



Race Day Guide
Canllaw Diwrnod Y Ras

19.04.2026

ABP NEWPORT MARATHON FESTIVAL

GŴYL MARATHON CASNEWYDD



Title Partner *Prif Bartner*

ABP | **ASSOCIATED
BRITISH PORTS**

newportwalesmarathon.co.uk

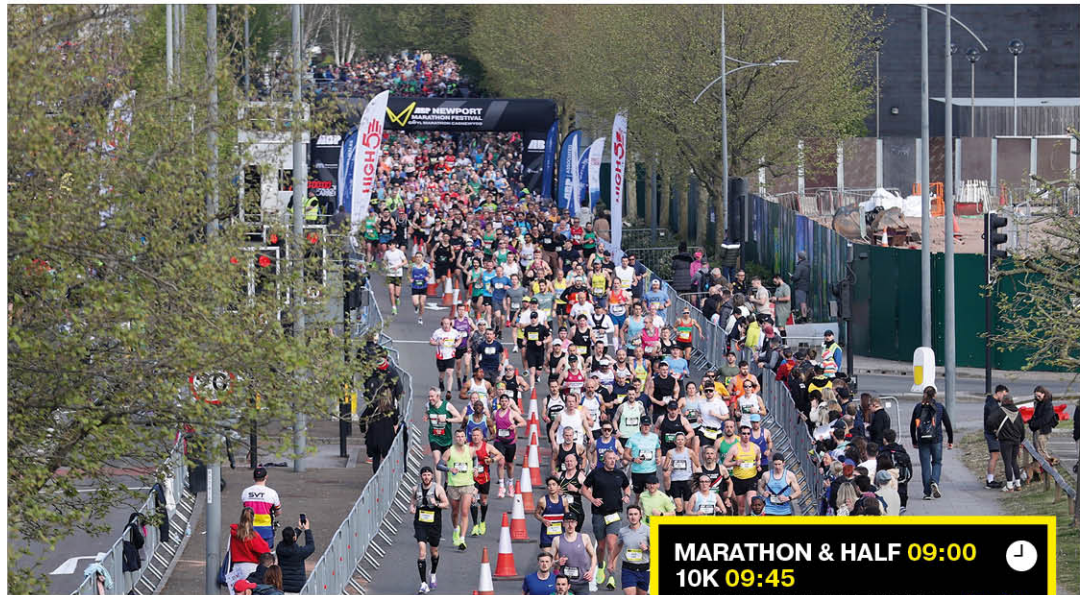


**ASSOCIATED
BRITISH PORTS**

**KEEPING
BRITAIN
TRADING**

**ENABLING
THE ENERGY
TRANSITION**

abports.co.uk



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

CROESO I GASNEWYDD WELCOME TO NEWPORT

Mae Gŵyl Marathon Casnewydd ABP 2026 yn prysur agosáu ar ddydd Sul 19eg 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!

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

The 2026 ABP Newport Marathon Festival is fast approaching on Sunday 19th 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!

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

Beth am gwblhau Cyfres R4W o Rasys 10K! Complete the R4W 10K Series in 2026!



run4wales.org/10K-series

R4W
10K SERIES

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 19 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 Iau 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, bus 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.

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, gyda dau safle (Parcio a Theithio'r Gorrlewin yn Swyddfa Ystadegau Gwladol, cyffordd 28, a Pharcio a Theithio'r Dwyrain yn Celtic Manor, cyffordd 24), sydd ill dau yn hawdd i'w cyrraedd o'r M4, ac yn darparu allanfa rwydd ar ôl y digwyddiad. Bydd mynediad yn cael ei wrthod i redwyr sy'n cyrraedd y 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 19 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.

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 service is available, with two sites (P&R West at the Office of National Statistics at Junction 28 and P&R East at Celtic Manor at Junction 24), which both provide quick access from the M4 and ensure an easy exit after the event. Please note the Park & Ride Service is only available to runners who have booked and paid for a parking space. Runners arriving on foot 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 l'ch crys rhedeg ar y dydd, **a cofiwch l 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.

Bydd chwiliadau ar hap yn weithredol. Chi sy'n n atebol am unrhyw risg o adael eitemau gwerthfawr yn y man cadw. Ni ddylai unrhyw fag fod yn fwy nag bag cefn bach.



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 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 Brodyr gerllaw.



PEIDIWCH Â CHOLLI!

