



Cardiff  
Metropolitan  
University

Prifysgol  
Metropolitan  
Caerdydd

# CARDIFF<sup>®</sup> CAERDYDD 10K & 2K FUN RUN

12 August 2019

Dear Occupier

## Cardiff 10K and 2K – Sunday 1st of September 2019

The Cardiff Metropolitan University Cardiff 10K and 2K Run is due to be held in Cardiff on Sunday 1st September 2019. Over 9,000 runners are due to participate and we wish to alert you to any inconvenience this may cause you. The full 10K route is highlighted on the map overleaf.

As a resident or business in the area we wanted to let you know that certain road closures need to be made so that the race can take place. To assist in staging this event it will be necessary to undertake the following road closures:

### Saturday 31st August at 0800 to Sunday 1st Sept 1800:

#### (i) City Hall Road, Corbett Road, College Road, King Edward VII Avenue, Museum Avenue and Gorsedd Gardens.

There will be no parking or vehicular access permitted during the aforementioned dates/times.

### Sunday 1st September 2019

The following roads, traffic lanes will be closed on from 08:45 to 12:45 hours, with cordon controls excepting (i) below, at the outer closure points, at:

- (i) The A48 Western Avenue nearside westbound lane from the Taff River Bridge to its junction with Mill Lane
- (ii) The North Road (incl Cycle Path), across its junction with Corbett Road/ North Road
- (iii) Castle Street, Westgate Street north of its junction with Park Street, Duke Street, Kingsway south of Friary Gardens, North Road south of Colum Road, Boulevard de Nantes, Museum Avenue and Gorsedd Gardens Road

The following roads, traffic lanes will be closed from 08:45 to 11:15 hours, with cordon controls at the outer closure points, at:

- (i) Cowbridge Road East east of its junction with Neville Street, Lower Cathedral Road north of its junction with Neville Street
- (ii) Penhill (except for access), and Cathedral Road

Cathedral Road will be closed in both directions with marshals at each junction. Care will be taken to try to minimise disruption and, when there are gaps in the stream of runners, where possible to allow vehicles to cross Cathedral Road, this will be undertaken by Marshalls but only where safe to do so.

We ask for your kind co-operation to allow the safe operation of this event. The 10K is a real community event which has been staged for over 34 years and we invite you to take part or to cheer the runners on. A number of charities are being supported, including race organisers Kidney Wales as well as a number of local charities.

More information about the race, is available at [www.cardiff10k.cymru](http://www.cardiff10k.cymru). Alternatively, do contact the team on [team@kidneywales.cymru](mailto:team@kidneywales.cymru) or by calling 02920 343940.

Yours Sincerely

Danielle Angell  
Head of Fundraising and events

Kidney  
Wales



Aren  
Cymru





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Metropolitan  
University

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Annwyl Breswlydd,

## 10K and 2K Caerdydd - Dydd Sul 1 Medi 2019

Cynhelir Ras 10K a 2K Caerdydd a noddir gan Nation Radio ddydd Sul 1 Medi 2019. Disgwylir i fwy na 9,000 o redwyr gymryd rhan a hoffem dynnu eich sylw at unrhyw anghyffieustra y gall hyn ei achosi i chi. Mae llwybr llawn y 10K wedi'i amlygu ar y map sydd wedi'i atodi.

Fel preswlydd neu fusnes yn yr ardal, roeddem am roi gwybod i chi fod yn rhaid cau ffyrdd penodol er mwyn cynnal y ras. Er mwyn helpu gyda'r gwaith o gynnal y digwyddiad hwn, bydd yn rhaid i ni gau'r ffyrdd canlynol:

### Dydd Sadwrn 31 Awst am 0800 i ddydd Sul 1 Medi 1800:

(i) **Heol Neuadd y Ddinas, Heol Corbett, Heol y Coleg, Rhodfa'r Brenin Edward VII, Rhodfa'r Amgueddfa a Gerddi'r Orsedd.**  
Ni chaniateir unrhyw barcio neu fynediad i geir yn ystod y dyddiadau/amseroedd a nodwyd uchod.

### Dydd Sul 1 Medi 2019

Bydd y ffyrdd a lonydd trafflg canlynol ar gau rhwng 08:45 i 12:45, gyda rheolaethau yn (i) isod, ar bwyntiau cau allanol, yn:

- (i) **Lôn orllewinol agosaf yr A48 Rhodfa'r Gorllewin o Bont yr Afon Taf i'w chyffordd â Lôn y Felin**
- (ii) **Heol y Gogledd (gan gynnwys y Llwybr Beicio), ar hyd ei chyffordd â Heol Corbett/Heol y Gogledd**
- (iii) **Stryd y Castell, Stryd y Porth i'r gogledd o'i chyffordd â Park Street, Heol y Dug, Ffordd y Brenin i'r dde o Erddi'r Brodordy, Heol y Gogledd i'r de o Heol Colum, Boulevard de Nantes, Rhodfa'r Amgueddfa a Heol Gerddi'r Orsedd**

Bydd y ffyrdd a lonydd trafflg canlynol ar gau o 8:45 a 11:15, gyda rheolaethau ar bwyntiau cau allanol, yn:

- (i) **Heol Ddwyreiniol y Bont-faen i'r dwyrain o'i chyffordd â Neville Street, Heol y Gadeirlan Isaf i'r gogledd o'i chyffordd â Neville Street**
- (ii) **Penhill (ac eithrio ar gyfer mynediad), a Heol y Gadeirlan**

Bydd Heol y Gadeirlan ar gau i'r ddau gyfeiriad gyda cheidwaid ar bob cyffordd. Cymerir gofal i geisio amharu cyn lleied â phosibl a phan fydd bwlch yn llif y rhedwyr, os yw'n bosibl, bydd y Ceidwaid yn caniatáu i gerbydau groesi Heol y Gadeirlan, ond dim ond os yw'n ddiogel i wneud hynny.

Gofynnwn am eich cydweithrediad caredig er mwyn galluogi i'r digwyddiad hwn gael ei gynnal yn ddiogel. Mae'r 10K yn ddigwyddiad cymunedol sydd wedi cael ei gynnal ers 34 o flynyddoedd ac rydym yn eich gwahodd i gymryd rhan neu i annog y rhedwyr. Caiff nifer o elusennau eu cefnogi, gan gynnwys trefnwyr y ras, Aren Cymru, yn ogytal â nifer o elusennau lleol.

Ceir rhagor o wybodaeth am y ras yn [www.cardiff10k.cymru](http://www.cardiff10k.cymru). Fel arall, gallwch gysylltu â'r tîm yn uniongyrchol ar [team@kidneywales.cymru](mailto:team@kidneywales.cymru) neu drwy ffonio **02920 343940**.

Yn Gywir

Danielle Angell  
Pennaeth Codi Arian a Digwyddiadau

Kidney  
Wales



Aren  
Cymru



