

Race Day Guide  
Canllaw Diwrnod Y Ras

Sunday 3 July 2022  
Sul Gorffennaf 3 2022



2022  healthspan  
**PORTHCAWL**  
**10K**



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## THE HEALTHSPAN PORTHCAWL 10K RETURNS! MAE 10K PORTHCAWL HEALTHSPAN YN DYCHWELYD!

We're back for our long-awaited second edition on Sunday 3 July, and we know plenty of you have been waiting a long time for this one.

Thousands will be joining you on the Porthcawl Esplanade this July, so we recommend you read all the instructions outlined in this guide thoroughly before arriving on race day.

There's plenty to look forward to!

Rydyn ni'n ôl ar gyfer ein hail ras hirddisgwyliedig ddydd Sul 3 Gorffennaf, ac rydyn ni'n gwybod bod llawer ohonoch chi wedi bod yn aros dipyn am yr un yma.

Bydd miloedd o bobl yn ymuno â chi ar Bromenâd Porthcawl fis Gorffennaf eleni, felly rydym yn argymhell eich bod yn darllen yr holl gyfarwyddiadau a amlinellir yn y canllaw hwn yn drwyadl cyn cyrraedd ar ddiwrnod y ras.

Mae digon i edrych ymlaen ato!





# GET RACE DAY READY! PARATOI AM DDIWRNOD Y RAS!

Read the following carefully for all you need to know about the 2022 Healthspan Porthcawl 10K.

open from 8:45 am. Your 10K race number includes a tear-off baggage label strip along the bottom – please attach this to your bag before you arrive. Random searches will be in operation.

Darllenwch y canlynol yn ofalus am y cyfan sydd angen i chi wybod am 10K Healthspan Porthcawl 2022.

label bagiau gallwch ar hyd y gwaelod i rwygo a'i atodi i'ch bag cyn i chi gyrraedd. Bydd chwiliadau ar hap yn weithredol.

**Time & Location**  
Sunday 3 July, 10am – 2pm, Porthcawl Esplanade, Porthcawl.

**10K Race Start**  
The 10K race starts on Porthcawl seafront as marked on the course map (left). 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. Pens will open at 9:45am.

**Amser A Lleoliad**  
Dydd Sul 3 Gorffennaf, 10am – 2pm, Promenâd Porthcawl, Porthcawl.

**Cychwyn Ras 10K**  
Bydd y ras 10K yn cychwyn ar Glan y môr Porthcawl, wedi'i farcio ar fap y cwrs (ar y chwith) Bydd y lliw solet sydd tu ôl i'r rhif ar eich bib rhedeg (naill ai'n wyn, yn wyrdd, coch, neu'n felyn) yn gorchymyn pa ben sydd rhaid i chi ymgynnull ynddi cyn cychwyn y ras. Bydd y peniau yn agor am 9:45yb.

**Travel & Parking**  
There will be a number of parking options available for race day. Please be aware that thousands of people will be travelling to Porthcawl for the race, so please take time to prepare ahead and consider pre-booking a space via our website. We encourage sustainable travel where possible, such as car sharing and cycling. For more information on booking parking, visit our website: [www.porthcawl10k.co.uk/travel-parking](http://www.porthcawl10k.co.uk/travel-parking)

**Porthcawl 10K Junior Races**  
The Porthcawl 10K Junior Races will commence from 12:30 with the Toddler Dash, followed at 12:45 by the Future Challengers Mile, then by the Fun Run at 13:30. The races start and finish on the Esplanade in Porthcawl, near the Grand Pavillion.

**Teithio A Pharcio**  
Bydd nifer o ddewisiadau parcio ar gael ar ddiwrnod y ras. Bydd miloedd o bobl yn teithio i Borthcawl ar gyfer y ras, felly paratowch a meddwl am archebu lle ymlaen llaw ar ein gwefan. Rydyn ni'n eich annog i deithio'n gynaliadwy pan fo'n bosibl, fel rhannu ceir a beicio. I gael rhagor o wybodaeth am archebu lle parcio, tarwch olwg ar ein gwefan: [www.porthcawl10k.co.uk/travel-parking](http://www.porthcawl10k.co.uk/travel-parking)

**Rasys Iau 10k Porthcawl**  
Bydd Rasys Iau 10K Porthcawl yn dechrau am 12:30pm gyda'r Ras Plant Bach, bydd Milltir Herwyr y Dyfodol yn dechrau am 12:45pm, ac yna bydd y Ras Hwyl yn dechrau am 1:30pm. Mae'r rasys yn dechrau ac yn gorffen ar Bromenâd Porthcawl, ger y Pafiliwn Mawr.

