03.09.2023

CDF 10K 2023 / 10K CAERDYDD

CDF 10K

R4W

www.cardiff10k.cymru

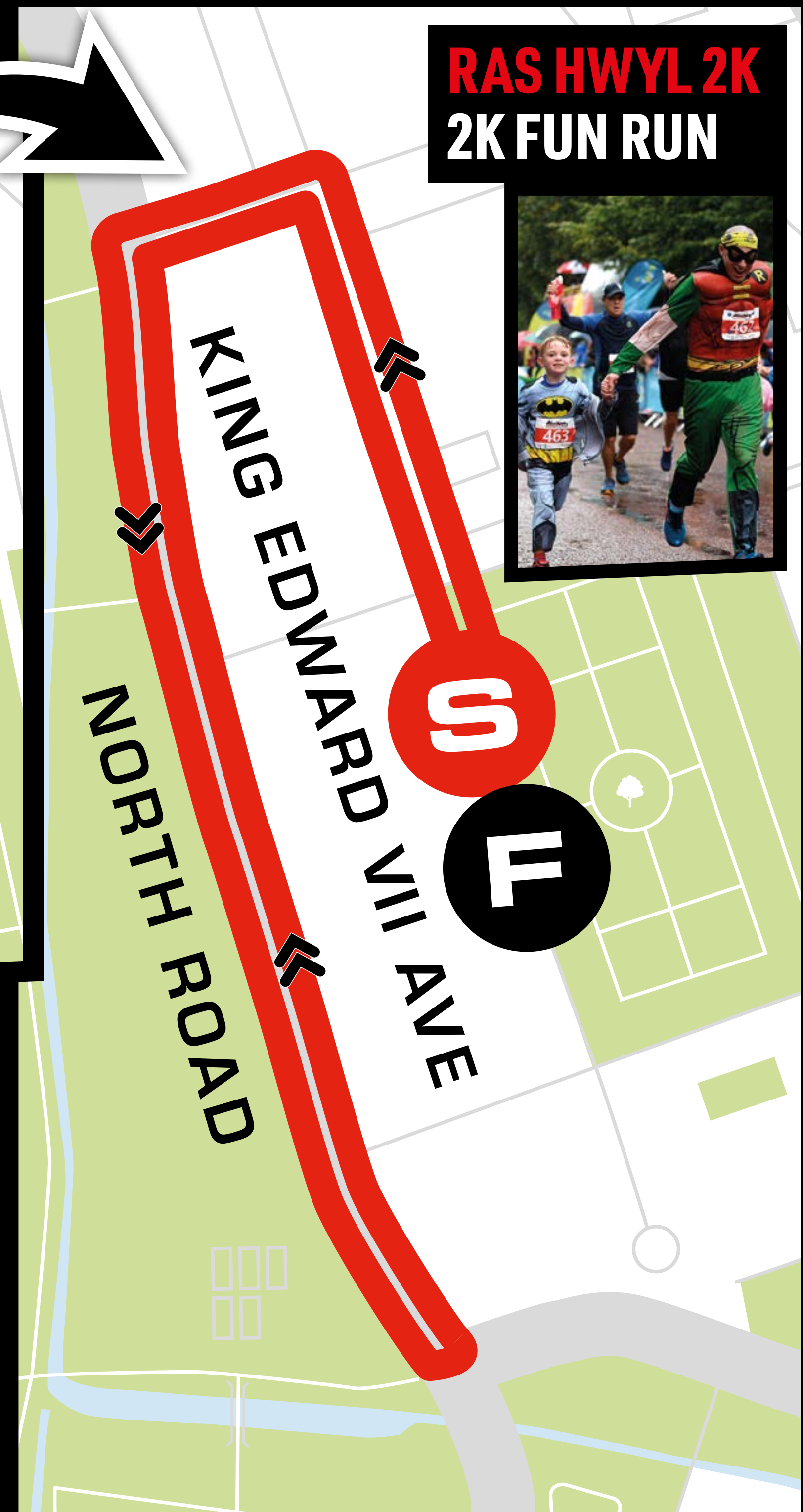
Be sure to pop our bottles into a recycling bin!

CDF 10K AR EI NEWYDD WEDD!

