



# SPECTATOR GUIDE CANLLAW I WYLWYR

SUNDAY 02 OCTOBER / DYDD SUL 2 HYDREF 2022



— WIZZ AIR —  
**CARDIFF HALF**  
HANNER MARATHON CAERDYDD



HALF MARATHON SERIES

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



# CROESO!

You won't want to miss a moment of this year's **Wizz Air Cardiff Half Marathon**, even if the task of getting from the start to the halfway point and then over to 10 miles and down to the finish is a daunting one.

Fyddwch chi ddim am golli eiliad o **Hanner Marathon Caerdydd Wizz Air**, hyd yn oed os yw'r dasg o fynd o'r llinell gychwyn i'r pwynt hanner ff ordd, draw i'r pwynt 10 milltir ac i'r llinell derfyn yn un frawychus.



## SPECTATOR TOP TIPS

### GAIR I GALL I'R GWYLWYR

Miles 8-13 are packed with opportunities to **catch the runners twice** without using too much energy. Work out your shortcut in advance.

Mae llwyth o gyfleoedd rhwng milltiroedd 8 ac 13 i **weld y rhedwyr ddwywaith** a hynny heb ddefnyddio gormod o egni. Cynlluniwch eich llwybr byr ymlaen llaw.



Catch the action from home by tuning into the TV highlights on Friday 7 October! They'll be available to watch on **S4C** or online via the **BBC iPlayer**.

Gallwch weld y cyffro ar y teledu a gwyllo'r uchafbwyntiau Dydd Gwener 7 Hydref! Gallwch wyllo ar **S4C** neu wyllo ar-lein ar **BBC iPlayer**.



Download the **R4W app**, set up camp nice and early along the route or rent a **NextBike** to move around the city with ease, we've got lots of great ways to catch all the action!

Lawrlwythwch **app R4W**, dewiswch lleoliad ar hyd y fford yn gynnar i wyllo'r rhedwyr neu rhenti **NextBike** i symud o gwmpas y ddinas yn rhwydd, mae gennym nifer fawr o ffyrdd gwyh I chi weld popeth sy'n digwydd!



Make the most of your race weekend and spend some time with us in our **Event Village**. Bigger and better than ever before, we've got loads for you to get involved with!

Gwnewch y mwyaf o'ch penwythnos yn y ras a threulio amser gyda ni ym **Mhentref y Digwyddiad**. Bydd y digwyddiad eleni yn fwy ac yn well nag erioed, gyda llond gwlad o bethau ar eich cyfer!

# FINISH LINE SPECTATOR ZONES

Our spectator zones give everyone the best possible opportunity to see their loved ones. Our finish and start maps show how spectators can reach the spectator zones as quickly and easily as possible, avoiding no access zones and utilising a number of crossing points available.

Head down Castle Street, away from the city centre and towards the River Taff for the best chance to catch your loved ones after they have crossed the start line, away from the congestion of the start pens. Head to Corbett Road for great views of the closing stages of the race on either side of the road, big screens, music and prize giveaways.

Please pay attention to safety stewards at all times to ensure your safety as areas become full or you are asked to take an alternate route.

Disabled viewing areas are available at the start and finish. Please be aware access can be limited due to high volumes of spectators so please arrive early where possible. Contact us at [cardiffhalfmarathon@run4wales.org](mailto:cardiffhalfmarathon@run4wales.org) if you require closer access - we'll do our best to facilitate.

## FINISH MAP MAP GORFFEN

- Route Llywbr
- Finishing Funnel Gorff en hwylio
- Spectator Zone Parth gwylwr
- Disabled Viewing Platform Man gwylwr i'r Anabl
- Spectator Crossing Croesfan i'r Cyhoedd
- Spectator Route Llywbr Mynesiad i Wylwr



## ARDALOEDD GWYLWYR WRTH Y LLINELL DERFYN

Mae ein parthau gwylwr yn rhoi'r cyfle gorau posibl i bawb weld eu hanwyliaid. Mae ein map o'r lleoliad a'r man cychwyn yn dangos sut gall gwylwr gyrraedd y parthau gwylwr mor gyflym a rhydd â phosibl, gan osgoi parthau dim mynediad a manteisio ar y manau croesi sydd ar gael.

