

CANLLAW DIWRNOD Y RAS RACE DAY GUIDE

40
years



06.09.2026

Kidney Wales **CARDIFF**
CDF 10K
CAERDYDD Aren Cymru

www.cardiff10k.cymru

R4W
10K SERIES

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.



CROESO I'R PARTI! WELCOME TO THE PARTY!

Eleni rydym ni'n dathlu 40 mlynedd ers sefydlu ras 10K Aren Cymru Caerdydd!

Bydd y digwyddiad eleni yn fwy nag erioed, ac rydym ni'n edrych ymlaen at eich croesawu chi i'r llinell gychwyn ym mhrifddinas Cymru.

Bydd miloedd ohonoch chi'n cymryd rhan yn y digwyddiad ddydd Sul 6 Medi, ac rydym ni'n eich annog chi i gyd, y rhai sy'n rhedeg am y tro cyntaf eleni a'r rhai sydd wedi cwblhau'r cwrs sawl gwaith o'r blaen, i ddarllyn y canllaw hwn er mwyn cael gafael ar yr holl wybodaeth angenrheidiol cyn i chi redeg.

Felly, gwnewch yn siŵr bod eich dillad rhedeg yn barod ac ewch ati i gael gwared ar y nerfau munud olaf. Rydym ni'n edrych ymlaen at eich cefnogi chi mewn ychydig wythnosau.

This year we celebrate the 40th anniversary of the Kidney Wales CDF 10K!

It'll be our biggest event yet, and we can't wait to welcome you to the start line in the heart of the Welsh capital.

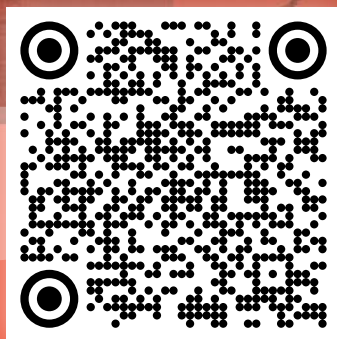
Whether this is your first time running or you come back year after year, thousands of you will be taking on the event on Sunday 6 September and we'd encourage you all to read this guide to find out everything you need to know to get ready to run.

So, get your kit ready and shake out those pre-race nerves. We can't wait to cheer you around the course in just a few weeks.

R4W ***10K SERIES***

FOUR ICONIC 10K RACES IN SOUTH WALES

- NEWPORT • BARRY ISLAND
- PORTHCAWL • CARDIFF



**JOIN THE WAITLIST FOR THE
2027 10K SERIES BUNDLE
LAUNCH THIS SEPTEMBER!**

**SAVE WHEN ENTERING
TWO OR MORE EVENTS
NEXT YEAR!**

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 Aren Cymru.

Amser A Lleoliad

Dydd Sul 6 Medi 2026, Canolfan Ddinesig Caerdydd. Mae'r 2K yn dechrau am 09:15 ac mae'r 10K yn dechrau am 10:00.

Teithio A Pharcio

Mae'n hawdd cyrraedd Caerdydd ar droed, beic, car, bws a thrên. Cofiwch bydd miloedd o bobl yn cyrraedd ddechrau 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 hygrych).

Bydd ardal i barcio beiciau am ddim ym Mhentref y Digwyddiad. I gael rhagor o wybodaeth a chyingor, ewch i www.cardiff10k.cymru/travel-parking

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 ailbrintio.

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 08:30. Rhwygwrch y label ar waelod eich rhif ras 10K a'i atodi i'ch bag cyn i chi gyrraedd. Bydd chwiliadau ar hap yn weithredol. Ni ddylai unrhwy fag fod yn fwy nag bag cefn bach.

Cychwyn Ras 10K

Mae'r ras 10km yn cychwyn ar Rhodfa'r Brenin Edward VII. Bydd y lliw (gwyn, gwyrdd, coch, glas neu melyn) y tu ôl i'r rhif ar eich bib rhedeg yn dangosi 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 de, i gael manylion ar sut i gael ynediad i'ch corlan cychwyn. Bydd corlannau ar agor am 09:45.

Cychwyn Ras 2K

Mae'r ras 2km yn cychwyn am 09:15. Y ras 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) 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.

Camwyr Cyflymder

Bydd camwyr cyflymder yn rhedeg gyda baneri sy'n cyfateb i'r amseroedd canlynol: 40, 45, 50, 55, 60, 65, 70, 75 a 80 munudau.

