

MetCaerdydd
Cardiff Met
**CARDIFF[®]
CAERDYDD
10K**
& 2K FUN RUN



RACE DAY GUIDE
01.09.2019



**BRECON
CARREG**



CARDIFF10K

RACE INFORMATION

Welcome to the 2019 Cardiff Met Cardiff 10K & 2K Fun Run

We are delighted to welcome all our first timers, and everyone coming back to run our annual road race.

We'd like to thank ALL runners, partners, sponsors, charities, race makers, suppliers and friends who continue to show us enormous levels of support helping us make this event the best it can be.

The team wish you the very best of luck and whether you're looking for a PB, a qualifying time or running for charity, we hope you achieve your goal. See you at the start line!

Key Race Day Information

With nerves and excitement riding high, make sure you are familiar with the important event instructions below before the big day.

Key Timings

08:00	Race Village opens
08:00	Baggage Drop opens
08:30	Road Closures start
09:15	Cardiff Met 2K start
09:30	10K Start Funnels open
09:55	Cardiff Met Cardiff 10K Wheelchair Race begins
10:00	Cardiff Met Cardiff 10K Elite & Mass Race start
10:28	Winner of Cardiff Met Cardiff 10K expected
11:00	Winners Presentation takes place
14:00	Event closes

Race Number

The Cardiff Met Cardiff 10K is a timed event, using a timing chip which is attached to the back of your race number.

Please secure your race number to the front of your vest / t-shirt.

DO NOT cut / fold or in any way modify your race number.

During the race, your race number is your identification.

If you don't correctly display your race number at all times you'll be disqualified and removed from the course.

Your timing chip will activate as you cross the start line so please don't worry if others start ahead of you.

IMPORTANT – YOU MUST NEVER WEAR SOMEONE ELSE'S RACE NUMBER (BIB). YOU MUST COMPLETE THE MEDICAL INFORMATION ON THE BACK OF THE BIB.

If you have a medical condition we should be aware of please mark the front of your race number with a **RED X**.

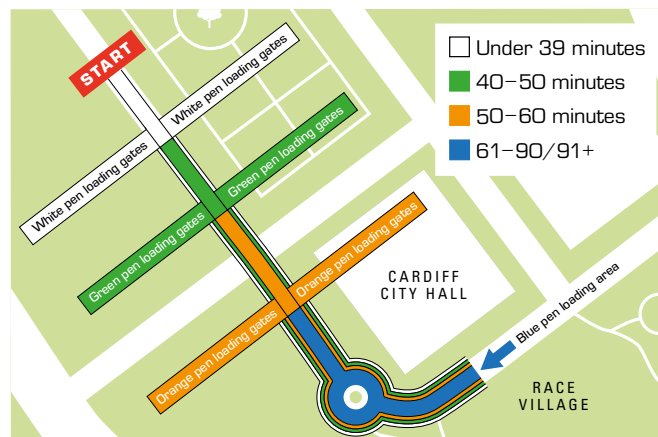
The colour on the background of the 10K race numbers indicates the pen you must start in (based on your expected finish time).

These will be sign-posted on the day.

There is no need to register on the morning of the race, as long as you have your race number you are ready to run.

If you have misplaced your race number, please visit the 10K information tent on Saturday 31 August between 12pm – 4pm or Sunday 1 September from 8am, a replacement number will be arranged at a cost of £5 (CASH ONLY | LIMITED NUMBER AVAILABLE).

Timing pens



Baggage

Runners can leave a single bag at the baggage within the race village on City Hall lawns.

Please do not bring, store or leave valuable items in your bag.

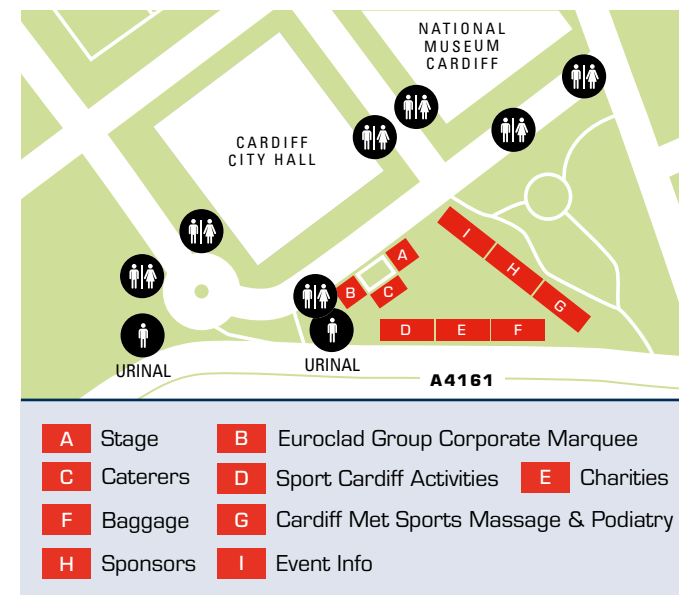
The organisers, staff, volunteers or anyone working with or at the event will not be held responsible for loss or damage of personal items. All bags should be securely closed to make sure items don't fall out.

Please make sure you have everything you need for your run BEFORE dropping off your bag. Please loop the baggage band from your race pack around the handle of your bag for easy identification.

