

04.08.2019

Race Day Guide
Canllaw Diwrnod Y Ras



ABP ASSOCIATED
BRITISH PORTS

BARRY ISLAND

10K

YNYS Y BARRI 2019



www.barryisland10k.co.uk



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www.barryisland10k.co.uk

Lawrlwythwch Ap Tracio
Byw'r Ras

Am fwy o wybodaeth ac i lawrlwytho'r
ap, ewch i:
www.barryisland10k.co.uk



Make your miles mean more at the Cardiff University/Cardiff Half Marathon Gwnewch i bob cam cyfri yn Hanner Marathon Caerdydd/Prifysgol Caerdydd

The Cardiff University/Cardiff Half Marathon sold out in record time for the third consecutive year in April earlier this year. But it's not too late to get your place in the iconic 13.1 mile of the country's capital this October.

Visit www.cardiffhalfmarathon.co.uk and click on the 'Run For Charity' icon to browse through our vast range of official charities who will be raising money for a number of worthwhile causes!

Ym mis Ebrill, gwerthodd allan Hanner Marathon Caerdydd/Prifysgol Caerdydd mewn amser record, am y drydedd flwyddyn yn olynol. Ond dydy hi ddim yn rhy hwyr i gael eich lle i redeg y 13.1 milltir eiconig yn y brifddinas, yr Hydref yma.

Ewch i www.cardiffhalfmarathon.co.uk a chliciwch ar eicon 'Run For Charity' i bori trwy rhestr eang o elusennau swyddogol sy'n codi arian i amrywiaeth o achosion gwerth chweill!



06/10/2019
cardiffhalfmarathon.co.uk



Looking after your brain, heart and joints



£5 off*
quote code:
BDGSY



www.healthspan.co.uk

*Quote code BDGSY at checkout. Single use only. Offer expires 31.12.19.

KEEPING BRITAIN TRADING

ABP South Wales are proud to support the local community.

ABP's network of 21 ports handle around 100 million tonnes of cargo every year.

Our ports connect British businesses to global markets and support 84,000 jobs.

Together, our ports generate £5.6 billion for the UK economy.

Hull	Southampton	Port Talbot
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Immingham	Plymouth	Fleetwood
Grimby	Newport	Barrow
King's Lynn	Cardiff	Silloth
Lowestoft	Barry	Ayr
Ipswich	Swansea	Troon

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www.abports.co.uk

Keep in touch

LOOK AHEAD TO 2020! EDRYCH YMLAEN I 2020!



MARCH / MAWRTH 2020

The Cardiff Bay Run will return in March next year, giving runners a perfect excuse to kick the year off in style.

Bydd Ras Bae Caerdydd yn dychwelyd ym mis Mawrth y flwyddyn nesaf, gan roi esgus perffaith i redwyr cychwyn y flwyddyn mewn steil gydag un o rasys 10K mwyaf poblogaidd y brifddinas.



APRIL / EBRILL 2020

The ABP Newport Wales Marathon is one of the flattest in Europe, making it perfect for first-timers and those looking to smash a PB. Keep posted later in the year for the release of our Early Bird entries!

Mae Marathon ABP Casnewydd Cymru yw un o'r rhai mwyaf gwastad yn Ewrop. Cadwch lygaid allan yn yr Hydref pan fydd mwy o lefydd ar werth ar ôl i'r llefydd lansio gwerthu allan ym mis Mai. Bydd y 10K ar werth yn hwyrach yn y flwyddyn!



JULY / GORFFENAF 2020

The Healthspan Porthcawl 10K will return for its second year after a successful inaugural event last month.

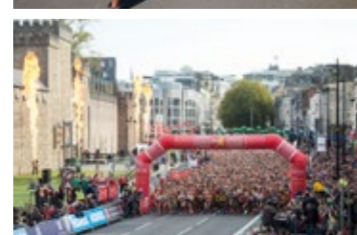
Bydd 10K Healthspan Porthcawl yn dychwelyd am ei ail flwyddyn ar ôl digwyddiad cychwynnol llwyddiannus y mis diwethaf.



AUGUST / AWST 2020

The ABP Barry Island 10K will be back! If you enjoy 2019's race, make sure you're one of the first to sign up for the 2020 edition once entries go on sale.

Bydd 10K ABP Ynys Y Barri yn dychwelyd! Os ydych chi wedi mwynhau digwyddiad 2019, gwnewch yn si i'ch bod yn un o'r cyntaf i gofrestru am 2020 unwaith mae'r llefydd ar werth.



