

SUNDAY 5 OCTOBER



RACE DAY GUIDE 2025



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WELCOME

Welcome to the 22nd edition of the Oysho Cardiff Half Marathon. With more than 29,000 runners registered to take part in activities across the weekend, this year's event will be our biggest yet. We can't wait to see you all on the start line as you get ready to embrace the brilliant atmosphere around our wonderful city.

Stay up to date with everything you need to know for race day through:

This Guide



Event Emails



Website Updates & Info Page



Spectator Guide



Social Media



The R4W app



PACK & T-SHIRT COLLECTION

If you live at a UK address, your race pack containing your bib number will be posted to you in advance.

International entrants can collect their race pack from the Event Information tent in the Event Village in the Civic Centre on race weekend. The Event Information tent will be open on Friday (12pm-6pm), Saturday (8am-5pm) and Sunday (7am-3pm).

In the unlikely event that your pack does not arrive with you in time for race day, UK participants will also be able to pick up a replacement bib.

For the first time, all participants will be able to collect their race t-shirt in advance from the event village on the Friday and Saturday of race weekend to allow them to wear it during the event. Soak in the Event Village atmosphere by taking part in a warm up session at 1pm from Studio Tarw and a DJ set on the Friday, or head over on Saturday to take part in warm up at 11.30am and watch the Junior races and a range of live Welsh language bands on the stage. For those who aren't able to collect their t-shirt pre-race, these will be available in the finish funnel.

Your race bib explained

Your race bib is unique to you and contains an embedded timing chip. It's important you pin the number to the front of your garment to ensure your finish time is recorded.

IMPORTANT: You must fill in the emergency details on the back of your number & your number must be visible at all times. You must not swap your number

with anyone else as it contains your unique emergency contact and health details and will invalidate insurance or lead to serious consequences if you were involved in a medical incident on the day. Systems are in place to monitor the swapping of race numbers and those found to be doing so will be banned from future events and reported to the governing body.

The solid background colour of your race bib (either white, green, red, blue, purple or yellow) dictates your starting pen and race start time.

The t-shirt icon indicates what size race t-shirt you have chosen or if you have opted out to instead donate to the R4W Climate Action Fund.

Your name so supporters can cheer you on and your unique running number.

Indicating whether or not you speak Welsh to allow for ease of Welsh communication across the race.

Don't forget you'll need to use 4 safety pins to secure your bib in place.

Running Number & Timing Chip

Your race pack contains a running number with an embedded timing chip. Pin the running number to the FRONT of your vest or t-shirt before the race to ensure your finish time is recorded.

The timing chip will enable us to provide you with a 'chip time' (beginning when your running number crosses the start line).

YOU MUST FILL IN THE EMERGENCY DETAILS ON THE BACK OF YOUR NUMBER.

GETTING HERE

Located in the south-east of Wales, Cardiff is a compact, friendly capital that is easy to access and easy to explore. It's a city of unique attractions, world-class sport stadiums, lively entertainment and a vast range of accommodation all within easy walking distance.



Travel & Parking

Thousands of people will be aiming for the start line on Castle Street on the morning of the race, so we encourage allowing plenty of time to get there ahead of the 10:00am start – or better still, making a weekend of it and arriving the day before (or sooner!).

We encourage sustainable travel, such as public transport, lift sharing or **arriving by bike** if possible – and offer a pre-bookable park and walk facility at the **Cardiff City Football Stadium (CF11 8AZ)** and a **free bike park in the event village**.

Visit www.cardiffhalfmarathon.co.uk/travel for advice on arriving on foot, by bike, on the train, a bus, plane or for parking if you are travelling by car.

Running groups arriving in buses can also park for free at the stadium. This must be pre-booked online.

Transport for Wales will be putting on extra train services on race day, giving thousands of runners the opportunity to catch the train in for the start. Check the website for the most up to date timetable in the lead up to the event.

Accommodation

If you're wondering where to stay in Cardiff then you might be spoilt for choice. Whether you're looking for hotels, hostels or self catering, there is plenty of choice for places to stay both in the city centre and in Cardiff Bay; from 5-star luxury to beds on a budget.

Visit www.visitcardiff.com/stay to see what's on offer.