Ewch i lawr Heol y Castell, oddi wrth canol y ddinas ac i gyfeiriad Afon Taf i gael y cyfle gorau i weld eich anwyliaid ar ôl iddynt groesi'r llinell gychwyn, i ffwrdd oddi wrth dagfeydd y corlannau. Ewch i Heol Corbett i fwynhau'r golygfeydd gwych o ddiwedd golyg'r ras ar y naill ochr a'r llall i'r ffordd, sgriniau mawr, cerddoriaeth a gwobrau.

Talwch sylw i'r stiwardiaid diogelwch bob amser er mwyn sicrhau eich bod yn cadw'n ddiogel os bydd ardaloedd yn llawn neu os gytynnir i chi ddefnyddio llywbr arall.

Mae ardaloedd i wylwr anabl ar gael ar ddechrau a diwedd y ras ac mae'r rheini i'w gweld ar y map gorff en uchod ac ar y map cychwyn yn ein tafl en wybodaeth am y ras. Cofiwch gyrraedd yn brydlon lle bo hynny'n bosibl, oherwydd efallai y bydd rhaid cyfyngu ar fynediad oherwydd y nifer fawr o wylwr. Cysylltwch â ni yn [cardiffhalfmarathon@run4wales.org](mailto:cardiffhalfmarathon@run4wales.org) os bydd angen mynediad i fan sy'n fwy agos arnoch - fe wnawn ni'n gorau i hwyluso pethau.

## WELSH GREETINGS

The Welsh language is one of the treasures of Wales and is part of what defines us as people and as a nation. At Run 4 Wales (R4W), we're proud to be Welsh and believe the language helps us to create events with a unique sense of pride, identity and culture.

Why not try out some of the Welsh language greetings below when spectating?

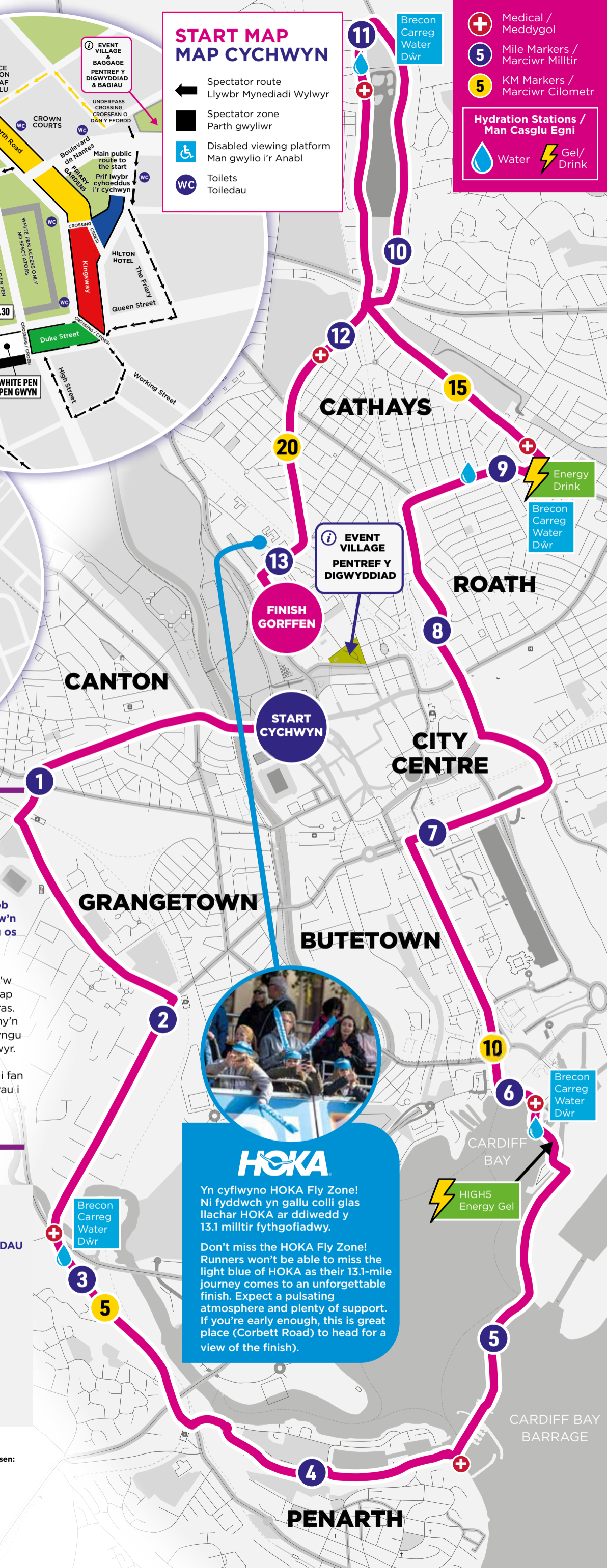
- GOOD LUCK = POB LWC
- HOW'S IT GOING? = SUT MAE'N MYND?
- CONGRATULATIONS = LLONGYFARCHIADAU
- KEEP GOING = DAL AT!
- GREAT RUNNING = RHEDEG GWYCH
- YOU'VE NEARLY FINISHED = BRON Â GORFFEN
- GO ON 'NAME' = CER AMDANI 'NAME'!
- GO, GO, GO! = CER CER CER!