Mae **Côr Mind in Gwent** yn gr p cynhwysol, cyfeillgar a hwylyng 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.

Bydd **Ardal Tawel ABP a 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

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.

Random searches will be in operation. No bag should be larger than a small backpack. Valuables are left at your own risk.



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.

The **ABP & 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 rasyau 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 CYMRU

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

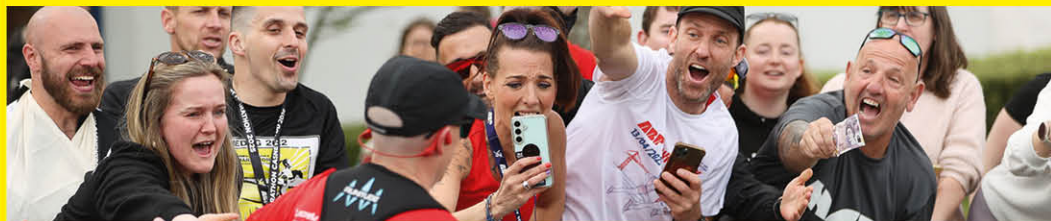
Medals and t-shirts will be distributed at the finish line. Your t-shirt size should be displayed on your race number. Please ensure you take the correct size.



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.





Purchase your finishers photos after the race

MARATHON, HALF & 10K



PASTA PARTY

Saturday 18th April, from 6pm.

Newport Market



LIMITED AVAILABILITY - BOOK NOW!

4 x pasta options & garlic bread (GF, V, Ve options available)

Talk and Q&A with Coopah coach James Thie



SAVOUR EVERY MILE
HIGHFIVE.CO.UK



WELSH ATHLETICS
ATHLETAU CYMRU



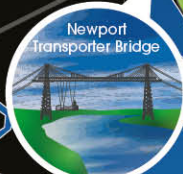
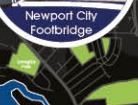
University of South Wales, Newport

Saturday 18 April (10am – 4pm)

- An inspiring and engaging event to celebrate the growth in women's running
- Guest speakers and industry experts
- Exploring female-specific health topics
- Exhibitors and guest panels