TOP TRAVEL TIPS

- **Leave your car at home!**
Travel sustainably and consider car sharing or public transport via train or bus wherever possible.
- **Avoid driving into the city centre** to avoid congestion.
- **Travel by bike** for the perfect warm-up and use our bike park in the Event Village.
- **Consider travelling the day before** and allow plenty of time to arrive before the race start; late starters will not be permitted to take part.
- **Check out our road closure maps on our website** before you travel to find out which roads to avoid.
- **Pre-book a park and walk space at Cardiff City stadium** to guarantee yourself parking.

Visit cardiffhalfmarathon.co.uk to sign up.



THE START

Baggage

A baggage facility will be available before the race, open from 08:30am. It will be located on Museum Avenue near the Event Village in the Civic Centre. Runners can deposit one bag, which must display a baggage label (which is a tear-off strip on the bottom of your race number). No bag should be larger than a small backpack. Valuables are left at your own risk.

Toilets

There will be several banks of toilets around the Civic Centre in the Event Village, on the way to the start and near the starting pens, as well as within the first mile of the race and at each water station.

Race Times & Timing Pens

The Oysho Cardiff Half Marathon will start on Castle Street from 10:00am on Sunday 5 October, with the elite wheelchair race beginning at 09:57am.

The race has a staggered start to ensure all runners cross the start line safely. The white, green and red start is at 10:00 (pens open at 09:15) and the blue, purple and yellow start is at 10:10 (pens open at 09:40).

The solid background colour of your race bib (either white, green, red, blue, purple or yellow) dictates your starting pen and race start time.

Please assemble at the back of your colour-coded pen, indicated via the coloured flags. You must assemble in the correct start pen for safety reasons and cannot move forwards a pen, only backwards.

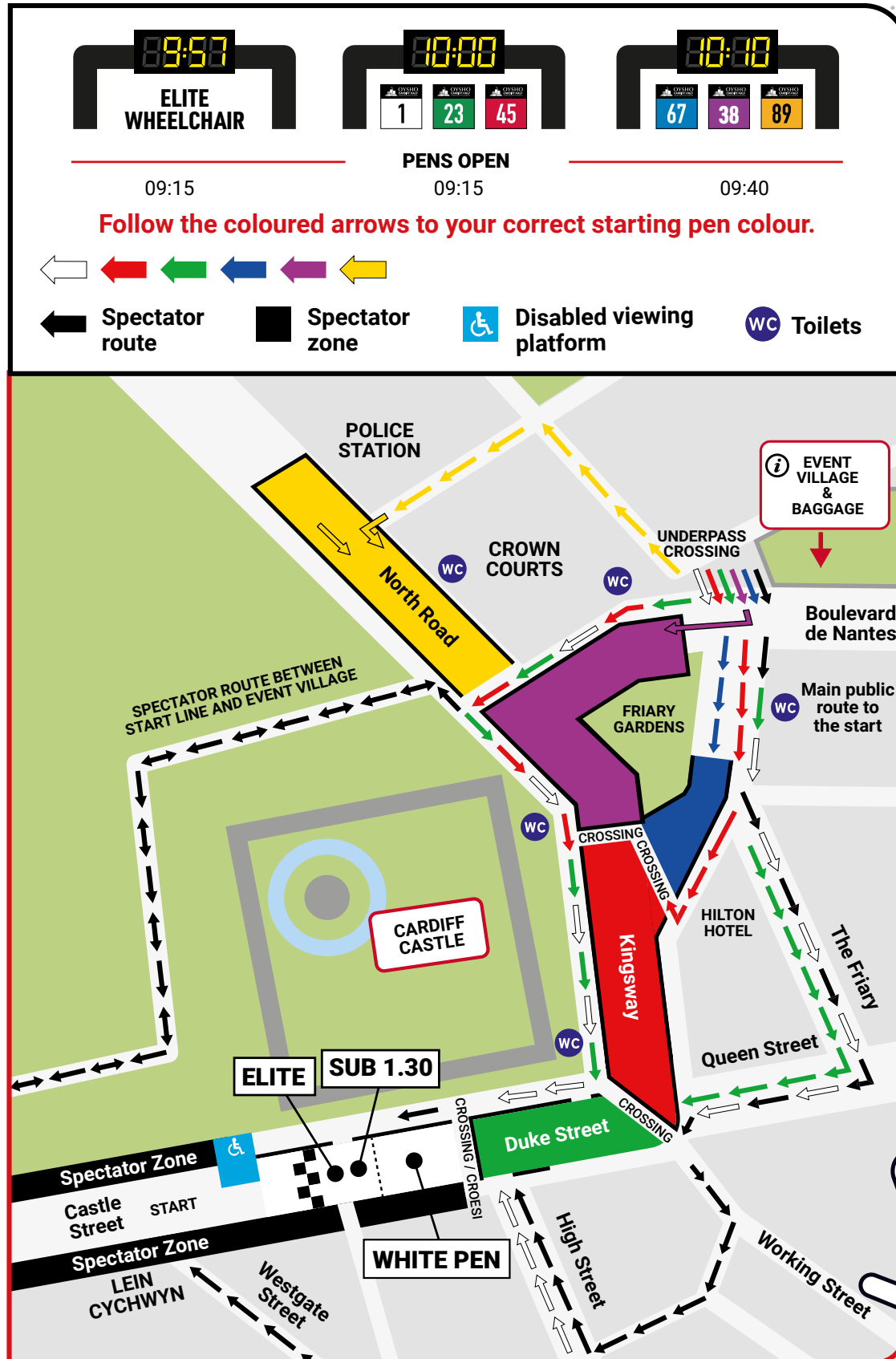
The white pen is further sub-divided into elite and sub 1:30 areas on the morning of the race according to your race number and predicted time.