**Race Number**  
Enclosed in your race pack is your running bib, with 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.

**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.

**Rhif Ras**  
Yn amgaaedig 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 o lenwi eich gwybodaeth feddygol ar gefn y rhif. Mae'n BWYSIG eich bod yn cwblhau hyn.

**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.

**Baggage**  
Bag storage is situated in the Event Village and will be clearly signposted. It will be

**T-Shirts & Medals**  
Medals (10K, Future Challengers, Fun Run) and t-shirts (10K only) will be distributed at the finish line of your race.

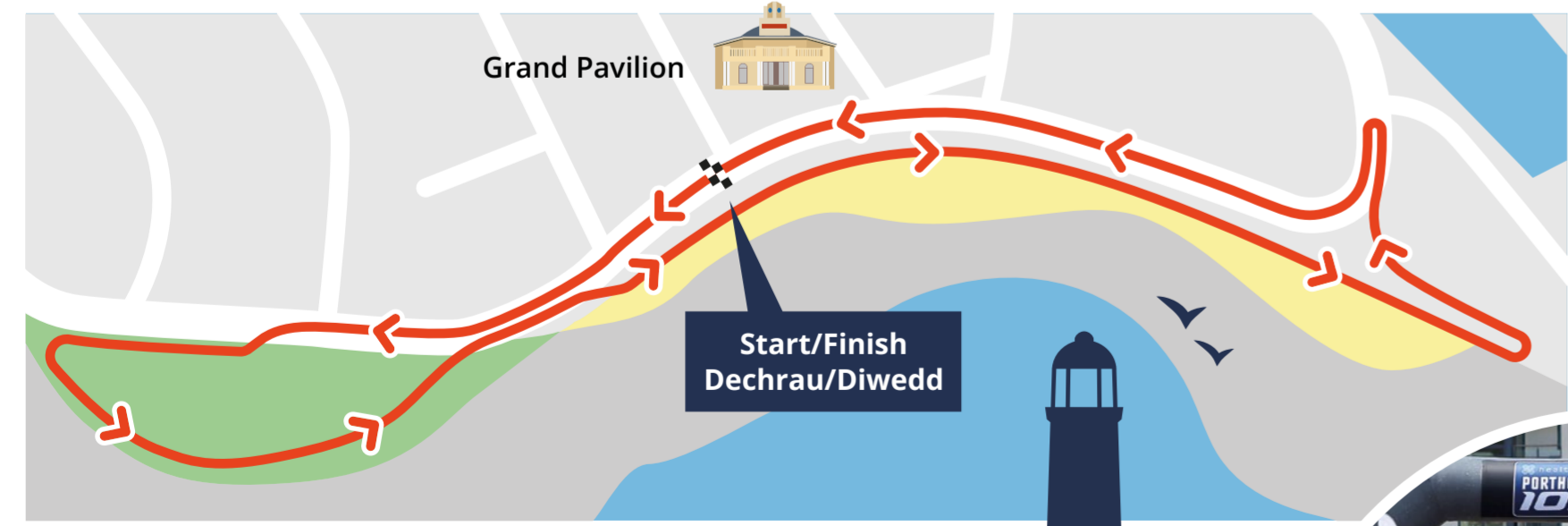
**Bagiau**  
Lleolir yr ardal bagiau ym Mhentref y Digwyddiad wedi'i arwyddo'n glir. Bydd ar agor o 8:45yb. Mae eich rhif 10K yn cynnwys sribryn

**Crysau-T A Medalau**  
Bydd medalau (i'r ddwy ras) a crysau-t (10K, Herwyr Dyfodol, Ras Hwyl) yn cael ei ddosbarthu ar linell derfyn eich ras.