MARATHON



1 Mile
1 Kilometre

Medical / Meddygol
First Aid / Cymorth Cynat

Hydration Stations / Man Casglu Egnl
Water Gel / Drink

Start
Y Llinell Ddeudusau
Ffinch
Debyn

Newport Transporter Bridge Visitor Centre

Newport International Sports Village

Broad Street Common

Whitson

RSPB Newport Wellands

Milton

Bishton

Goldcliff

River Usk

Pye Corner

EXTRA LAP

Broad St Common

Parish Green

Borvilogae Green

N Row

N Row

N Row

North Rd

Strada Ln

Goldcliff Rd

Goldcliff Rd

Goldcliff Rd

Goldcliff Rd

Goldcliff Rd

Goldcliff Rd

Goldcliff Rd

Goldcliff Rd

Goldcliff Rd

Goldcliff Rd

Goldcliff Rd

Goldcliff Rd

Goldcliff Rd

Goldcliff Rd

Goldcliff Rd

Goldcliff Rd

Goldcliff Rd

Goldcliff Rd

Goldcliff Rd

Goldcliff Rd

Goldcliff Rd

Goldcliff Rd

Goldcliff Rd

Goldcliff Rd

Goldcliff Rd

Goldcliff Rd

Goldcliff Rd

Goldcliff Rd

Goldcliff Rd

Goldcliff Rd

Goldcliff Rd

Goldcliff Rd

Goldcliff Rd

Goldcliff Rd

HALF



Newport Castle



Rodney Parade



University of South Wales

Newport City Footbridge



Newport Stadium



Newport Market



Newport Transporter Bridge

Medical / Meddygol	First Aid / Cymorth Cyntaf

Hydration Stations / Man Casglu Egni	
Water	Gel / Drink

	Mile
	Kilometre

RSPB Newport Wetlands

10K

Newport Castle

Rodney Parade

University of South Wales

Newport City Footbridge

Newport Stadium

Newport Market

Newport Transporter Bridge Visitor Centre

Newport Transporter Bridge

KM

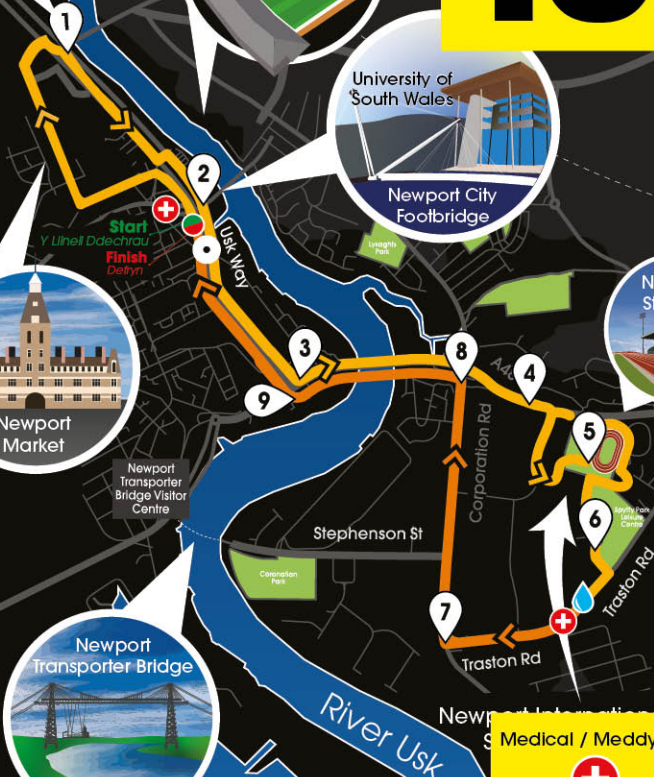
Medical / Meddygol



Hydration Stations /
Man Casglu Egni



Start
Y Llinell Ddechrau
Finish
Deilyn



CAMU I'R COPA
ALWAYS
AIM HIGH
events

EPIC RACING IN NORTH WALES



WWW.ALWAYS AIM HIGH EVENTS.COM

PROUD TO BE PART OF **R4W**

RABBIT RUN WALES



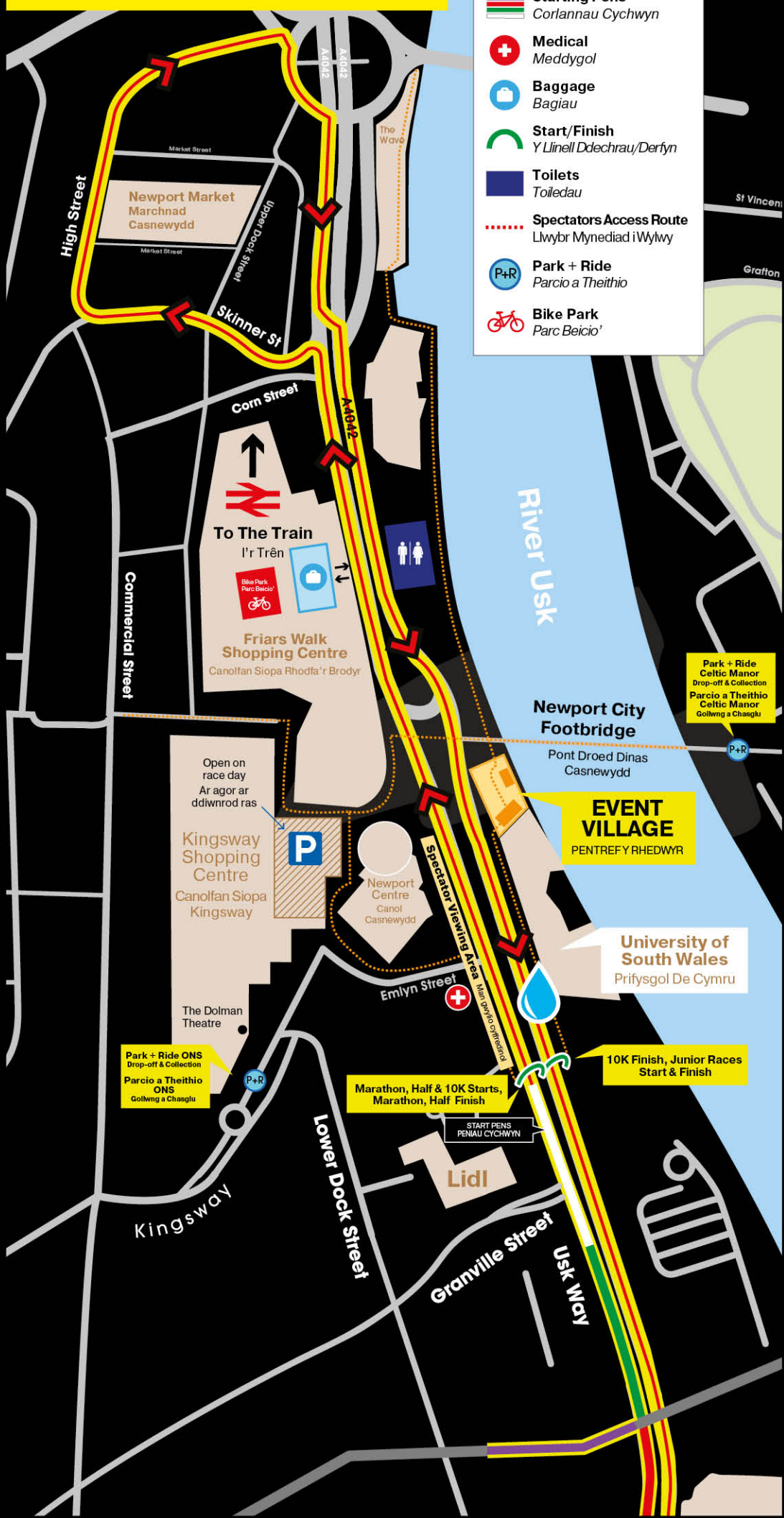
Dewch I Ras Wyllt Cymru (Rabbit Run Wales) ddydd Sadwrn 18 Gorffennaf – paradwys i'r rhal sy'n hoff o redeg llwybrau. Ar ystâd drawiadol Merthyr Mawr, gallwch ddewis ymgymryd â'r llwybr 12K, Marathon, Ultra neu'r llwybrau i redwyr lau... Heriwrch eich hun i wneud rhywbeth newydd ar lwybrau Ras Wyllt Cymru, lle byddwch yn croesi afon, yn rhollo i lawr y twyn tywod mwyaf yng Nghymru, ac yn rhedeg ar hyd ral o'r bryniau a'r cymoedd mwyaf trawiadol yng Nghymru!

