

01.09.2024

BRECON CARREG CDF 10K
CDF 10K BRECON CARREG

BRECON CARREG CARDIFF

CDF/10K

CAERDYDD



R4W

www.cardiff10k.cymru

Good luck everyone!

**Please recycle your
bottles to give them
another life**

Thank you





RAS HANESYDDOL 10K CDF BRECON CARREG! THE HISTORIC BRECON CARREG CDF 10K!

Mae miloedd o redwyr 10K brwdfrydig wedi cofrestru i gymryd rhan yn 10K CDF Brecon Carreg ddydd Sul 1 Medi. Mae'r tîm yn R4W yn edrych ymlaen yn fawr at eich croesawu i'r Brifddinas ar gyfer diwrnod o redeg sy'n argoeli i fod yn un bythgofiadwy!

Efallai eich bod yn rhedeg am y tro cyntaf neu wedi gwneud ddeugain o weithiau o'r blaen, ond byddem yn dal i'ch annog i ddarllen y canllaw hwn i gael yr holl wybodaeth hanfodol am ddiwrnod y ras wrth i'r digwyddiad agosáu. Fe welwn ni chi ar y llinell gychwyn!

Thousands of eager 10K runners are registered to take on the Brecon Carreg CDF 10K on Sunday 1 September. The team at R4W can't wait to welcome you to the Welsh capital for what promises to be an unmissable day of running!

Whether this is your first or fortieth time running at the Brecon Carreg CDF 10K, we'd still encourage you to look through this race day guide for all the vital race day information as the event approaches. We'll see you on the start line!

Thank you for championing our cause

by taking on this amazing challenge in support of our kidney community here in Wales

Your fundraising efforts and donations allow us to fund these areas of our work:

- Providing information, advice and assistance to patients and their families
- Making grants available through a wellbeing fund for patients
- Working alongside the NHS to invest in targeted support for kidney patients
- Funding research projects that benefit Welsh kidney patients



Kidney Wales does not receive any government funding; we rely on your support to bring these projects to life for our community.

To find out more about Kidney Wales, our work and upcoming fundraising events visit www.kidneywales.cymru.

PARATOI AM DDIWRNOD Y RAS! GET RACE READY!

Darllenwch y canlynol yn ofalus am yr holl wybodaeth sydd angen i chi wybod am CDF 10K Brecon Carreg.

Amser A Lleoliad

Dydd Sul 1 Medi, 8yb – 1yp, Canolfan Ddinesig Caerdydd. Mae'r 10K yn dechrau am 10yb ac mae'r 2K yn dechrau am 09:15yb.

Teithio A Pharcio

Mae'n hawdd cyrraedd Caerdydd ar droed, beic, car, bws a thrên. 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.

Er mwyn hybu digwyddiad cynaliadwy, rydyn ni'n eich annog i deithio mewn modd llesol fel drwy gerdded neu feicio (mae gan y ddinas lawer o lwybrau beicio hygyrch). I gael rhagor o wybodaeth a chynghor, ewch i www.cardiff10k.cymru/road-closures

Rhif Ras

Yn amgaaeddig yn eich pecyn ras mae eich bib ras, gyda'ch rhif ras unigryw. Mae'n hanfodol eich bod chi'n cadw'r bib yn ddiogel oherwydd mae chip amseru (sy'n galluogi ni i ddatgan eich amser gorffen) wedi atodi i rifau ras y 10K – nid ydyw'n bosib i ail brintio.

Piniwch eich rhif i flaen eich crys-t ar ddiwrnod y ras, a chofiwch i lenwi eich gwybodaeth feddygol ar gefn y rhif.

Mae'n BWYSIG eich bod yn cwblhau hyn.

Bagiau

Mae cyfleuster i storio bagiau mewn Pentref y Digwyddiad, a bydd ar agor am 08:30. Rhwygwch y label ar waelod eich rhif ras 10K a'i atodi i'ch bag cyn i chi gyrraedd.