Keep an eye out for runners with an orange 'Cymraeg' badge on their race bib - it means they welcome support and encouragement in Welsh!

### START MAP MAP CYCHWYN

- Spectator route Llywbr Mynediad i Wylwr
- Spectator zone Parth gwylwr
- Disabled viewing platform Man gwylwr i'r Anabl
- Toilets Toiledau

- Medical / Meddygol
- Mile Markers / Marciwr Milltir
- KM Markers / Marciwr Cilometr
- Hydration Stations / Man Casglu Egni
  - Water
  - Gel/Drink



### HOKA

Yn cyflwyno HOKA Fly Zone! Ni fyddwch yn gallu colli glas llachar HOKA ar ddiwedd y 13.1 milltir fythgofiadwy.

Don't miss the HOKA Fly Zone! Runners won't be able to miss the light blue of HOKA as their 13.1-mile journey comes to an unforgettable finish. Expect a pulsating atmosphere and plenty of support. If you're early enough, this is great place (Corbett Road) to head for a view of the finish.

Title Partner / Partner Teitl

Official Partners / Partneriaid Swydddogol:

Lead Charity / Prif Elusen:

Strategic Partners / Partneriaeth Strategol:

# SHOUT ABOUT IT! RHOWCH WYBOD AM Y RAS!



 [facebook.com/cardiffhalf](https://facebook.com/cardiffhalf)

 @cardiffhalf  
#CARDIFFHALF  
#RUNTHEDIFF

  @Run4Wales

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

## Download Our Live Tracker Race App

Find out more and download at:  
[www.cardiffhalfmarathon.co.uk/live-tracking](http://www.cardiffhalfmarathon.co.uk/live-tracking)

## Llwythwch Yr Ap Traciwr Byw I Lawr Ar Gyfer Y Ras

Mae modd llwytho'r ap i lawr yn ogystal  
â chael rhagor o wybodaeth yn:  
[www.cardiffhalfmarathon.co.uk/cy/  
get-race-ready/ap-tracio-yn-fyw/](http://www.cardiffhalfmarathon.co.uk/cy/get-race-ready/ap-tracio-yn-fyw/)