**Dewiswch eich pellter ac ewch
amdani heddiw!**
www.rabbitrun.wales

Experience trail running paradise at the Rabbit Run Wales on Saturday 18 July. Set in south Wales on the stunning Merthyr Mawr Estate, you can choose to take on the 12K, Marathon, Ultra or Junior trails. Challenge yourself with something new on the Rabbit Run Wales trails, with a route that includes a river crossing, a tumble down the biggest sand dune in Wales – and some of the most spectacular hills and valleys in Wales!

**Choose your distance and enter
today!**
www.rabbitrun.wales

MAP LLEOLIAD VENUE MAP



Start
Y Llinell Ddechrau

Finish
Defryn

RASYS IAU JUNIOR RACES

- Toddler Dash**
Ras Plant Bach
- Fun Run**
Ras Hwy
- Future Challengers**
Pencampwyr y Dyfodol

Title Partner
Prif Bartner



Lead Charity
Prif Elusen



Official & Strategic Partners
Partneriaid Swyddogola & Strategol



 mind
in Gwent
yng Ngwent

Good luck!
Pob lwc!

**We fight for
mental health**

Thank you to everyone who has joined our team and is fundraising for mental health in Gwent.

You're amazing.

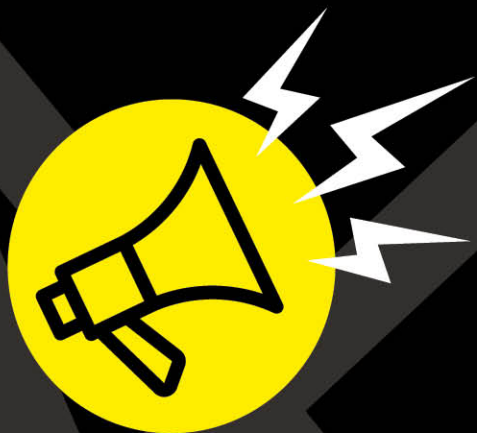
Diolch yn fawr i bawb sydd wedi ymuno â'n tîm ac sy'n codi arian ar gyfer iechyd meddwl yng Ngwent.

Rydych chi'n anhygoel.

Find out about our services / Darganfyddwch ein gwasanaethau:

mindingwent.org.uk

RHOWCH WYBOD AM Y RAS! SHOUT ABOUT IT!



facebook.com/
newportwalesmarathon



ABP Newport
Marathon Festival



@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)



Available on the
App Store



GET IT ON
Google Play