

Race Day Guide  
Canllaw Diwrnod Y Ras

Sunday 7 August 2022  
Sul Awst 7ydd 2022



**2022** **ABP** | ASSOCIATED  
BRITISH PORTS

**BARRY ISLAND 10K**

**YNYS Y BARRI**



[www.barryisland10k.co.uk](http://www.barryisland10k.co.uk)



# KEEPING BRITAIN TRADING

ABP's 21 ports are at the heart of the UK's green recovery:  
**Connecting** the nations' importers and exporters to global markets  
**Building** sustainable supply chains  
**Partnering** in the growth of renewables and the offshore wind sector  
**Handling** £150 billion of UK trade annually  
**Generating** £7.5 billion for the UK economy  
**Supporting** 119,000 jobs

- |              |                 |                                     |
|--------------|-----------------|-------------------------------------|
| 1. Troon     | 7. Goole        | 13. Ipswich                         |
| 2. Ayr       | 8. Hull         | 14. Swansea                         |
| 3. Silloth   | 9. Immingham    | 15. Port Talbot                     |
| 4. Barrow    | 10. Grimsby     | 16. Barry                           |
| 5. Fleetwood | 11. King's Lynn | 17. Cardiff                         |
| 6. Garston   | 12. Lowestoft   | 18. Newport                         |
|              |                 | 19. Plymouth                        |
|              |                 | 20. Teignmouth                      |
|              |                 | 21. Southampton                     |
|              |                 | 22. Hams Hall Rail Freight Terminal |

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## 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. 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?

**Cymerwch eich sbwriel gartref**

Helpwch i ni i gadw Ynys y Barri 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 Amgylcheddol 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.



# WE ARE BACK!

The ABP Barry Island 10K is finally back on Sunday 7th August and we can't wait to welcome thousands of you to the Island for what we're expecting to be a fantastic day!

It's been a long time, 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!

Mae 10K Ynys y Barri ABP yn ôl o'r diwedd ddydd Sul 7fed Awst, ac rydyn ni'n edrych ymlaen at groesawu miloedd ohonoch chi i'r Ynys am yr hyn rydyn ni'n ei ddisgwyl fydd yn ddiwrnod gwych!

Mae wedi bod yn gyfnod hir, 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!



## ROMILLY PARK

Expect a true Barry Island atmosphere in the beautiful Romilly Park at 5K, where runners will take on water from the water station and spectators will create all the noise to get the runners to the finish!

## PARC ROMILLY

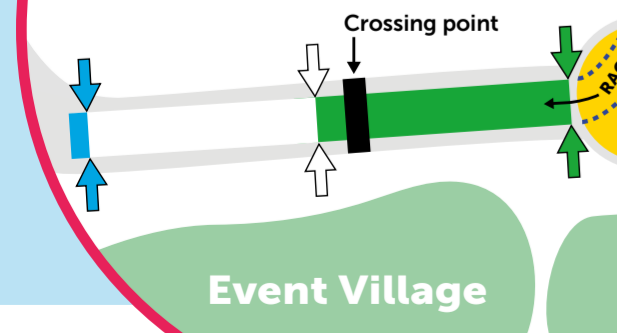
Gallwch ddisgwyl gwir awyryglch Ynys y Barri yn Parc Romilly hyfryd pan fyddwch wedi cyflawni 5K, lle bydd rhedwyr yn mynd â dŵr o'r orsaf ddŵr a bydd y gwylwyr yn creu'r holl sŵn i sicrhau bod y rhedwyr yn cyrraedd y diwedd!

## Water Station Gorsaf Ddŵr

Expect a true Barry Island atmosphere in the beautiful Romilly Park at 5K, where runners will take on water from the water station and spectators will create all the noise to get the runners to the finish!

## STARTING PENS MAP PENIAU

- White / Gwyn
- Green / Gwyrdd
- Yellow / Melyn
- Elite / Elit



## START/FINISH

Runners will need to assemble in the start pen that corresponds with the background colour of your 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!

## EVENT VILLAGE

Overlooking the beautiful Whitmore Bay, our Event Village will host a variety of street food and drink, music, entertainment and stalls from our sponsors! It's a great way to soak up the atmosphere post-race.

## PENTREF Y RHEDWYR

Yn edrych dros Fae Whitmore, bydd Pentref y Digwyddiad yn cynnwys amrywiaeth o fwyd a diod stryd, cerddoriaeth, adloniant a stondinau gan ein noddwyr! Mae'n ffordd wych o amsugno'r awyryglch ar ôl y ras.

## GET RACE DAY READY!

Read the following carefully for all you need to know about the 2022 ABP Barry Island 10K.

**Time & Location**  
Sunday 7th 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.

**Barry Island 10K Junior Races**  
The Barry Island 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 13:15. All races will begin on Friars Road in Barry.

**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 ABP Ynys Y Barri 2022.

**Amser A Lleoliad**  
Dydd Sul Awst 7ydd, 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 amser (sy'n galluogi ni i ddatgan eich amser gorffennol) 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**  
Lleolir yr ardal bagiau yn Mhentref y Digwyddiad wedi'i arwyddo'n glir. Bydd ar agor o 8:45yb. Mae eich rhif 10K yn cynnwys sribryn 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.

