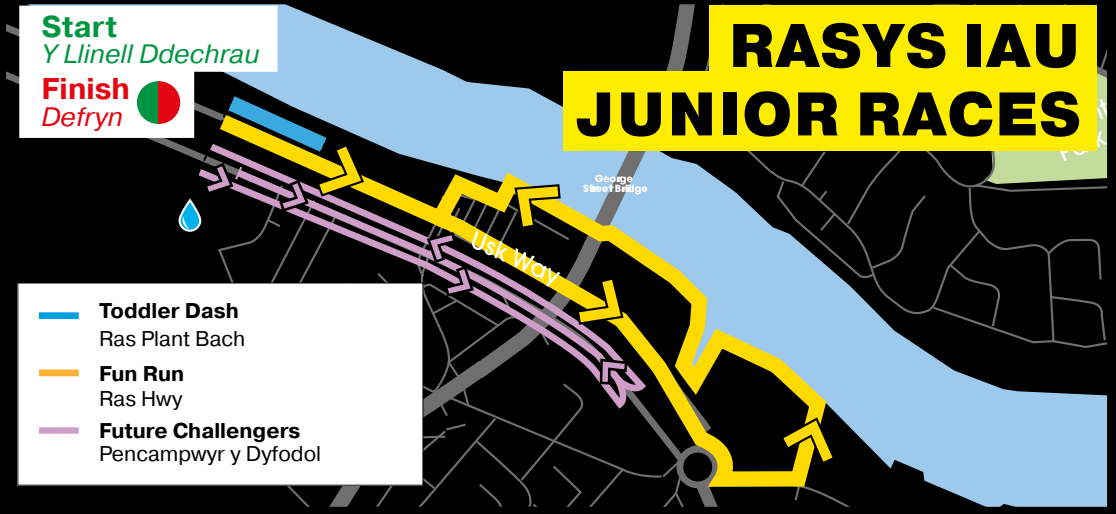
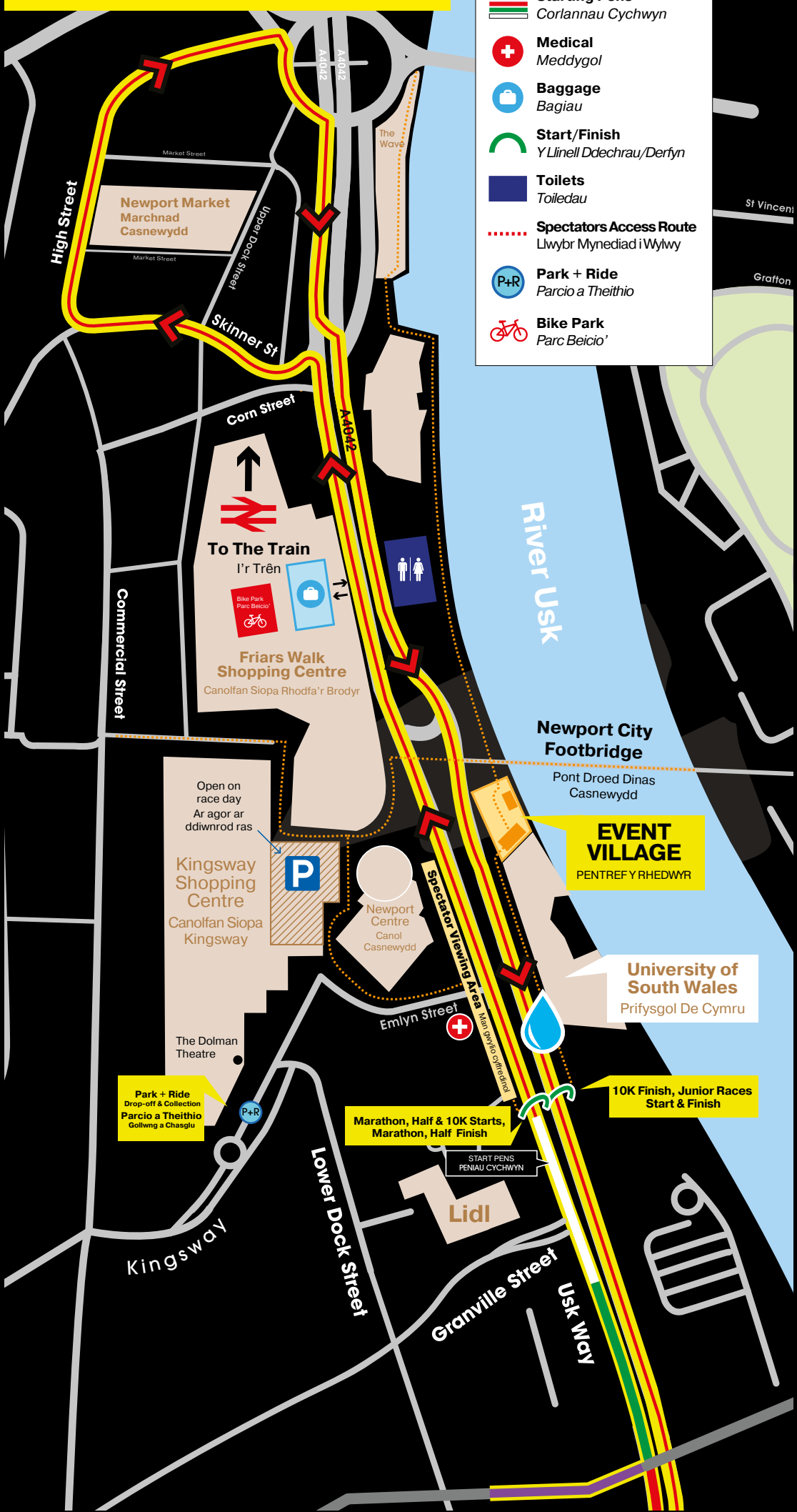
Drwy gymryd rhan yng Ngŵyl Marathon Casnewydd ABP, rydych chi'n rhan o'r gymuned gymdeithasol ac amgylcheddol hon sy'n ymdrechu i greu newid yn y byd. Diolch!