Cychwyn Ras 10K

Mae'r ras 10km yn cychwyn ar Rhodfa'r Brenin Edward VII. Bydd y lliw (gwyn, gwyrdd, coch neu melyn) y tu ôl i'r rhif ar eich bib rhedeg yn dangosi chi pa gortlan gychwyn y mae'n rhaid i chi ymgynnull ynddo cyn y ras. Er mwyn osgoi dryswch ar y diwrnod mae'n hanfodol eich bod yn edrych ar fap o'r lleoliad sydd ar yr ochr chwith, i gael manylion ar sut i gael ynediad i'ch corlan cychwyn. Bydd corlannau ar agor am 09:45.

Cychwyn Ras 2K

Bydd rasys lau CDF 10K Brecon Carreg yn dechrau gyda'r Ras Hwyl 2K am 09:15. Bydd y rasys yn dechrau ac yn gorffen ar Rodfa'r Brenin Edward VII.

Y Cwrs

Mae'r râs yn tywys y rhedwyr ar lwybr gwastad a chyflym sydd hefyd yn cynnwys prif atyniadau twristiaeth y ddinas, gan gynnwys Castell Caerdydd, y sgwar canolog a Stadiwm Principality.

Mae gorsaf ddŵr wedi'i darparu ger y pwynt 5km, yn ogystal â phwynt amseru hanner fford. Byddwch yn ymwybodol bod rhannau o'r llwybr yn cynnwys bump cyflymder.

Lawrlwythwch App Run 4 Wales

Ar gael ar iOS ac Android, mae App Run 4 Wales yn galluogi chi i dracio rhedwyr ar ddiwrnod y ras, gweld canlyniadau'n fyw a mwy.

Crysau-T A Medalau

Bydd medalau (10K, 2K) a crysau-t (10K yn unig) yn cael ei ddsbarthu ar linell derfyn eich ras.

Gwirfyddolwyr

Bydd tîm mawr o #ExtraMilers yn ymroi amser eu hunain ar ddiwrnod y ras i sicrhau eich bod chi'n cael diwrnod bythgofiadwy.

Read the following carefully for all you need to know about the Brecon Carreg CDF 10K.

Time & Location

Sunday 1 September, 8am – 1pm, Civic Centre, Cardiff. The 2K event begins at 09:15, and the Brecon Carreg CDF 10K will begin at 10:00.

Travel & Parking

Cardiff is easily accessible by foot, bike, train, bus or car. Please be aware that thousands will be looking to arrive at the same time as you and road closures will be in operation, so please allow plenty of time for your journey.

To embrace a sustainable event, we encourage public or active travel such as train, bus, walking or cycling (the city has many accessible cycle routes). A free bike park will be available in the Event Village where you will be able to lock your bike for the duration of the event. For more information or advice, please visit www.cardiff10k.cymru/road-closures

Race Number

Enclosed in your race pack is your running bib, with a unique race number. It's vital that you keep this safe as a timing chip (which enables us to give you your finishing time) is embedded into all 10K race numbers – which cannot be reissued.

Please pin the number to the front of your t-shirt on race day, and remember to complete the medical information on the back of your race number.

This is VERY important.

Baggage

Bag storage is situated in the Event Village and will be open from 08:30. Tear off the baggage label strip on the bottom of your 10K race number and attach it to your bag.

10K Race Start

The 10km race starts on King Edward VII Avenue. The solid colour (either white, green, red or yellow) behind the number on your running bib will dictate which starting pen you must assemble in before the race.

To avoid confusion on the day it is vital that you look at the Venue Map to the left for details on how to access your starting pen. Pens will open at 09:45.

2K Race Start

Brecon Carreg CDF 10K Junior races will commence from 09:15 with the 2K Fun Run. Races will start and finish on King Edward VII Avenue.

The Course

The course takes runners on a sightseeing tour of the city, with highlights including Cardiff Castle, Central Square, the Principality Stadium, Sophia Gardens and Llandaff and Pontcanna Fields.

There is a water station provided near the 5km point, as well as a halfway timing split point. Please be aware that parts of the route contain speed bumps.