We'll take any baggage not collected by 1.30pm to the Kidney Wales office. You can contact us there after race day or email us at: cardiff10k@kidneywales.cymru

Race Village

Our race village is situated on Cardiff City Hall Lawns. It will offer a host of family friendly entertainment, retailers and street food. Post race Sports Massage & podiatry advice will be available from our title sponsors Cardiff Metropolitan University.



Pacing

We have a fantastic team of pacers who are there to help you. They'll be pacing people around to finish in 40, 45, 50, 55 and 60 Minutes.

The pacing team will be on the course wearing flags with your estimated finish time. Look out for the pacer within your start pen and try to stay with them throughout the race to hit your target time.

The Finish

Please keep moving through the finish area and into the funnel system as there will be a lot of runners finishing around you. Please listen to all instructions from the race team as it's vital that the flow of runners crossing the line is not stopped in any way.

AS YOU MAKE YOUR WAY THROUGHOUT THE FUNNEL, COLLECT YOUR FINISHERS TSHIRT AND MEDAL. YOU WON'T BE ABLE TO GO BACK TO GET THEM ONCE YOU LEAVE THE FINISH AREA.

Travel & Parking

Cardiff Civic Centre is easily accessible by car, foot or public transport, a short walk from the city-centre. There is ample city centre parking including Sophia Gardens, and the NCP car parks on Greyfriars road, Westgate Street and Knox road.

Road Closures

The Cardiff Met Cardiff 10K is a fully closed road event. There will be road closures in place. Details of all roads affected, and the timings of closures can be found [here](#).

Lost Children

The lost children's point is at the 10K information tent in the race village.

Medical Advice

We strongly recommend that you have trained for the run and the challenge of completing the 10K course. Do not run if you feel unwell or have been recently unwell. Marshals will be located on the course to monitor, direct and assist runners. If you need any assistance they are your first point of contact. Medical points are located in City Hall Car Park, at the start/finish and at the 5K drinks station.

IF AT ANY POINT DURING THE RACE YOU FEEL UNABLE TO CONTINUE PLEASE STOP, REST AND LOOK FOR THE NEAREST MARSHAL FOR ADVICE. IT'S YOUR RESPONSIBILITY TO INFORM THE ORGANISERS IF YOU HAVE ANY SPECIAL MEDICAL CONDITIONS.

General Running Courtesies

Please be aware of your fellow runners during the event. Not everyone participating is an experienced runner and some will be running their very first 10K. We ask that you treat everyone with respect and offer to help anyone who may appear to need it during the race.

Photographs

Photographs will be available to purchase from **Marathon Photos** within 24-48 hours after the race.

Live Tracking

We are very excited to announce the addition of our Cardiff 10K app available to download on android or ios just go to the app store and search for **CARDIFF 10K**. You can download your race day guide, claim your profile, and track your fellow runners [here](#).

Itab

You can personalise your Cardiff Metropolitan University Cardiff 10K or 2K finisher medal with an iTAB, engraved with your name and finish time. If you ordered your iTAB whilst entering the event, your iTAB will arrive in the post shortly after race day. Don't worry if you have not ordered your iTAB yet, you can order this post race [here](#).

A **BIG** thank you to our event sponsors



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www.cardiff10k.cymru

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FROM THE ♥ OF WALES
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DRINKS STATION





THE CORPORATE TEAM CHALLENGE IS BACK FOR 2019!

SPONSORED BY EUROCLAD GROUP

A treasured part of the Cardiff 10K, it sees companies bring teams together for team building and encouraging a little competitive spirit. We have a record number of teams lacing their running shoes and taking to the start line this year, who will be crowned as the winners?



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Changing Lives



Over 10,000 people in Wales are living with Kidney Disease. It's a chronic, life long illness which dramatically changes the lives of the patient and their families. Living with the condition can involve lengthy daily dialysis sessions, strict diet and fluid restrictions and a lengthy wait for a kidney transplant. There are many forms of kidney disease, with multiple forms of treatment, but unfortunately no cure.

With the help of our supporters and ambassadors, we can increase the services and provisions we have available for patients.

We are investing funds in new services, facilities and equipment as part of an on going programme to give patients living with kidney disease the opportunity to live their best life.

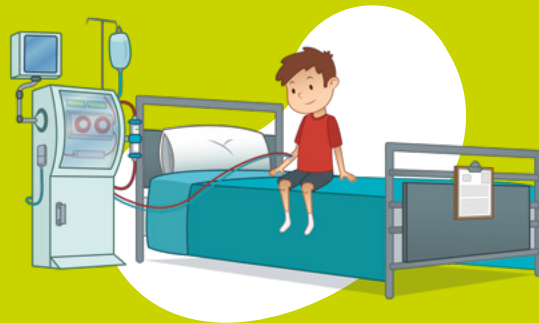
We have supplied the refurbishment and equipment for dialysis units and help fund professional services.

Kidney Wales works hard to educate and raise the profile of kidney disease through awareness events, compelling campaigns and visits to schools, offices and social groups all across Wales.

We work in partnership with organisations, sharing best practice and expertise. Our aim is to continue looking for new and innovative ways to improve the support we offer.

All our services are free of charge and we continue to fund patient research and the development of programmes that will benefit patients and their families now and in the future.

To make a donation to continue Race Organisers' Kidney Wales life changing work click [here](#)



D-DOG NEEDS YOU!



Get Involved:

Head to our website:
kidneywales.cymru

Or contact us at:
team@kidneywales.cymru
029 2034 3940

#TeamKW

Charity Number 700396