

Race Day Guide
Canllaw Diwrnod Y Ras

Sunday 5 July 2026
Sul Gorffennaf 5 2026



BRECON CARREG PORTHCAWL 10K 2026



www.porthcawl10k.co.uk



*We'll see you at
the finish line*



FROM THE ♥ OF THE WELSH MOUNTAINS

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CARREG

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PORTHCAWL
10K

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CHILDREN'S HOSPICE
WOLLEIGH HOSPITAL

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WELCOME TO PORTHCAWL! CROESO I BORTHCAWL!

The popular Brecon Carreg Porthcawl 10K returns to your summer running calendar on Sunday 5 July. We're expecting sun, sea and sand to provide the backdrop for an unforgettable race day.

Whether you've run the race before or this will be your first time in Porthcawl for race day, we encourage you to have a read through this race day guide packed full of important race day information.

Good luck with the rest of your training, and we look forward to seeing you all in sunny Porthcawl on the 5th July.

Mae 10K Porthcawl Brecon Carreg yn ôl. Rhowch y dyddiad yn eich calendr rhedeg ar gyfer yr haf – dydd Sul 5 Gorffennaf. Bydd yr haul, y môr a'r tywod yn gefndir i'r ras, sy'n argoeli i fod yn ddiwrnod i'w gofio.

Os ydych chi wedi rhedeg y ras o'r blaen, neu os mai dyma'r tro cyntaf i chi ddod i Borthcawl ar ddiwrnod y ras, rydyn ni'n eich annog i ddarllen drwy'r canllaw hwn, sy'n llawn gwybodaeth bwysig am ddiwrnod y ras.

Pob lwc gyda gweddill eich hyfforddiant. Rydyn ni'n edrych ymlaen at eich gweld chi i gyd yn nhref heulog Porthcawl ar 5 Gorffennaf.



Tŷ Hafan

CHILDREN'S HOSPICE
HOSBIS I BLANT



Porthcawl

10k



Sunday 27th June 2027

Tŷ Hafan are proud to be lead charity partner at the **Porthcawl 10k 2027!** Run this exciting race with us in the seaside town known for its surf, sports and coastal walks.

Earlybird offer Free entry until 18th July 2026

£8 from 19th July 2026 | Minimum sponsorship: £175

Sign up today

because when a child's life will be short, no family should have to live it on their own.

tyhafan.org/events/porthcawl-10km/

Registered in Wales no: 3077406. Registered charity no: 1047912

SCAN ME



Registered with
FUNDRAISING
REGULATOR



GET RACE DAY READY!

Please read the following information carefully to familiarise yourself with all the important bits you need to know ahead of race day.

Time & Location

Sunday 5 July, 10am – 2pm,
Porthcawl Esplanade, Porthcawl.

Travel & Parking

There will be a number of parking options available for race day. Please be aware that thousands of people will be travelling to Porthcawl for the race, so please take time to prepare ahead and consider pre-booking a space via our website.

We encourage sustainable travel where possible, such as car sharing and cycling. For more information on booking parking, visit our website:

www.porthcawl10k.co.uk/travel-parking

Race Number

Enclosed in your race pack is your running bib, with 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 will be located along The Portway and will be clearly signposted. It will be open from 08:45. Your 10K race number includes a tear-off baggage label strip along the bottom – please attach this to your bag before you arrive. Random searches will be in operation. No bag should be larger than a small backpack.

10K Race Start

The 10K race starts on the Harbourside (Eastern Promenade) as marked on the course map (left). 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. Pens will open at 9:45am.

Junior Races

Our Junior Races will commence from 12:15 with the Toddler Dash, followed at 12:30 & 12:45 by Future Challengers Miles, then by the Fun Run at 13:00. The races start and finish at Porthcawl Town Beach.

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, Future Challengers, Fun Run) 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.

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.



PARATOI AM DDIWRNOD Y RAS!

Darlennwch y canlynol yn ofalus am y cyfan sydd angen I chi wybod am 10K Brecon Carreg Porthcawl!

Amser A Lleoliad

Dydd Sul 5 Gorffennaf, 10am – 2pm,
Promenâd Porthcawl, Porthcawl.

Teithio A Pharcio

Bydd nifer o ddewisiadau parcio ar gael ar ddiwrnod y ras. Bydd miloedd o bobl yn teithio i Borthcawl ar gyfer y ras, felly paratowch a meddwl am archebu lle ymlaen llaw ar ein gwefan. Rydyn ni'n eich annog

i deithio'n gynaliadwy pan fo'n bosibl, fel rhannu ceir a beicio. I gael rhagor o wybodaeth am archebu lle parcio, tarwch olwg ar ein gwefan:

www.porthcawl10k.co.uk/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 ail brintio. Piniwch eich rhif i flaen eich crys-t ar ddiwrnod y ras, a chofiwch o lenwi eich gwybodaeth feddygol ar gefn y rhif. **Mae'n BWYSIG eich bod yn cwblhau hyn.**

Bagiau

Bydd lle i storio eich bagiau ar hyd The Portway a bydd arwyddion clir. Bydd ar agor o 08:45. Mae eich rhif 10K yn cynnwys stribyn label bagiau gallwch ar hyd y gwaelod i rwygo 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

Bydd y ras 10K yn cychwyn ar glan yr harbwr (Promenâd y Ewyrain), wedi'i farcio ar fap

y cwrs (aswy). Bydd y lliw solet sydd tu ôl i'r rhif ar eich bib rhedeg (naill ai'n wyn, yn wyrdd, coch, neu'n felyn) yn gorchymyn pa ben sydd rhaid i chi ymgynnull ynddi cyn cychwyn y ras. Bydd y peniau yn agor am 9:45yb.