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 (10K, 2K) and t-shirts (10K only) will be distributed at the finish line of your race.

Volunteers

A big team of #ExtraMilers will be giving up their own time on race day to ensure you have an unforgettable experience.

10K

WESTERN AVE

LLANDAFF FIELDS

BRECON CARREG

5K

6K

PONTCANNA FIELDS

7K

4K

CATHEDRAL ROAD

SOPHIA GARDENS

BUTE PARK

KING EDWARD VII AVE

1K

8K

9K

CASTLE STREET

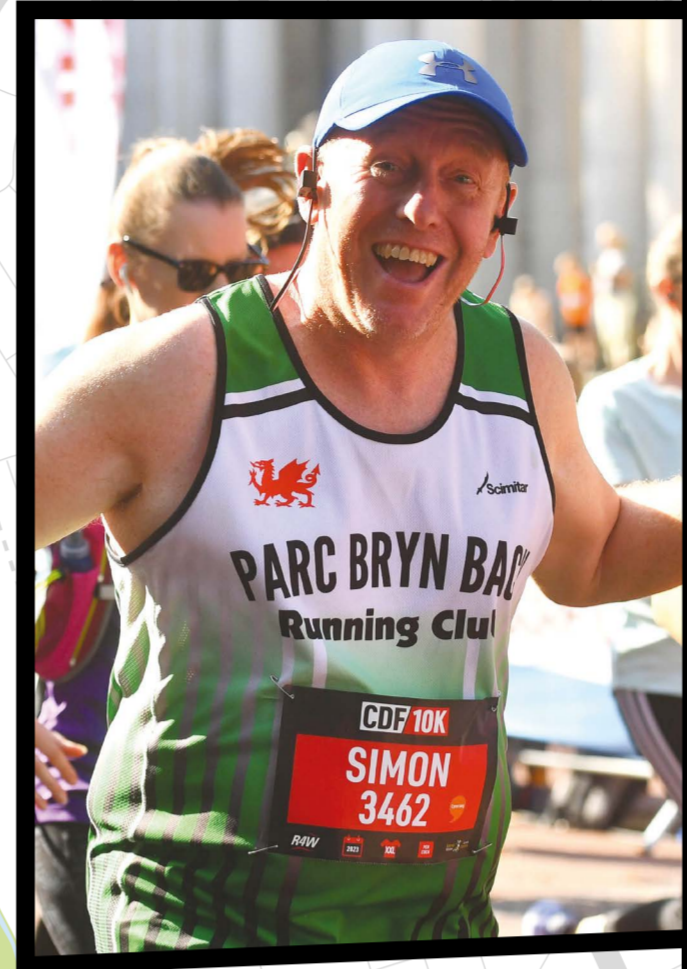
CARDIFF CASTLE

PRINCIPALITY STADIUM

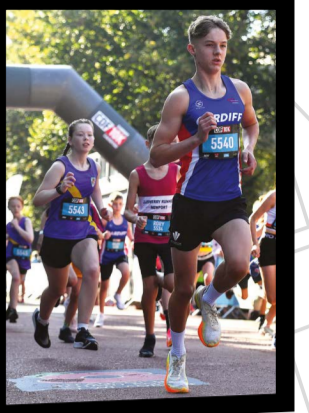
2K

WOOD STREET

WESTGATE STREET



RAS HWYL 2K 2K FUN RUN