- With the help of our friends at London Marathon Events, we've reshaped our strategy to champion equality and diversity, mental and physical health, women's running, community regeneration, volunteering, charity fundraising, responsible consumption and environmental sustainability
- Inspired by the Wellbeing of Future Generations Act here in Wales, we can ensure that every goal we set, be it social, environmental or economic, is made with the future generations in mind.
- Our focus is on quality and sustainable **Events**, inspiring **Children and Young People**, and creating sustainable social outcomes through the lens of **People**.

By taking part in this year's ABP Newport Marathon Festival, you're a part of this socially and environmentally conscious community striving to make a change in the world. Diolch!

MAP LLEOLIAD

VENUE MAP



Title Partner
Prif Bartner



Lead Charity
Prif Elusen



Official Partners
Partneriaid Swyddogola



Strategic Partners
Partneriaeth Strategol



Good luck! Pob lwc!

**We fight for
mental health**

Thank you to everyone who has joined our team
and is fundraising for mental health.
You're amazing.

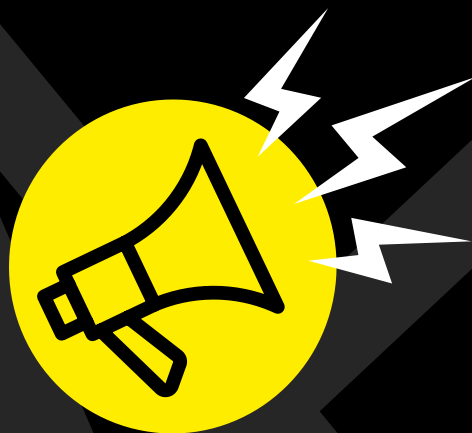
Diolch yn fawr i bawb sydd wedi ymuno â'n tîm
ac sy'n codi arian ar gyfer iechyd meddwl.
Rydych chi'n anhygoel.

It's not too late to join the team! / Nid yw'n rhy hwyr i ymuno â'r tîm!

mind.org.uk/newportmarathonfestival

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in England and Wales. Registered with The Charity Commission (no. 1036964).

RHOWCH WYBOD AM Y RAS! SHOUT ABOUT IT!



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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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