OCTOBER / HYDREF 2020

Don't miss out on this one! After selling out in April this year, we're predicting another early summer sell out in 2020. Entries will go on sale the week commencing 7th October – so keep posted for more.

Peidiwch â cholli'r un yma! Ar ôl gwerthu allan yn Ebrill eleni, rydym yn rhagweld y bydd y digwyddiad yma'n gwerthu allan yn gynt yn 2020. Bydd llefydd yn mynd ar werth yn ystod wythnos y 7fed o Hydref – felly cadwch lygaid barcud am wybodaeth!

Facebook icon facebook.com/run4wales/
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your support changes lives



Tŷ Hafan provides comfort, care and support to children with life-limiting conditions and their families from all over Wales. Be it big or small, your donation can help in so many ways, from allowing us to provide round the clock medical care to children, bereavement support to families or invaluable therapy to their siblings. We rely on the kindness and generosity of people like you. You really do make a difference.

To find out more or to donate to Tŷ Hafan, visit www.tyhafan.org today

www.tyhafan.org
Tŷ Hafan, Registered Charity No. 1047912



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 Barry Island 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. Consider 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 ymrwngwyo 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?

Cymwrch eich sbwriet gartref

Helpwch i ni i gadw Ynys y Barri yn brydfreth, peidiwch taflu sbwriell!

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 Hynwyddwyr Amgylcheddol â fydd ar gael i helpu cyfeirio chi at y bin agosaf!

Osgoi difwngiant

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 wneud eitem ddilad diangen yn lle hynny. Rydym yn ailgylchu unrhyw ddilad sydd wedi ei daflu ar y llinell gychwyn.

THE DAY IS ALMOST HERE!

IT'S TIME TO START GETTING EXCITED FOR THE ABP BARRY ISLAND 10K!

We can't wait to see thousands of you on the Island for our 10K race and Family Fun Runs on Sunday 4th August, and hope you're as excited as we are. This race day guide is packed full of important information, and whether it's your first 10K or your fortieth, we encourage you to read all the instructions carefully to ensure you're ready for the big day. There's plenty to look forward to!

MAE'R AROS BRON AR BEN!

AMSER I GYFFROI AM 10K ABP YNYS Y BARRI!

Ni allwn aros i weld miloedd ohonoch chi ar yr Ynys am ein 10K a Rasys Hwyl i'r Teulu ar ddydd Sul y 4ydd o Awst, ac rydym yn gobeithio y byddwch chi mor gyffrous â ni. Mae'r canllaw diwrnod ras yma llawn gwybodaeth bwysig, ac os mai eich 10K cyntaf neu'ch deugeinfed yw hi, rydym yn eich annog i ddarllen yr holl gyfarwyddiadau'n ofalus i sicrhau eich bod yn barod ar gyfer y diwrnod mawr. Mae digon i edrych ymlaen ato!



ROMILLY PARK
Take on water just after 5K in the beautiful Romilly Park – where a fantastic atmosphere created by our on-course entertainment was perfect for 2018 runners to kick on to the end!

PARC ROMILLY
Hydradu ar ôl 5K ym Mharc Prydferth Romilly – lle'r oedd awyrgylch frantastig a grewyd gan ein hadloniant ar y cwrs yn berffaith i redwyr 2018, gan roi hwb iddynt gyrraedd y llinell derfyn!



START/FINISH
Runners will need to assemble in the start pen that corresponds with the background colour of their bib (white, green or yellow). Pens will open at 09:45am with coloured flags indicating the pen!

DECHRAU/DIWEDD
Bydd angen i redwyr ymgynnull yn y pen cychwyn sy'n cyfateb i liw cefndir eich bib (gwyn, gwyrdd neu felyn). Bydd y peniau'n agor am 09:45 gyda baneri lliw yn cyfeirio at bob pen!



FAMILY FUN RUN
The one-mile Family Fun Run will start in the same start/finish area as the 10K, heading down to the iconic Whitmore Bay promenade taking in sea views before looping back by the famous Barry Island Beach Huts for the second half of the Fun Run.

RAS HWYL I'R TEULU
Bydd milltir y Ras Hwyl Deuluol yn cychwyn yn yr ardal dechrau/diwedd a'r 10K, ac yn arwain rhedwyr i bromenâd eiconig Bae Whitmore gan gymryd mewn golygfeydd y môr cyn dychwelyd nôl heibio Cytiau Traeth Ynys Y Barri yn ail hamner y ras.