Quiet Space

A neuroinclusive space for runners, supporters and their families. Will be available to use before, during and after the race.



START MAP & WAVE TIMES



DURING THE RACE

Cut Off Time & Road Re-Opening

The event carries a 4 hour cut off time, to ensure roads can safely re-open within a reasonable time frame to minimise impact on the city.

If runners fall behind the required pace to finish in this time a sweep vehicle will collect them. Those wishing to continue must do so on the pavement (as roads re-open) and do so at their own risk – no longer as a part of the event.

Your Safety

If at any time during the race you feel unable to continue, please stop, rest and locate the nearest marshal.

Medical teams will be on hand around the course, as well as at the start and finish areas. There is an event medical centre located directly at the finish line if you require treatment and a walk-in medical facility in the event village.

Spectators looking for lost or injured participants should report to the event information tent in the event village on City Hall Lawns.

It is your responsibility to advise us if you have any special medical conditions and to ensure the medical information on the back of your race number has been completed.

In the unlikely event of a major incident, the Race Director and Emergency Services have the right to:

- Alter or shorten the route, but still provide the race if possible.
- Stop the race at any time if deemed necessary to protect your safety.



[www.cardiffhalfmarathon.co.uk/
get-race-ready-fast/medical-
nutrition/](http://www.cardiffhalfmarathon.co.uk/get-race-ready-fast/medical-nutrition/)

Unwanted Clothes & Lost Property

If you lose something before or during the race, head to the event information tent in the Event Village where there will be a lost property point. Beyond race weekend, contact us via email at cardiffhalfmarathon@run4wales.org

Where possible, please avoid leaving clothes at the start. Any unwanted clothes left behind will be donated to Play it Again Sport.

www.playitagainsport.wales

Pacers

Pacers will be running with sail flags that correspond with the following times: 1:30, 1:45, 2:00, 2:15, 2:30, 2:45, 3:00, 3:30 and 4:00.

Look out for them in your starting pen, they are a friendly bunch and there to enhance your experience and help you achieve your goal finish time!

Photography & Video

Our Photography Partner, Marathon Photos will be bringing you live photos during the race! As soon as a photographer takes your photo, it will be live to view and purchase at marathonphotos.live

Spectators

There are a number of brilliant locations around the course to watch the race, but spectators should take care at all times, use the crossing points provided and take heed and advice of marshals. You'll find a dedicated spectator guide in your race pack that your loved ones can use for advice on the best places to cheer you on.

Course Entertainment

There will be a number of bands, entertainers and cheer stations situated around the route to offer you musical encouragement.

The Principality Rainbow Roundabout at Roath Park, brought to you by Principality Building Society and Pride Cymru will return for 2025. Please be mindful of the speed bumps in this part of the course.

There will also be a vibrant charity cheer zone situated in Roald Dahl Plass and an energetic 'Pump-up Point' along Corbett Road providing a boost towards the finish line. Check out your spectator guide for more tips on what to expect around the course.