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

Time & Location

Sunday 6 September 2026, Civic Centre, Cardiff. The 2K begins at 09:15 and the 10K 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). Free bike parking is available in the Event Village. For more information or advice, please visit www.cardiff10k.cymru/travel-parking

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 08:30. Tear off the baggage label strip on the bottom of your 10K race number and attach it to your bag. Random searches will be in operation. No bag should be larger than a small backpack.

10K Race Start

The 10K race starts on King Edward VII Avenue. The solid colour (either white, green, red, blue 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 right for details on how to access your starting pen. Pens will open at 09:45.

2K Race Start

The 2K race will commence from 09.15 and 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 5K 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) 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 experience.

Pacers

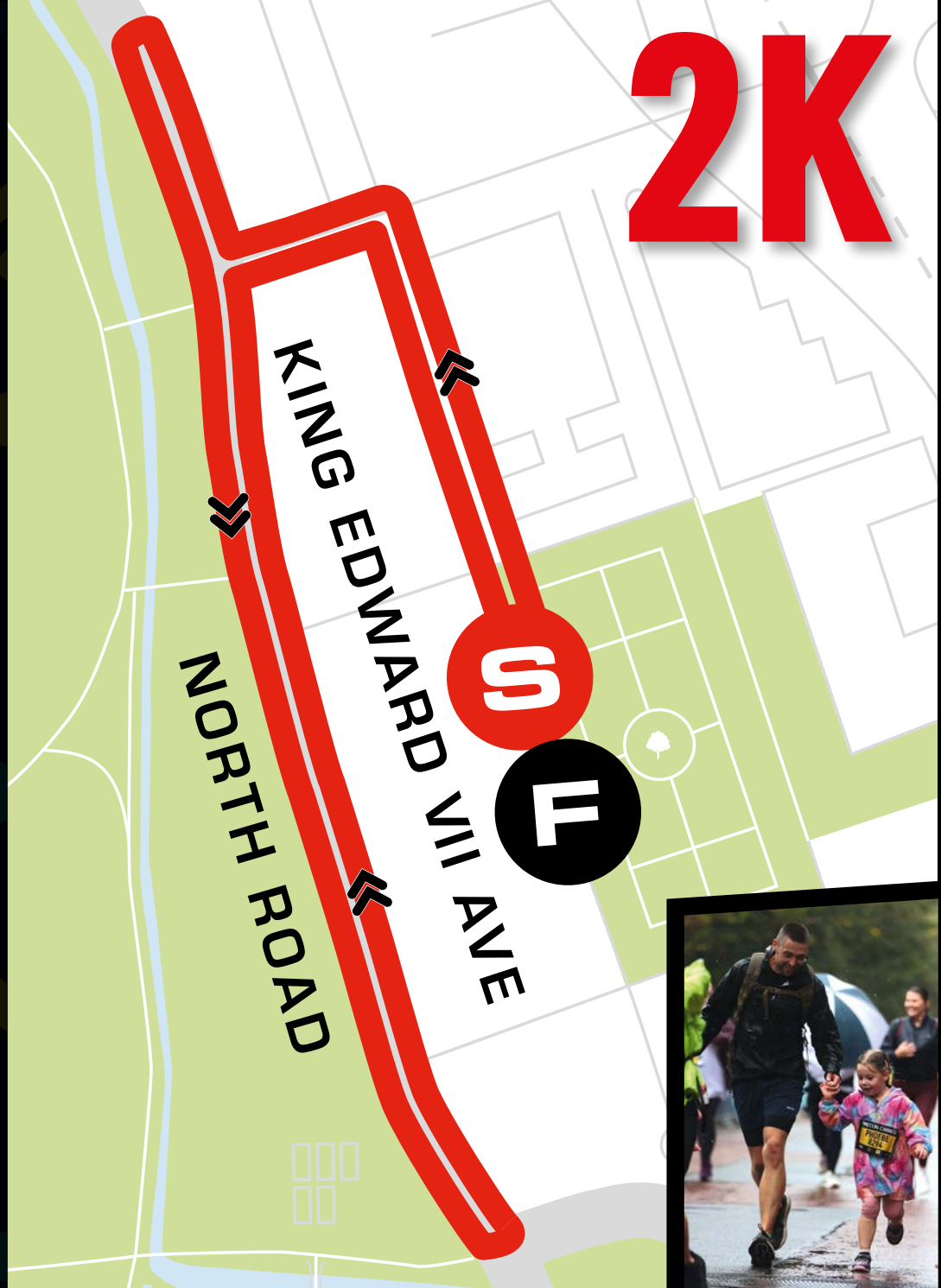
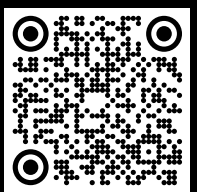
Pacers will be running with sail flags that correspond with the following times: 40, 45, 50, 55, 60, 65, 70, 75 and 80 minutes.