EVENT VILLAGE
Expect pedal-powered bubbles and painting! Our Event Village overlooking Whitmore Bay will host of family-friendly entertainment, live music, retailers and street food. Expect stalls from the likes of Healthspan, ABP, Ty Hafan and official merchandise suppliers Scimitar Sports.

PENTREF Y RHEDWYR
Bydd ein Pentref Digwyddiad sy'n edrych dros Fae Whitmore yn cynnal llu o weithgareddau i'r teulu gan gynnwys cerddoriaeth byw, adwerthwyr a bwyd stryd. Gallwch ddisgwyl stondinau Healthspan, ABP, Ty Hafan a chyflenwyr nwyddau swyddogol Scimitar Sports.

TIMINGS
12:05 – Mascot Race
12:20 – Race 1: Family Fun Run
12:30 – 50m Toddler Dash
13:00 – Race 2: Family Fun Run

AMSERAU
12:05 – Ras Masgot
12:20 – Ras 1: Ras Hwyl i'r Teulu
12:30 – Ras 50m Plant Bach
13:00 – Ras 2: Ras Hwyl i'r Teulu

GET RACE DAY READY!

Read the following carefully for all you need to know about the 2019 ABP Barry Island 10K.

Time & Location
Sunday 4th August, 10am – 2pm, Friars Road, Barry Island.

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 is situated in the Event Village and will be clearly signposted. It will be 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.

10K Race Start
The 10K race starts on Friars Road as marked on the course map (left). The solid colour (either white, green, 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.

Family Fun Run Starts
Two Family Fun Runs will take place, with the first beginning at 12:20 and the second at 13:00. For details on the route, please see the course map below.

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 (both races) 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!

Darllenwch y canlynol yn ofalus am yr holl wybodaeth sydd angen i chi wybod am 2019 ABP 10K Ynys Y Barri.

Amser A Lleoliad
Sul Awst 4ydd, 10yb – 2yp, Ffordd Friars, Ynys Y Barri.

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.

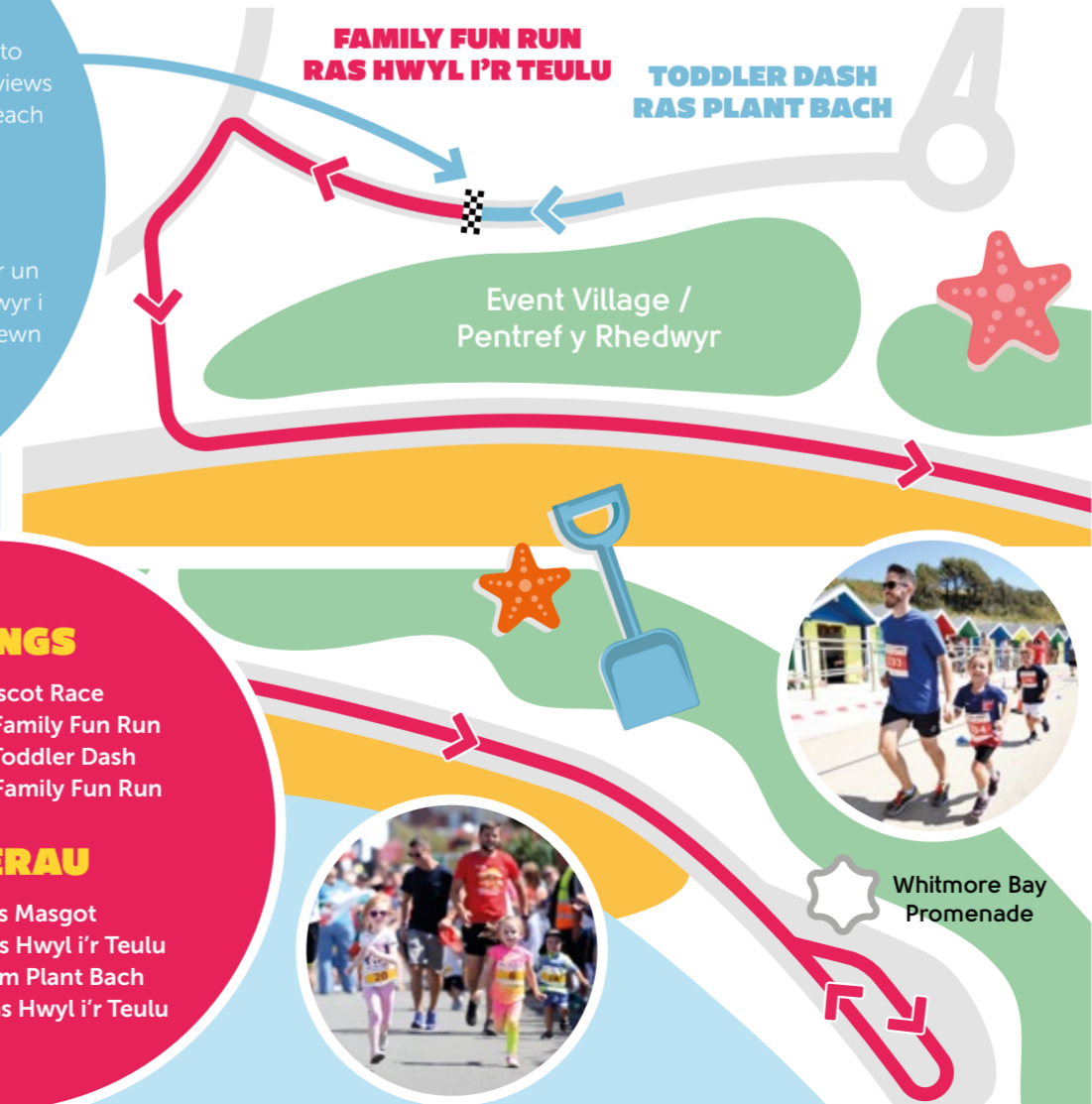
Cychwyn Ras 10K
Bydd y ras 10K yn cychwyn ar Ffordd Friars, wedi'i farcio ar fap y cwrs (ar y chwth) Bydd y lliw solet sydd tu ôl i'r rhif ar eich bib rhedeg (naill ai'n wyn, yn wyrdd, neu'n felyn) yn gorchymyn pa ben sydd rhaid i chi ymgynnull ynddi cyn cychwyn y ras. Bydd y peniau yn agor am 9:45yb

