

Race Day Guide
Canllaw Diwrnod Y Ras

Sunday 6 July 2025
Sul Gorffennaf 6 2025



BRECON CARREG PORTHCAWL 10K 2025



www.porthcawl10k.co.uk

*Good luck and thank
you for recycling!*



FROM THE ❤️ OF THE WELSH MOUNTAINS



WELCOME TO PORTHCAWL! **CROESO I BORTHCAWL!**

The popular Brecon Carreg Porthcawl 10K returns to your summer running calendar on Sunday 6 July. We're expecting sun, sea and sand to provide the backdrop for an unforgettable race day.

Whether you've run the race before or this will be your first time in Porthcawl for race day, we encourage you to have a read through this race day guide packed full of important race day information.

Good luck with the rest of your training, and we look forward to seeing you all in sunny Porthcawl on the 6th July.

Mae 10K Porthcawl Brecon Carreg yn ôl. Rhowch y dyddiad yn eich calendr rhedeg ar gyfer yr haf – dydd Sul 6 Gorffennaf. Bydd yr haul, y môr a'r tywod yn gefndir i'r ras, sy'n argoeli i fod yn ddiwrnod i'w gofio.

Os ydych chi wedi rhedeg y ras o'r blaen, neu os mai dyma'r tro cyntaf i chi ddod i Borthcawl ar ddiwrnod y ras, rydyn ni'n eich annog i ddarllen drwy'r canllaw hwn, sy'n llawn gwybodaeth bwysig am ddiwrnod y ras.

Pob lwc gyda gweddill eich hyfforddiant. Rydyn ni'n edrych ymlaen at eich gweld chi i gyd yn nhref heulog Porthcawl ar 6 Gorffennaf.



Tŷ Hafan

CHILDREN'S HOSPICE
HOSBIS I BLANT



Porthcawl

10k



Sunday 5th July 2026

Tŷ Hafan are proud to be lead charity partner at the **Porthcawl 10k 2026!** Run this exciting race with us in the seaside town known for its surf, sports and coastal walks.

Earlybird offer Free registration until 20th July 2025

Minimum sponsorship: £175

Sign up today

because when a child's life will be short, no family should have to live it on their own.



SCAN ME



tyhafan.org/events/porthcawl-10km/

Registered in Wales no: 3077406. Registered charity no: 1047912



Registered with
FUNDRAISING
REGULATOR



GET RACE DAY READY!

Please read the following information carefully to familiarise yourself with all the important bits you need to know ahead of race day.

Time & Location

Sunday 6 July, 10am – 2pm,
Porthcawl Esplanade, Porthcawl.

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

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.**

Baggage

Bag storage will be located along The Portway and will be clearly signposted. It will be open from 08:45. 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. No bag should be larger than a small backpack.

10K Race Start

The 10K race starts on the Harbourside (Eastern Promenade) 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.

Junior Races

Our Junior Races will commence from 12:15 with the Toddler Dash, followed at 12:30 by Future Challengers Mile, then by the Fun Run at 13:00. The races start and finish at Porthcawl Town Beach.

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, Future Challengers, Fun Run) 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 day.



PARATOI AM DDIWRNOD Y RAS!

Darlennwch y canlynol yn ofalus am y cyfan sydd angen i chi wybod am 10K Brecon Carreg Porthcawl!

Amser A Lleoliad

Dydd Sul 6 Gorffennaf, 10am – 2pm,
Promenâd Porthcawl, Porthcawl.

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

Rhif Ras

Yn amgaeedig 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.**

Bagiau

Bydd lle i storio eich bagiau ar hyd The Portway a bydd arwyddion clir. Bydd ar agor o 08:45. Mae eich rhif 10K yn cynnwys sribyn label bagiau gallwch ar hyd y gwaelod i rwygo a'i atodi i'ch bag cyn i chi gyrraedd. Bydd chwiiliadau ar hap yn weithredol. Ni ddylai unrhwy fag fod yn fwy nag bag cefn bach.

Cychwyn Ras 10K

Bydd y ras 10K yn cychwyn ar glan yr harbwr (Promenâd y Ewyrain), wedi'i farcio ar fap y cwrs (aswy). 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.

Rasys Iau

Bydd Rasys Iau 10K Porthcawl yn dechrau am 12:15 gyda'r Ras Plant Bach y Dyfodol, bydd Milltir Herwyr yn dechrau am 12:30, ac yna bydd y Ras Hwyl yn dechrau am 13:00. Mae'r rasys yn dechrau ac yn gorffen ar Porthcawl Traeth y Dref.

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 fwy a mwy.

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

RABBIT RUN WALES



The ultimate test of trail endurance!

Challenge yourself on the picturesque trails of the Merthyr Mawr Estate, with a 12K race taking in hills, valleys, a river crossing, and the chance to experience a tumble down the Big Dipper, the highest sand dune in Wales.

A 40K race option is brand-new for 2025, making for an unmissable day of trail running.

Enter now on
www.rabbitrun.wales

Profwch eich dyncwch yn rhedeg llwybrau!

Heriwch eich hun ar llwybrau hardd Ystâd Merthyr Mawr yn y ras 12K hon, lle byddwch yn rhedeg dros fryniau a chymoedd, yn croesi afon, ac yn rhoio i lawr y 'Big Dipper' – y twyn tywod uchaf yng Nghymru.

Mae opsiwn newydd sbon ar gyfer 2025 i wneud ras 40K, felly fyddwch chi ddim eisiau colli'r diwrnod cyffrous hwn o rasys rhedeg llwybrau.

Cofrestrwch nawr ar
www.rabbitrun.wales

Sustainability

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!
- **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!