Mae CDF 10K yn ôl, ac rydyn ni'n edrych ymlaen yn fawr! Mae CDF 10K (10K Caerdydd) yn ôl ddydd Sul 3 Medi, ac mae bellach yn cael ei drefnu gan Run 4 Wales – sef y tîm sy'n gyfrifol am Hanner Marathon Caerdydd Cymdeithas Adeiladu'r Principality! Byddwch yn barod ar gyfer profiad newydd sbon ar ddiwrnod y ras. Mae'r canllaw hwn ar gyfer diwrnod y ras yn llawn gwybodaeth bwysig, a byddem yn annog pawb i'w ddarllen – os ydych chi wedi rhedeg yn y ras eiconig hon o'r blaen neu beidio!

A NEW-LOOK CDF 10K!

It's back, and we can't wait! The CDF 10K (Cardiff 10K) is back on Sunday 3 September, now organised by Run 4 Wales, the team behind the Principality Building Society Cardiff Half Marathon! Expect a brand new race day experience. This race day guide is full of important race day information, which we'd encourage everyone to read, regardless of whether they've run in this iconic race before!



MAP O'R SAFLE A'R PENIAU RHEDEG
VENUE & PEN FILLING MAP

Rhodfa'r Brenin Siôr VII
King Edward VII Avenue

Pabell Gwybodaeth / Event Information

Ardal Bagiau / Baggage

Parc Beicio / Free Cycle Parking

Thank you for championing our cause

by taking on this amazing challenge in support of our kidney community here in Wales

Your fundraising efforts and donations allow us to fund these areas of our work:

- Providing information, advice and assistance to patients and their families
- Making grants available through a wellbeing fund for patients
- Working alongside the NHS to invest in targeted support for kidney patients
- Funding research projects that benefit Welsh kidney patients

Kidney Wales does not receive any government funding; we rely on your support to bring these projects to life for our community.

To find out more about Kidney Wales, our work and upcoming fundraising events visit www.kidneywales.cymru.

Kidney Wales Aren Cymru

team@kidneywales.cyrmru, 02920 343940
Kidney Wales, Elfed House Oak Tree Court,
Cardiff Gate Business Park, Cardiff, CF23 8RS
Registered Charity Number 700396

PARATOI AM DDIWRNOD Y RAS!
GET RACE READY!

Darllenwch y canlynol yn ofalus am yr holl wybodaeth sydd angen i chi wybod am CDF 10K 2023.

Amser A Lleoliad

Dydd Sul 3 Medi, 8yb – 1yp, Canolfan Ddinesig Caerdydd. Mae'r 10K yn dechrau am 10yb ac mae'r 10K CDF Iau yn dechrau am 09:15yb.

Teithio A Pharcio

Mae'n hawdd cyrraedd Caerdydd ar droed, beic, car, bws a thrên. Cofi wch bydd miloedd o bobl yn cyrraedd ddechraur ras ar yr un pryd a chi. Gadewch ddigon o amser i gyrraedd, a cynlluniwch eith taith.

Er mwyn hybu digwyddiad cynaliadwy, rydyn ni'n eich annog i deithio mewn modd llesol fel drwy gerdded neu feicio (mae gan y ddinas lawer o lwybrau beicio hygyrch). I gael rhagor o wybodaeth a chyngor, ewch I www.cardiff10k.cymru/road-closures/

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 i lenwi eich gwybodaeth feddygol ar gefn y rhif. Mae'n BWYSIG eich bod yn cwblhau hyn.

Bagiau

Mae cyfleuster i storio bagiau mewn Pentref y Digwyddiad, a bydd ar agor am 08:00. Rhwygwch y label ar waelod eich rhif ras 10K a'i atodi i'ch bag cyn i chi gyrraedd.

Cychwyn Ras 10K

Mae'r ras 10km yn cychwyn ar Rhodfa'r Brenin Edward VII. Bydd y lliw (gwyn, gwyrdd, coch neu melyn) y tu ôl i'r rhif ar eich bib rhedeg yn dangos i chi pa gorlan gychwyn y mae'n rhaid I chi ymgynnull ynddo cyn y ras. Er mwyn osgoi dryswch ar y diwrnod mae'n hanfodol eich bod yn edrych ar fap o'r lleoliad sydd ar yr ochr chwith, i gael manylion ar sut i gael ynediad i'ch corlan cychwyn. Bydd corlannau ar agor am 09:45.

Rasys Iau CDF 10K

Bydd rasys Iau CDF 10K yn dechrau gyda'r Ras Hwyl 2K am 09:15. Bydd ras filltir Herwyr y Dyfodol yn dechrau am 10:10, ar ôl i'r ras 10K ddechrau. Bydd y rasys yn dechrau ac yn gorffen ar Rodfa'r Brenin Edward VII.