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



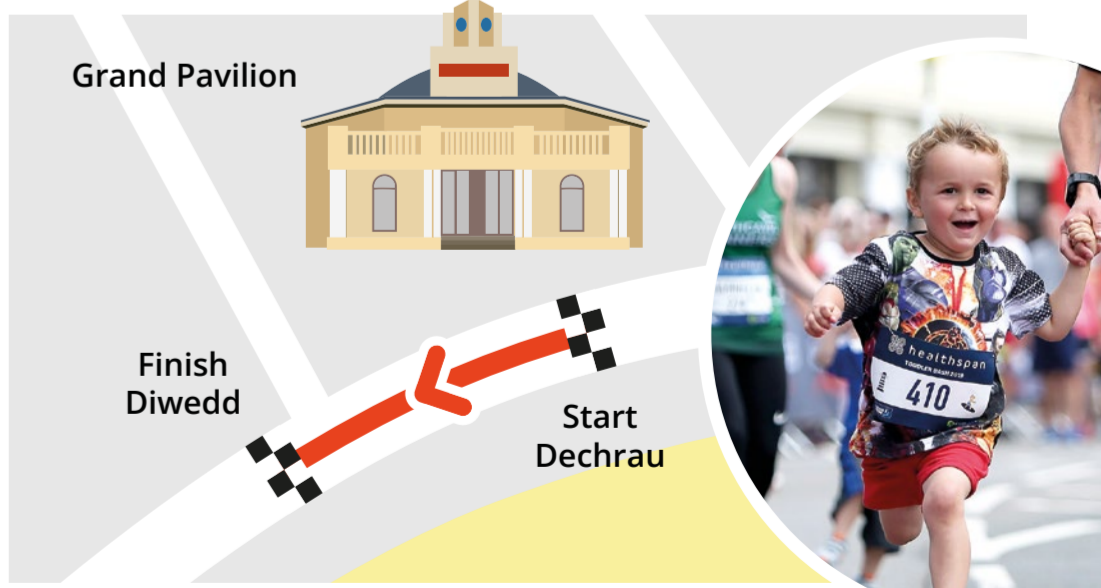
## FUN RUN RAS HYWL



## FUTURE CHALLENGERS HERWYR DYFODOL



## TODDLER DASH RAS PLANT BACH







## Make your miles matter at the Wizz Air Cardiff Half Marathon

Take on the flat, fast and iconic Wizz Air Cardiff Half Marathon on Sunday 2 October. Entries are expected to sell out fast!

Register today on [www.cardiffhalfmarathon.co.uk](http://www.cardiffhalfmarathon.co.uk). Click 'Run For Charity' to see what amazing charities you can devote your 13.1 miles to this October!

## Gwnewch yn siŵr bod eich milltiroedd yn cyfri yn Hanner Marathon Caerdydd Wizz Air

Mae pob milltir yn cyfri yn Hanner Marathon Wizz Air Caerdydd! – Rhowch gynnig ar Hanner Marathon gwastad, cyflym ac eiconig Wizz Air Caerdydd ddydd Sul 2 Hydref. Mae disgwyl i'r rhain werthu'n gyflym.

Cofrestru nawr ar [www.cardiffhalfmarathon.co.uk](http://www.cardiffhalfmarathon.co.uk). Chlicio ar 'Run For Charity' i weld pa elusennau anhygoel y gallwch neilltuo eich 13.1 milltir iddyn nhw yr Hydref hwn!



## TAKE ON 26.2 IN NEWPORT! BETH AM ROI CYNNIG AR RAS 26.2 MILLTIR CASNEWYDD!

The ABP Newport Wales Marathon returns on Sunday 23 October, giving ambitious runners the opportunity to have a crack at 26.2 miles on a uniquely flat and fast course in the heart of Newport.

Taking place in the recently regenerated Newport city centre, the ABP Newport Wales Marathon promises a picturesque marathon route, running past the iconic Transporter Bridge and into the surrounding Gwent Levels – boasting stunning scenery and coastal wildlife.

Over the three editions of the race, over 70% of finishers have attained a marathon personal best, making it the ideal marathon route in the UK for first-timers and seasoned marathoners alike.

Entries close towards the end of September! Register today and make the most of your 10K training with 26.2 miles this Autumn.

Bydd Marathon Casnewydd Cymru ABP yn dychwelyd ddydd Sul 23 Hydref, gan aroi cyfle i redwyr uchelgeisiol gael ras 26.2 milltir ar gwrs cyflym a gwastad unigryw yng nghanol Casnewydd.

Mae Marathon Casnewydd Cymru ABP, a gafodd ei gynnal yng nghanol dinas Casnewydd sydd wedi'i adfywio yn ddiweddar, yn addo llwybr marathôn hyfryd, sy'n rhedeg heibio'r Bont Gludo eiconig a Gwastadeddau Gwent cyfagos. Mae'r daith yn cynnwys golygfeydd godidog a bywyd gwyllt arfordirol.