10K



UNRHYW GWESTIYNAU?
Ewch i'n gwefan a chlicio'r eicon sgwrsio yn y gornel dde isaf i gael cymorth ar unwaith.

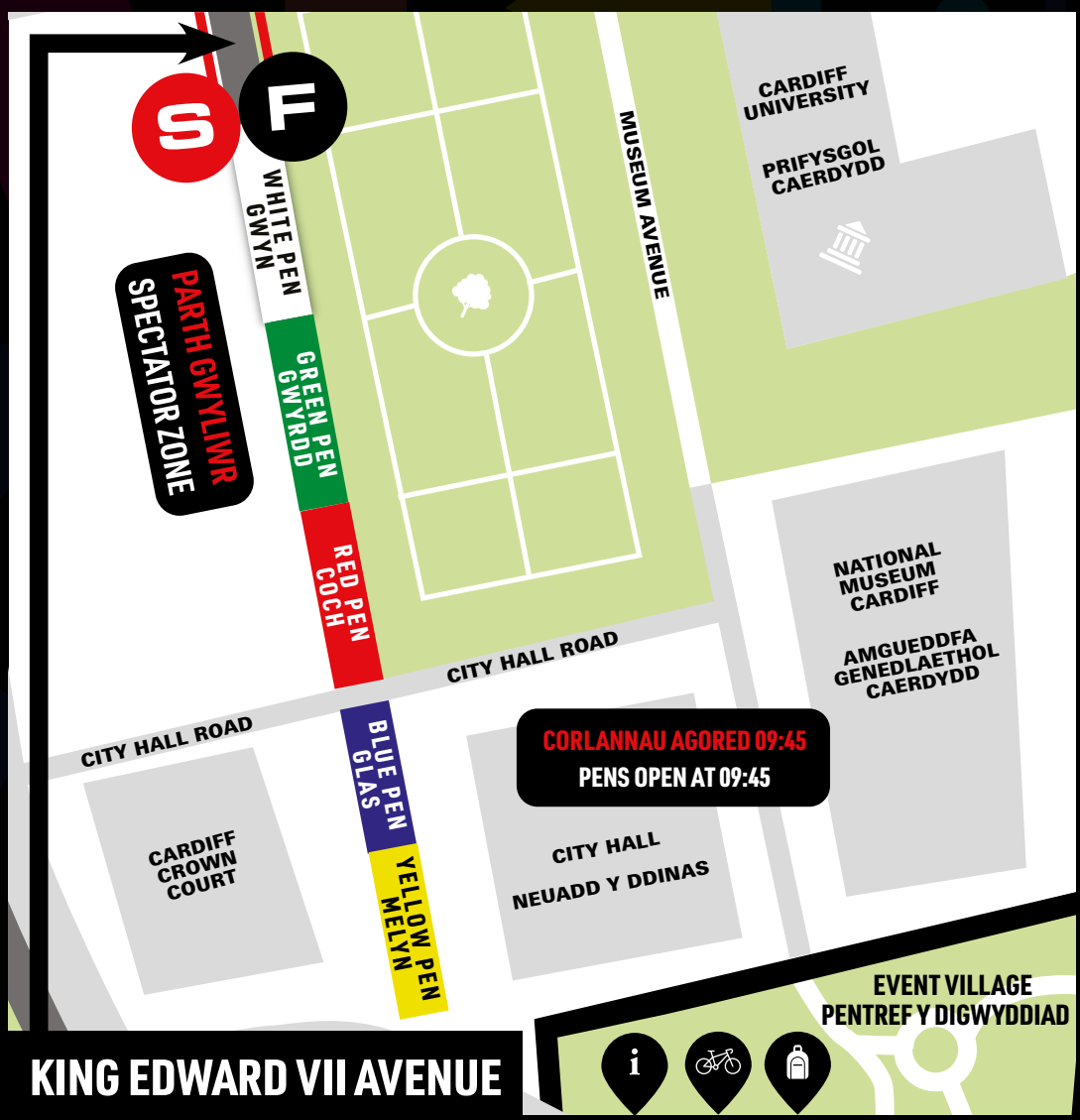
HAVE ANY QUESTIONS?
Visit our website and click the chat icon in the bottom right-hand corner for instant support.