Y Cwrs

Mae'r râs yn tywys y rhedwyr ar lwybr gwastad a chyflym sydd hefyd yn cynnwys prif atyniadau twristiaeth y ddinas, gan gynnwys Castell Caerdydd, y sgwar canolog a Stadiwm Principality.

Mae gorsaf ddŵr wedi'i darparu ger y pwynt 5km, yn ogystal â phwynt amseru hanner fford. Byddwch yn ymwybodol bod rhannau o'r llwybr yn cynnwys bump cyflymder.

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 fyw a mwy.

Crysau-T A Medalau

Bydd medalau (10K, 2K, Herwyr Dyfodol) 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.

Read the following carefully for all you need to know about the 2023 CDF 10K.

Time & Location

Sunday 3 September, 8am – 1pm, Civic Centre, Cardiff. The Junior events begin at 09:15, and the 10K will begin at 10:00.

Travel & Parking

Cardiff is easily accessible by foot, bike, train, bus, or car. Please be aware that thousands will be looking to arrive at the same time as you, and road closures will be in operation so please allow plenty of time for your journey.

To embrace a sustainable event, we encourage public or active travel such as train, bus, walking or cycling (the city has many accessible cycle routes). A free bike park will be available in the Event Village where you will be able to lock your bike for the duration of the event. For more information or advice, please visit www.cardiff10k.cymru/road-closures/

Race Number

Enclosed in your race pack is your running bib, with a 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 open from 08:00. Tear off the baggage label strip on the bottom of your 10K race number and attach it to your bag.

10K Race Start

The 10km race starts on King Edward VII Avenue. 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.

To avoid confusion on the day it is vital that you look at the Venue Map to the left for details on how to access your starting pen. Pens will open at 09:45.

CDF 10K Junior Races

CDF 10K Junior races will commence from 09:15 with the 2K Fun Run. The one mile Future Challengers race will take place at 10:10, after the 10K start. Races will start and finish on King Edward VII Avenue.

The Course

The course takes runners on a sightseeing tour of the city, with highlights including Cardiff Castle, Central Square, the Principality Stadium, Sophia Gardens and Llandaff and Pontcanna Fields.

There is a water station provided near the 5km point, as well as a halfway timing split point. Please be aware that parts of the route contain speed bumps.

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, 2K, Future Challengers) 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.

Run the 'Diff in October!

The Principality Building Society Cardiff Half Marathon has sold out once again, meaning the only way to secure your place in the iconic Half in the capital is through one of the fantastic charities!

Visit **www.cardiffhalfmarathon.co.uk** and click 'Run For Charity' to see what amazing charities you can devote your 13.1 miles to this October!

Rhedwch yn Hanner Marathon Caerdydd ym mis Hydref!

Gwnewch yn siŵr bod eich milltiroedd yn cyfri yn Hanner Marathon Caerdydd Cymdeithas Adeiladu'r Principality" Unwaith eto, does dim lle ar ôl yn Hanner Marathon Caerdydd Wizz Air, sy'n golygu mai'r unig ffordd o sicrhau eich lle yn yr Hanner Marathon eiconig yn y brifddinas yw drwy un o'r elusennau gwych!

Ewch i **www.cardiffhalfmarathon.co.uk** a chlicio ar 'Run For Charity' i weld pa elusennau anhygoel y gallwch neilltuo eich 13.1 milltir iddyn nhw yr Hydref hwn!

HIGH 5
SAVOUR
EVERY MILE
HIGHFIVE.CO.UK
BERRY
WITH FRUIT JUICE*
HIGH 5
SPORTS NUTRITION
ENERGY
GEL
BEFORE
DURING
AFTER
TROPICAL
FLAVOUR
HIGH 5
ZERO
ZERO SUGAR • ZERO CAL
CHOCOLATE
HIGH 5
SPORTS NUTRITION
RECOVERY
BAR

CROESO I R4W!

Mae ras CDF 10K bellach yn cael ei threfnu gan Run 4 Wales, sef y tîm o safon fyd-eang sy'n trefnu digwyddiadau fel Hanner Marathon Caerdydd Principality, 10K a Marathon ABP Casnewydd Cymru, 10K Bae Caerdydd Brecon Carreg a llawer mwy.