Dros y tair ras, mae dros 70% o orffenywyr wedi ennill eu hamser marathôn personol gorau, sy'n golygu mai dyma'r llwybr marathôn delfrydol yn y DU ar gyfer pobl sy'n rhedeg marathôn am y tro cyntaf a phobl sy'n hen law â'r her.

Mae angen gwneud cais cyn diwedd mis Medi! Cofrestrwch heddiw a manteisio i'r eithaf ar eich hyfforddiant 10K gyda 26.2 milltir yr Hydref hwn.



## CARRY ON THE SUMMERTIME FUN IN BARRY ISLAND!

## PARHAU Â HWYL YR HAF YN YNYS Y BARRI!

On **Sunday 7 August**, the ABP Barry Island will continue the summertime festival of running, with an epic and picturesque 10K in the heart of Barry Island. Take on a route journeying past Whitmore Bay, the Cold Knap and Romilly Park from just £23. Act fast, as entries close soon.

Ddydd **Sul 7 Awst**, bydd Ynys y Barri ABP yn parhau â'r wyl o redeg dros yr haf, gyda 10K epig a hyfryd yng nghanol Ynys y Barri. Dilynwch lwybr sy'n teithio heibio Bae Whitmore, Cold Knap a Pharc Romilly o ddim ond £23. Ewch ati'n gyflym, bydd y dyddiad cau cyn bo hir.

Visit [www.barryisland10K.co.uk](http://www.barryisland10K.co.uk) for more. Ewch i [www.barryisland10K.co.uk](http://www.barryisland10K.co.uk) i gael rhagor o wybodaeth.



Register at / Cofrestrwch yn [newportwalesmarathon.co.uk/register-marathon](http://newportwalesmarathon.co.uk/register-marathon)



# 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 beautiful Porthcawl in the same state 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!

### ✔ Leave the bin bags at home!

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

Fel trefnwyr digwyddiadau, mae Run 4 Wales wedi ymrwmo i wella ein cynaliadwyedd a lleihau'r effaith sydd gan ein digwyddiadau ar yr amgylchedd – ond rydyn ni angen eich cymorth!

## Eich Cyfrifoldebau fel Rhedwr

### ✔ Ystyried teithio cynaliadwy

Beth am gerdded, beicio, defnyddio trafniadaeth gyhoeddus neu ystyried rhannu lifft i'r digwyddiad?

### ✔ Cymrwch eich sbwriel gartref

Helpwch i ni i gadw Porthcawl yn brydferth, peidiwch taflu sbwriel!

### ✔ Cymerwch ofal yn y gorsaf dŵr

Mae biniau ailgylchu ar gael, ddim yn bell o'r orsaf dŵr. Os gallwch chi, anelwch eich poteli at y biniau!

### ✔ Ailgylchwch eich poteli dŵr ar y llinell derfyn

Lleolir biniau ailgylchu yn agos at y llinell derfyn. Edrychwch am ein Hyrwyddwyr Amgylcheddot â fydd ar gael i helpu cyfeirio chi at y bin agosaf!

### ✔ Osgoi difwyniant

Gellir ailgylchu poteli plastig 100%, ond dim ond os and ydynt wedi'u halogi ag unrhyw wastraff arall fel croen banana neu wastraff bwyd. Cymerwch ofal 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.

I'm made from 51%  
recycled plastic!



Please pop me in a recycling bin  
so I can be given another life



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merchandise and accessories from  
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[www.run4wales.org/shop](http://www.run4wales.org/shop)

# R4W 10

R4W'S 10TH BIRTHDAY IS BEING  
CELEBRATED IN STYLE IN 2022!

One lucky winner will be picked out on the  
finish line to receive an unforgettable prize.

Keep posted throughout the year to hear more  
about our Random Acts of Kindness, and the  
R4W 10 Hall of Famers!

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PUNISH LUNGS  
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# IT'S TIME TO GET EXCITED! MAE HI'N AMSER DECHRAU CYFFROI!



Porthcawl 10K



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@Run4Wales

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porthcawl10k.co.uk

## Download Our Live Tracker Race App

Find out more and download at:  
[www.porthcawl10k.co.uk/live-tracking](http://www.porthcawl10k.co.uk/live-tracking)

## Lawrlwythwch Ap Tracio Byw'r Ras

Am fwy o wybodaeth ac i lawrlwytho'r  
ap, ewch i: [www.porthcawl10k.co.uk/  
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