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

Pens Gwyn, Gwyrdd, Coch, Glas & Melyn
White, Green, Red, Blue & Yellow Pens

- Pabell Gwybodaeth Event Information
- Ardal Bagiau Baggage
- Parc Beicio Free Cycle Parking



Ar eich marciau,
barod,
talwch wrth
fynd!

Gyda theithiau trên tapio
i mewn a thapio allan.

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tap out train travel.



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HALF
10K
MILE**

18 APRIL 2027

**ABP NEWPORT
MARATHON
FESTIVAL**
GWYL MARATHON CASNEWYDD

**REGISTER
HERE**



ASSOCIATED BRITISH PORTS



Marathon Photos Live

**PURCHASE YOUR
FINISHERS PHOTOS
AFTER THE RACE**



YN ÔL I'R 80AU!

Bydd ras 10K Aren Cymru Caerdydd yn fwy arbennig byth eleni wrth i'r digwyddiad ddathlu 40 mlynedd ers sefydlu!

Cafodd y digwyddiad cyntaf ei gynnal gan Aren Cymru yn 1986, ac ers hynny mae'r digwyddiad wedi tyfu'n aruthrol ac wedi datblygu i fod yn un o'r rasys 10K mwyaf yn y DU. Mae Run 4 Wales yn rheoli'r digwyddiad ers 2023.

Mae Aren Cymru wedi parhau i fod yn brif bartner elusenol i'r digwyddiad dros y blynyddoedd, ac i nodi'r garreg filltir bwysig hon eleni, bydd Aren Cymru yn chwarae rhan fwy blaenllaw fel prif bartner digwyddiad 2026.

I ddathlu ble ddechreuodd popeth, bydd y digwyddiad eleni, a'r holl weithgareddau cyffrous cyn diwrnod y ras, yn talu teyrnged i gyfnod cynnar y digwyddiad yn yr 80au.

Dyma rai o'r pethau eraill y gall ein rhedwyr eu disgwyl:

- Cerddoriaeth o'r 80au o amgylch y cwrs
- Eitemau ar thema'r 80au i bawb fydd yn cwblhau'r ras
- Dillad deniadol - rydym ni'n eich annog i wisgo leotards a legins gweu i ymuno â hwyl y dathliadau!

Felly rhowch eich gwisg ffansi amdanoch ac ymunwch â'r parti ar y llinell gychwyn.



BACK TO THE 80s!

This year will see an extra special Kidney Wales CDF 10K as the event celebrates its 40th anniversary!

Founded by Kidney Wales in 1986, the event has been managed by Run 4 Wales since 2023 and has grown in size and scale to become one of the largest 10K races in the UK.

While Kidney Wales has remained the event's lead charity partner over the years, to mark the milestone, they have become headline partner of the 2026 event.

To celebrate its origins, a nod to the event's 80's roots will be seen throughout this year's event and in exciting campaign activity in the lead up to race day.

Other things our runners can expect:

- 80s music around the course
- 80s themed finishers' items
- Outrageous fashion – we're very much encouraging you to don your leotards and legwarmers to join in with the celebrations!

So, get on your fancy dress and get ready to join in with the party on the start line.



RHOWCH WYBOD AM Y RAS! SHOUT ABOUT IT!



Cardiff10K



@Cardiff10K



Run 4 Wales

cardiff10k.cymru

Lawrlwythwch Ap Tracio Byw'r Ras

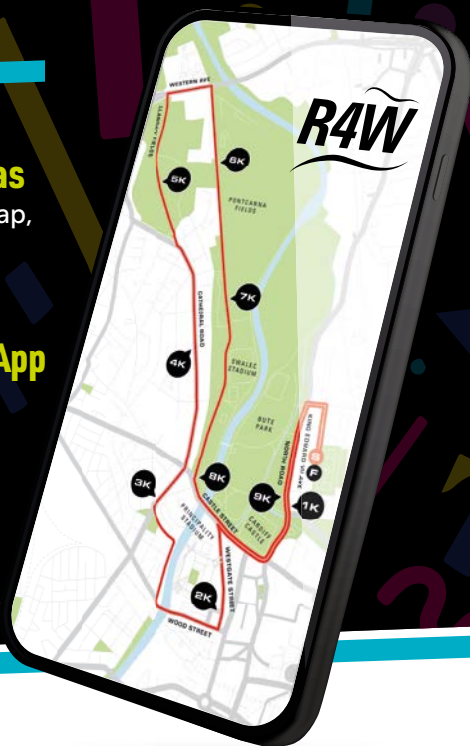
Am fwy o wybodaeth ac i lawrlwytho'r ap, ewch i:

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



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