Cychwyn Ras Hwyl i'r Teulu
Cynhelir dwy Ras Hwyl i'r Teulu, gyda'r dechrau cyntaf am 12:20 a'r ail am 13:00. Am fanylion ar y llwybr, gweler ar map y cwrs (Islaw).

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 yn unig) 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.



TRAVEL & PARKING
Barry Island is easily accessible by car, foot or public transport. The race start is a 2-minute walk from the train station. A number of official car parks will be in operation for the ABP Barry Island 10K, with park and walk or park and ride options available.

TEITNIO A PHARCIO
Gallwch gyrraedd Ynys y Barri mewn car, ar droed neu ar drafnidiaeth gyhoeddus. Mae'n cymryd 2 funud ar droed i gyrraedd y llinell cychwyn o'r orsaf tren. Bydd nifer o feysydd parcio swyddogol ar agor am 10K ABP Ynys Y Barri, gydag opsiwn parcio a cherdded ar gael.

For more information on Phone & Pay Reference Numbers, visit our website: www.barryisland10k.co.uk/travel-parking/
For bus and rail options visit www.cardiffbus.com or www.nationalrail.co.uk.

Am fwy o wybodaeth, ewch i: www.barryisland10k.co.uk/travel-parking/
Am opsiynau bws a thrên ewch i www.cardiffbus.com neu www.nationalrail.co.uk.

No.	Car Park	Type	Postcode	Pay Ref. Number
1	Nell's Point	Park & Walk	CF62 5AH	3748 (Cars) 3749 (Coaches)
2	Harbour Road	Park & Walk	CF62 5TQ	3740 (Cars) 3744 (Coaches)
3	Harbour Road Overflow	Park & Walk	CF62 5RA	3740 (Cars) 3744 (Coaches)
4	Maslin Park	Park & Walk	CF62 5TZ	Pre-book only
5	Broad Street (Train Station)	Park & Ride	CF62 7BD	Ticket machine only
6	Docks Office	Park & Ride	CF63 4RT	Ticket machine only
7	Docks (Train Station)	Park & Ride	CF63 4RT	Ticket machine only
8	The Memo	Park & Ride	CF62 8NA	Ticket machine only