Drink & Energy Stations

Water (Brecon Carreg), energy gels (HIGH5) and energy drinks will be available around the route.

Station locations are indicated on the course map.

There will be cupped water at the final water station at Wild Gardens Road off Lake Road West.



See our top tips on how to drink from a cup here.

Live Tracking

With our official live tracker app you can inspect the route pre-race, find out where to watch and track participants on race day with full Google Maps functionality. Find out more and download at

www.cardiffhalfmarathon.co.uk/live-tracking

ROUTE MAP



AFTER THE RACE

Finish Line & Commemorative Items

After finishing the race please continue moving through the finish line and post-finish area to collect your commemorative items (medal, water, finishers t-shirt if not pre-collected and food/drink items) to avoid congestion.

Medical staff will be on hand for anyone who needs medical attention.

Finisher t-shirts available between XS and 2XL sizes will be given out to the ratio of sizes requested at point of entry, therefore we cannot guarantee that your requested size will be available if others who finish ahead of you change their mind on the day.

Due to the ordering of accurate t-shirt numbers, if you swapped your tee for a Climate Action Fund donation, you will not be able to change your mind on the day.

We kindly ask all participants to collect the size they requested.

Meeting Points

A-Z meeting points will be positioned by the Crown Court on King Edward VII Avenue by the City Hall.

Elite Race Presentation Ceremony

The prize ceremony will take place at 11:30am near the finish line. Prizes will be awarded to race winners. For details of prizes visit cardiffhalfmarathon.co.uk

Changing Facilities & Showers

Male and female changing areas will be on offer at the baggage tents.

Shower facilities will be available at Sport Wales in Sophia Gardens for a £2 charity donation to the NSPCC, payable at reception.

Physiotherapy

The Cardiff University Inspire Physiotherapy Programme will be providing physiotherapy services both before and after the race from the massage area in the event village.

The service is free for all participants and is the perfect place to massage any pre-race niggles or work away the aches and pains after the race.

Lost Children & Vulnerable Adults

If you have lost a person or find a lost person on event day, please report it as soon as possible to the nearest event steward, security staff or police on site during the day. Alternatively, report to the event info tent at the back of City Hall Lawns where lost persons will be looked after or reported.

Event Village

Head to the Event Village on City Hall Lawns after the race to soak up the atmosphere, enjoy some entertainment, get a free massage or grab some tasty street food. Keep an eye out for exciting Welsh language bands on the stage curated by Menter Caerdydd; as well as a range of activities and the NSPCC trombone ensemble.



VENUE MAP



FUNDRAISING TIPS

It's not too late to fundraise!

Around half of all donations are made in the month before an event, so now is a great time to ask for support with your half marathon fundraising.

Enthuse are the official online fundraising partner of the Oysho Cardiff Half Marathon and they've shared five quick and easy tips to help you raise as much money as possible for your chosen cause.



1. Picture perfect

The best place to start is with a picture of yourself to reassure friends and family they're donating to the right person. Fundraisers with a profile picture raise 182% more on average.



2. Tell your story

When someone lands on your profile page, they may well know you but they might not know much about your chosen charity or what it means to you. Profiles that have a story raise 238% more on average, which is why it's an important step not to miss.



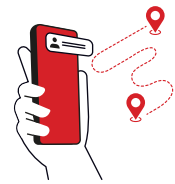
3. Self donate

Donating to your own fundraising page not only helps bump up the totaliser, but it shows everyone how committed you are to your cause and helps set the tone in terms of the amount others give.



4. Share your progress

Fundraisers who post an update raise 75% more on average. Whether it's posting a run from Strava or sharing your latest news, adding progress updates is a great way to keep people in the loop.



5. Show your gratitude

Did you know that saying thanks pays off? Fundraisers who say 'thank you' have 43% more donors on average. Every time a donation comes in you'll be notified by email. All you'll have to do is log in, hit reply and tell them what their donation means to you.

Visit our [Enthuse fundraising platform](#) to start fundraising.

Oysho Cardiff Half Marathon 5 October 2025



Good luck
#TeamMind!

It's not too late to join the team!
Visit mind.org.uk/cardiffhalfmarathon



Thank you to everyone who has joined #TeamMind and is fundraising for mental health. You're amazing.

**Best of luck
for race day!**



**We're Mind. We're here to
fight for mental health.**

Registered charity in England (no. 219630) and a registered company (no. 424348) in England and Wales.