MAP O'R SAFLE A'R PENIAU RHEDEG VENUE & PEN FILLING MAP

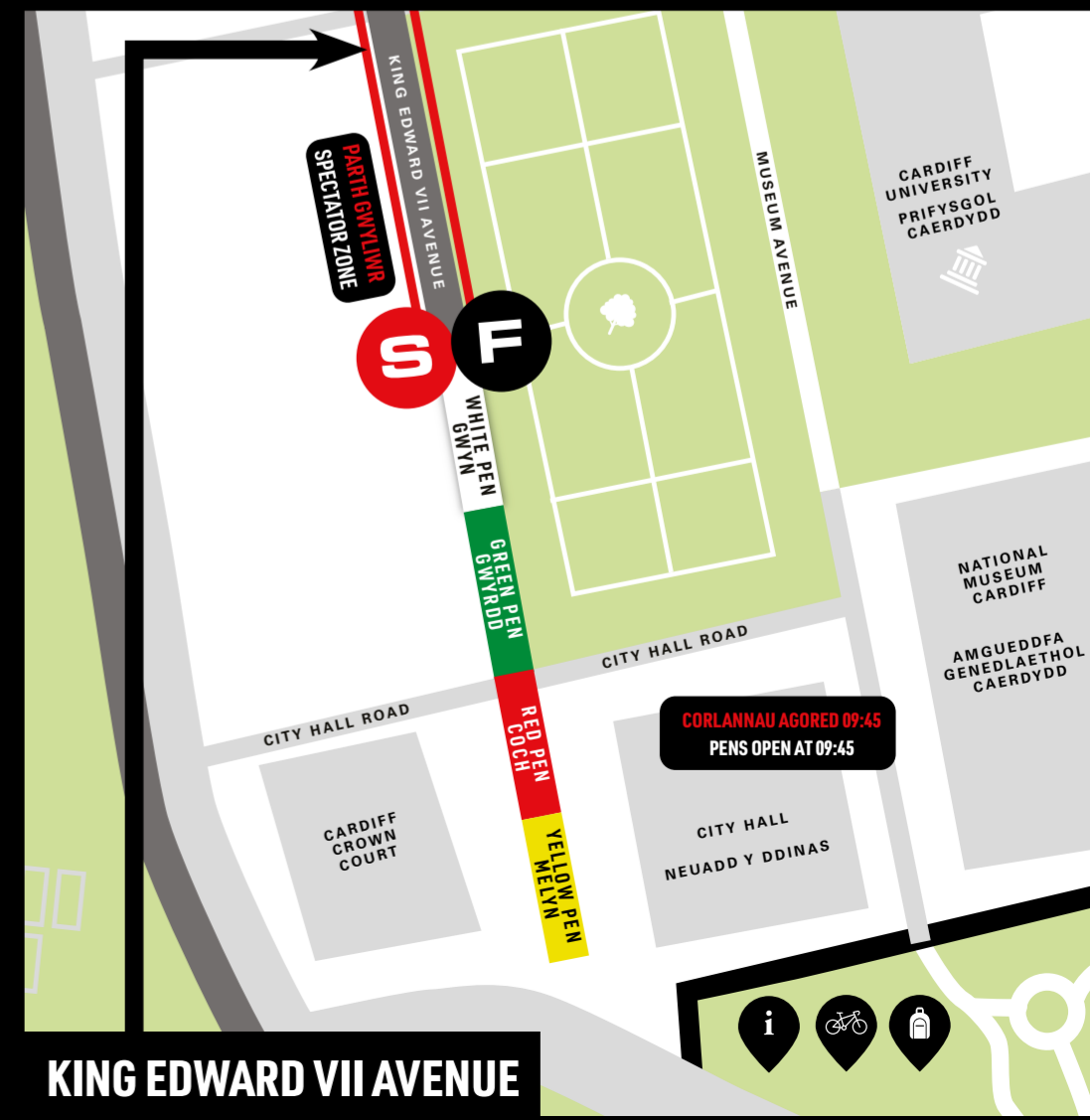
Rhodfa'r Brenin Siôr VII
King Edward VII Avenue



i Pabell Gwybodaeth
Event Information

🧳 Ardal Bagiau
Baggage

🚲 Parc Beicio
Free Cycle Parking



CORLANNAU AGORED 09:45
PENS OPEN AT 09:45

KING EDWARD VII AVENUE

BRECON CARREG

5

Kidney Wales
Aren Cymru

Funded by
UK Government

POWERED BY
LEVELLING UP

Bridgendford

COOPAH

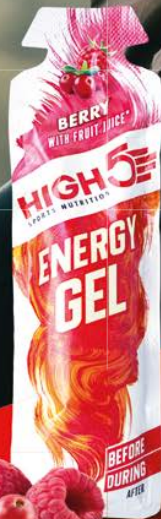
CAPITAL

HIGH 5

SAVOUR

EVERY MILE

HIGHFIVE.CO.UK





Darganfyddwch y brandiau gorau ac offer diweddaraf i gynorthwyo'ch hyfforddiant a'ch adferiad sy'n addas ar gyfer rhedwr o bob gallu.