Mae R4W wedi cyhoeddi partneriaeth newydd arloesol gyda Digwyddiadau Marathon Llundain yn ddiweddar, a bydd yn defnyddio'i arbenigedd er mwyn datblygu CDF 10K i fod yn un o ddigwyddiadau mwyaf y Deyrnas Unedig o ran rhedeg pellter hir. Bydd hefyd yn ceisio cynyddu ei effaith gymdeithasol, yn enwedig o ran ehangu amrywiaeth y cyfranogwyr ac ysbrydoli mwy o blant i fod yn egnïol.

Fel rhan o'r digwyddiad eiconig hwn mae miloedd o redwyr yn cael cyfle i redeg ar hyd strydoedd prifddinas Cymru bob hydref!

Rydyn ni'n edrych ymlaen at groesawu pob un ohonoch i deulu R4W, ac fe welwn ni chi ddydd Sul 3 Medi.

WELCOME TO RUN 4 WALES

The CDF 10K is now organised by Run 4 Wales, the world class event organiser behind events such as the Principality Cardiff Half, ABP Newport Wales Marathon & 10K, Brecon Carreg Cardiff Bay 10K and much more.

R4W, which recently announced an innovative new partnership with London Marathon Events, will use its expertise to grow the CDF 10K into one of the UK's largest distance events, whilst seeking to increase its social impact, especially in broadening further the diversity of participation and inspiring more children to become active.

The revival of this iconic event gives thousands of runners the opportunity to take to the streets of the Welsh capital every autumn!

We look forward to welcoming every one of you to the R4W family, and will see you on Sunday 3 September.

Cynaliadwyedd Sustainability

Fel trefnwyr digwyddiadau, mae Run 4 Wales wedi ymrwymo 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 lifft i'r digwyddiad?

☑ **Cymrwch eich sbwriel gartref**
Helpwch i ni i gadw Caerdydd 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 linell 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.

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 Cardiff in the same state we found it!

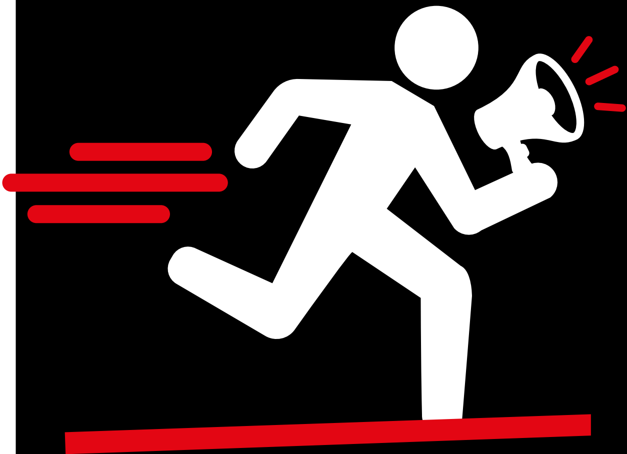
☑ **Take care at drink stations**
Recycling bins are located some distance after the on-course water station. If you can, please aim your discarded bottle for the bins!

☑ **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.

RHOWCH WYBOD AM Y RAS!
SHOUT ABOUT IT!



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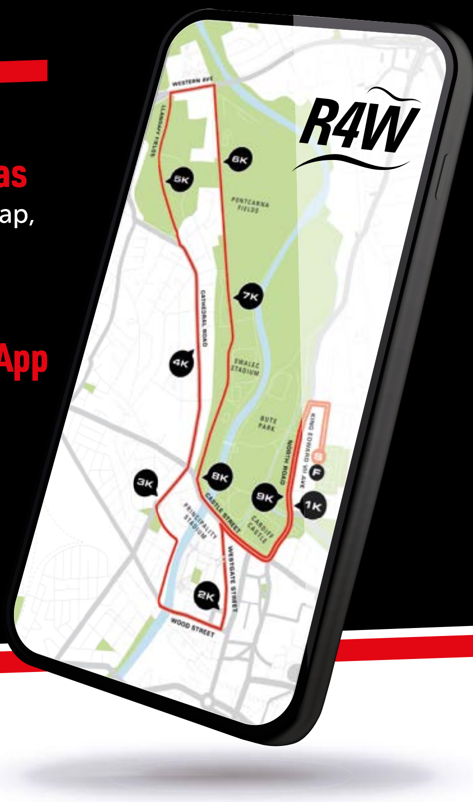

Lawrlwythwch Ap Tracio Byw'r Ras

Am fwy o wybodaeth ac i lawrlwytho'r ap, ewch i:

www.cardiff10k.cymru/live-tracking/

Download Our Live Tracker Race App

Find out more and download at:

www.cardiff10k.cymru/live-tracking/

Available on the App Store

GET IT ON Google Play