Rasys Iau

Bydd Rasys Iau 10K Porthcawl yn dechrau am 12:15 gyda'r Ras Plant Bach y Dyfodol, bydd Milltiroedd Herwyr yn dechrau am 12:30 & 12:45, ac yna bydd y Ras Hwyl yn dechrau am 13:00. Mae'r rasys yn dechrau ac yn gorffen ar Porthcawl Traeth y Dref.

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 (i'r ddwy ras) a crysau-t (10K, Herwyr Dyfodol, Ras Hwyl) 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.

CAMU I'R COPA
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NORTH WALES**



WWW.ALWAYS AIM HIGH EVENTS.COM

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PART OF



RABBIT RUN WALES



Dewch i Ras Wylt Cymru (Rabbit Run Wales) ddydd Sadwrn 18 Gorffennaf – paradwys i'r rhai sy'n hoff o redeg llwybrau. Ar ystâd drawiadol Merthyr Mawr, gallwch ddewis ymgymryd â'r llwybr 12K, Marathon, Ultra neu'r llwybrau i redwyr iau.. Heriwch eich hun i wneud rhywbeth newydd ar lwybrau Ras Wylt Cymru, lle byddwch yn croesi afon, yn rhoio i lawr y twyn tywod mwyaf yng Nghymru, ac yn rhedeg ar hyd rai o'r bryniau a'r cymoedd mwyaf trawiadol yng Nghymru!

**Dewiswch eich pellter ac ewch
amdani heddiw!**

www.rabbitrun.wales

Experience trail running paradise at the Rabbit Run Wales on Saturday 18 July. Set in south Wales on the stunning Merthyr Mawr Estate, you can choose to take on the 12K, Marathon, Ultra or Junior trails. Challenge yourself with something new on the Rabbit Run Wales trails, with a route that includes a river crossing, a tumble down the biggest sand dune in Wales – and some of the most spectacular hills and valleys in Wales!

**Choose your distance and enter
today!**

www.rabbitrun.wales

Rest Bay



FUN RUN RAS HYWL



TIMINGS

12:15 – Toddler Dash
12:30/12:45 – Future Challengers
13:00 – Fun Run

AMSERAU

12:15 – Ras Plant Bach
12:30/12:45 – Millfi Herwyr Dyfodol
13:00 – Ras Hywl



FUTURE CHALLENGERS HERWYR DYFODOL



TODDLER DASH RAS PLANT BACH





Marathon Photos Live

**PURCHASE YOUR
FINISHERS PHOTOS
AFTER THE RACE**



HIGH
5

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EVERY MILE**
HIGHFIVE.CO.UK



**R4W
SHOP**

Darganfyddwch y brandiau gorau ac offer diweddaraf i gynorthwyo'ch hyfforddiant a'ch adferiad sy'n addas ar gyfer rhedwr o bob gallu.

Discover the best brands, latest equipment and tools to aid your training and recovery suitable for every kind of runner.

www.run4wales.org/training/shop/

Kidney Wales

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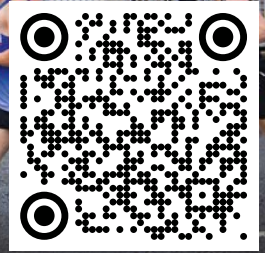
CDF/10K

CAERDYDD

Aren Cymru

06/09/2026

Register today



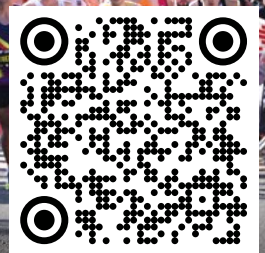
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10K SERIES

ABP NEWPORT MARATHON FESTIVAL

GŴYL MARATHON CASNEWYDD

18/04/2027

Sign up



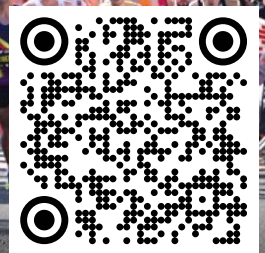
18/04/2027

ABP NEWPORT MARATHON FESTIVAL

GŴYL MARATHON CASNEWYDD

18/04/2027

Sign up



IT'S TIME TO GET EXCITED!

MAE HI'N AMSER DECHRAU CYFFROI!



Porthcawl 10K



@Run4Wales



Run 4 Wales

#porthcawl10k
porthcawl10k.co.uk

Download Our Live Tracker Race App

Find out more and download at:
[www.porthcawl10k.co.uk/
live-tracking](http://www.porthcawl10k.co.uk/live-tracking)

Lawrlwythwch Ap Tracio Byw'r Ras

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