**Cychwyn Ras 10K**  
Bydd y ras 10K yn cychwyn ar Ffordd Friars, wedi'i farcio ar rap y cwsr (ar y chwith). 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.

**Rasys Iau 10K Y Barri**  
Bydd Rasys Iau 10K y Barri 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. Bydd pob ras yn dechrau ar Heol Friars yn y Barri.

**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 eu ddosbarthu ar linell derfyn eich ras.

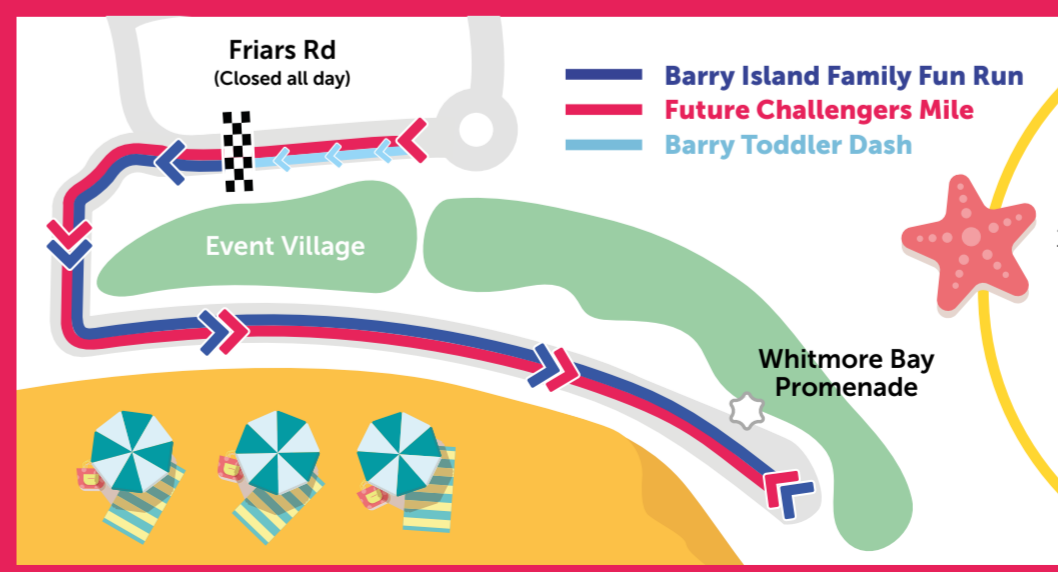
**Gwirfyddolwyr**  
Bydd tîm mawr o #ExtraMilers yn ymroi amser eu hunain ar ddiwrnod y ras i sicrhau eich bod chi'n cael diwrnod bythgofiadwy.

## JUNIOR RACES

New in 2022, the ABP Barry Island 10K Junior brings you a choice of three junior races for all levels and abilities of young runner! Toddlers can take their first footsteps into running with the Toddler Dash, while aspiring athletes can take on the Future Challengers Mile. Families can get in on the action with the Fun Run!

## RASYS IAU

Yn newydd yn 2022, mae ras Iau 10K Ynys y Barri ABP yn cynnig dewis o dair ras Iau ar gyfer rhedwyr ifanc o bob lefel a gallu! Gall plant bach gymryd eu camau cyntaf i redeg yn y Ras Plant Bach, tra gall darpar athletwyr gymryd rhan yn Milltir Herwyr y Dyfodol. Gall teuluoedd ymuno â'r hwyl gyda'r Ras Hwyl!



## TIMINGS

- 12:30 – Toddler Dash
- 12:45 – Future Challengers Mile
- 13:15 – Fun Run

## AMSERAU

- 12:30 – Ras Plant Bach
- 12:45 – Milltir Herwyr Dyfodol
- 13:15 – Ras Hwyl

## 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.

For more information, visit our website: [www.barryisland10k.co.uk/travel-parking](http://www.barryisland10k.co.uk/travel-parking). For bus and rail options visit [www.cardiffbus.com](http://www.cardiffbus.com) or [www.nationalrail.co.uk](http://www.nationalrail.co.uk).

## TEITHIO 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 trên. Bydd nifer o feysydd parcio swyddogol ar agor am 10K ABP Ynys Y Barri, gydag opsiwn parcio a cherdded ar gael.

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





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

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

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!



**02/10/2022**  
[cardiffhalfmarathon.co.uk](http://cardiffhalfmarathon.co.uk)

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!



Keep an eye out for the Brecon Carreg Ploggers!  
 (They'll be collecting recyclable material on the course)

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 ENERGY | HYDRATION | RECOVERY

**PUNISH LUNGS  
 NOT TONGUES**  
[HIGHFIVE.CO.UK](http://HIGHFIVE.CO.UK)

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## 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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## 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.



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

## your support changes lives



Ty 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 take part in our events visit  
[www.tyhafan.org/fundraising-events/](http://www.tyhafan.org/fundraising-events/)

Registered Charity No: 1047912



# SHOUT ABOUT IT! CYSYLLTWCH, RHANNWCH!



Barry Island 10K



@BarryIsland10K



@Run4Wales

#RunTheIsland  
[barryisland10k.co.uk](http://barryisland10k.co.uk)

## Download Our Live Tracker Race App

Find out more and download at:  
[www.barryisland10k.co.uk](http://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](http://www.barryisland10k.co.uk)