Discover the best brands, latest equipment and tools to aid your training and recovery suitable for every kind of runner.

www.run4wales.org/training/shop

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 is 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**.

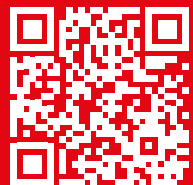
Find out more on www.run4wales.org/the-r4w-way



**THE
RUN 4 WALES
WAY**



**SCAN
ME!**





PURCHASE YOUR FINISHERS PHOTOS AFTER THE RACE



Cynaliadwyedd Sustainability

Yn R4W, rydyn ni'n gweithio'n galed y tu ôl i'r llenni i wella ein cynaliadwyedd a lleihau'r effaith mae ein digwyddiadau yn ei gael ar yr amgylchedd. Er mwyn ein helpu ni, rydyn ni'n gofyn i chi:

Ystyried teithio'n gynaliadwy

Fel cerdded neu feicio os allwch chi, neu ddefnyddio trafniadaeth gyhoeddus os ydych yn teithio o bell!

Mynd â'ch sbwriel adref

Helpwch ni i gadw Caerdydd yn lân ac yn daclus.

Ein helpu ni i ailgylchu ar y cwrs a'r llinell derfyn

Mae biniau ailgylchu drwy gydol y cwrs a gwirfoddolwyr ar y llinell derfyn i helpu!

Osgoi halogi

Peidiwch â chymysgu eich gwastraff bwyd â photeli plastig wedi'u hailgylchu!

At R4W, we're working hard behind the scenes to improve our sustainability and minimising the impact our events have on the environment. To help us, we ask that you:

Consider sustainable travel

Like walking or cycling if you can, or public transport if you're travelling from afar!

Take your litter home

Help us keep Cardiff clean and tidy.

Helping us recycle on the course and finish line

There are recycling bins throughout the course and volunteers on the finish line to help!

Avoid contamination

Don't mix your food waste with recycled plastic bottles!

RHOWCH WYBOD AM Y RAS! SHOUT ABOUT IT!



Cardiff10K



@Cardiff10K



@Cardiff10K

cardiff10k.cymru

Lawrlwythwch Ap Tracio Byw'r Ras

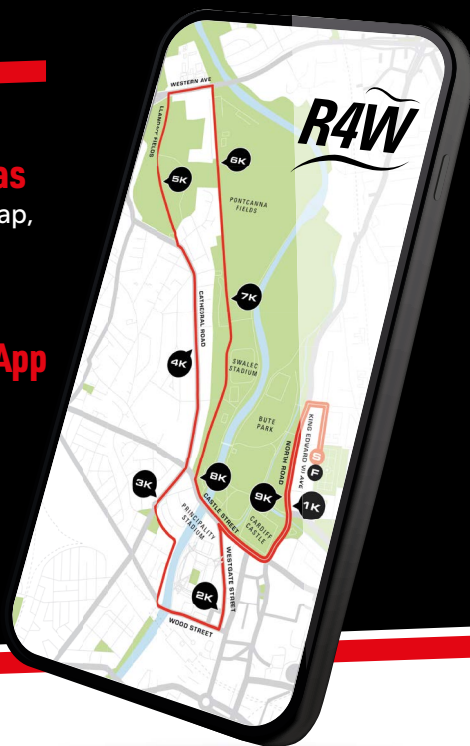
Am fwy o wybodaeth ac i lawrlwytho'r ap, ewch i:

www.cardiff10k.cymru/live-tracking/

Download Our Live Tracker Race App

Find out more and download at:

www.cardiff10k.cymru/live-tracking/



Available on the
App Store



GET IT ON
Google Play