Cynaliadwyedd

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 trafnidiaeth gyhoeddus neu ystyried rhannu lift i'r digwyddiad?
- **Cymrwch eich sbwriel gartref**
Helpwch i ni i gadw Ynys y Porthcawlyn 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!
- **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!

Rest Bay



Baggage Bagiau

Promenade

Finish Diwedd

Start Dechrau

Event Village
Pentre'r Digwyddiad

Sandy Bay

Trecco Bay
Holiday Park

Trecco Bay

Newton Bay



FUN RUN RAS HYWL



TIMINGS

12:15 – Toddler Dash
12:30/12:45 – Future Challengers
13:00 – Fun Run

AMSERAU

12:15 – Ras Plant Bach
12:30/12:45 – Millti Herwyr Dyfodol
13:00 – Ras Hywl



FUTURE CHALLENGERS HERWYR DYFODOL

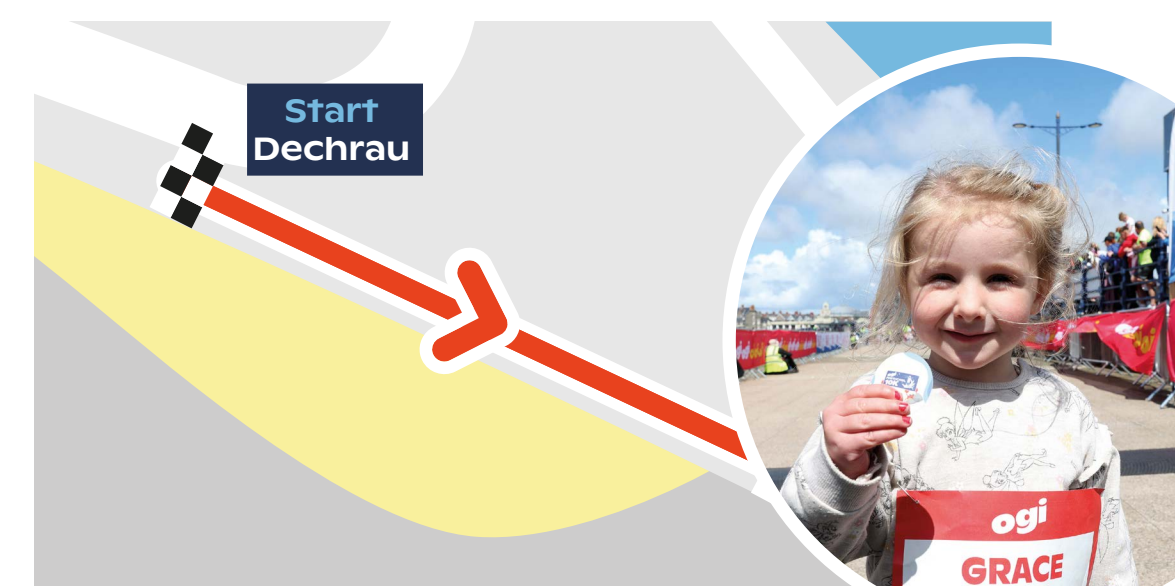


Start/Finish
Dechrau/Diwedd

Start/Finish
Dechrau/Diwedd



TODDLER DASH RAS PLANT BACH



Start
Dechrau





OCTOBER
05
SUNDAY

Run the Oysho Cardiff Half!

Despite the Oysho Cardiff Half selling out within 12 hours, spaces are still available with our official charities, including lead charity NSPCC!

Run the iconic 13.1 mile race in the Welsh capital for a cause close to your heart on Sunday 5 October.

Entries available on www.cardiffhalfmarathon.co.uk

Rhedwch Hanner Marathon Caerdydd Oysho!

Er bod Hanner Marathon Caerdydd Oysho wedi gwerthu allan mewn 12 awr, mae llefydd yn dal ar gael gyda'n helusennau swyddogol, gan gynnwys y brif elusen – NSPCC!

Dewch i redeg y ras 13.1 milltir eiconig ym mhrifddinas Cymru ar gyfer achos sy'n agos at eich calon chi – ddydd Sul 5 Hydref.

Llefydd ar gael ar www.cardiffhalfmarathon.co.uk/cy/

HIGH
5

**SAVOUR
EVERY MILE**
HIGHFIVE.CO.UK



BRECON CARREG CARDIFF

CDF 10K
CAERDYDD

SEPTEMBER
07
SUNDAY

Take on the Brecon Carreg CDF 10K

On Sunday 7 September, take a sightseeing tour of Cardiff at the Brecon Carreg CDF 10K! Experience the Welsh capital and some of its most iconic landmarks, from the Cardiff Castle to Principality Stadium.

Entries are selling fast for the final leg in the popular R4W 10K Series.

Get your spot on www.cardiff10k.cymru

Heriwch 10K Caerdydd Brecon Carreg

Ddydd Sul 7 Medi, dewch ar daith o amgylch y brifddinas yn 10K Caerdydd Brecon Carreg! Cewch weld rhai o dirnodau mwyaf eiconig y ddinas – o Gastell Caerdydd i Stadiwm Principality.

Mae'r llefydd yn gwerthu'n gyflym ar gyfer y ras olaf yng Nghyfres 10K boblogaidd R4W.

Mynnwch eich lle yn www.cardiff10k.cymru

**Marathon
Photos
Live**



**PURCHASE
YOUR FINISHERS
PHOTOS AFTER
THE RACE**



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.



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.



IT'S TIME TO GET EXCITED!

MAE HI'N AMSER DECHRAU CYFFROI!



Porthcawl 10K



@Porthcawl10K



@Run4Wales

#porthcawl10k
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/
live-tracking](http://www.porthcawl10k.co.uk/live-tracking)**



Available on the
App Store



GET IT ON
Google Play