WHO ARE OYSHO & NSPCC

Meet our title sponsor and lead charity partner

OYSHO

Oysho is an international sports and leisure brand committed to innovation, quality, and sustainability. They offer a wide variety of technical collections designed to achieve maximum performance and comfort during sports practice. In addition, their leisure collections are committed to functionality and versatility, adapting to any situation and need.

Oysho will also be providing participants with this year's race t-shirt with the opportunity to collect on Friday or Saturday at the Event Village!



NSPCC

C Y M R U | W A L E S

NSPCC are leading the fight against child abuse in Wales, and across the UK and Channel Islands. They help children who've been abused to rebuild their lives, protect children at risk, and find the best ways of preventing child abuse from ever happening.

Visit the NSPCC stand in the Event Village to find out more about the important work that they do.

THINGS TO DO IN CARDIFF

From exploring the history of Cardiff Castle to wet and wild water sports in Cardiff Bay, the Welsh capital has plenty in store for those visiting on race weekend.

Check out our top things to do:



Tour the historic Cardiff Castle.



Catch a show at the Wales Millennium Centre.



Get a taste of Welsh produce at the Victorian Cardiff Market.



Explore our Victorian and Edwardian shopping arcades.



Take a boat tour around Cardiff Bay.



Go rafting or paddleboarding at Cardiff International White Water.

- Learn more about Wales at one of our fantastic free museums – National Museum Cardiff or St Fagans National Museum of History.

- Visit the fairy-tale Castell Coch.
- Take a Boat Trip to Flat Holm Island.

- Book a Principality Stadium Tour – the home of Welsh rugby.





SATURDAY 4 OCTOBER

Cardiff City Hall

Kick start your race weekend with the whole family at Cardiff Half Junior, guaranteed to be a thrilling start to the Oysho Cardiff Half Marathon.

It's all part of R4W Next Gen; a re-imagined series of family events that aim to inspire a future generation of healthy, active adults.

There's something for every age and ability included a no-pressure, family-focused **Fun Run**, a **Toddler Dash** for those taking their first steps into physical activity and a **Future Challengers** race for talented young athletes and junior club runners looking for an accessible and competitive race.

Pre-registration for this popular event is essential, so visit our website to find out more or book your space.

SO, WHAT'S HAPPENING

Whether you're running for times, to fundraise or to simply have fun, there's something for everyone!

Toddler Dash

Time: 10:30am

What's Involved: A fun 50m dash aimed at children aged three and under.

What's Included: An adorable mini CHM Junior race number to wear on the day and commemorative finisher's sticker.

Price: A £2 donation to charity partner NSPCC.

Future Challengers

Time: 11:00am (Boys U11/U13), 11:15am (Girls U11/U13), 11:30am (U15/U17s Mixed)

What's Involved: A race for club athletes and competitive runners aged between 8-17 years looking to race.

What's Included: Chip timing and medal.

Price: £12

Fun Run

Time: 11:45am

What's Involved: A fun 2.4K race for all the family, with no pressure on setting fast times or running all the way around. Accompanying adults welcome! (and required to run with all children under 8).

What's Included: Chip timing and medal.

Accompanying Adults: Those who do not wish to receive a finisher's medal or official finish time may purchase a cheaper 'accompanying adult' entry for just £3.

Price: £12

NSPCC Story Time

Time: 11:25am

Where: The NSPCC Event Village Stand

What's involved: The NSPCC team will be hosting a reading from their new Pantosaurus book, in a fun and interactive show.



Good Luck Team BHF!

Every Team BHF runner has a story, a reason for running. Whatever your reason, every step helps power breakthroughs in lifesaving research.

Together, we can give people more time with the ones they love.

bhf.org.uk/cardiffhalf



Reg charity nos: No. 225977 in England & Wales, No. 104746 in Scotland, & No. 104746 in the Isle of Man.



*Diolch
Thank you*



to our incredible team of 450 runners who are putting in the miles to make a difference to people affected by cancer in Wales.

"The help we got from Tenovus Cancer Care was invaluable. It took a lot of stress out of what is a very worrying time. Just a big thank you for all the help and support" -

Tenovus Cancer Care service user

Join us as an own place runner

Get all the same benefits, but with no minimum fundraising target.

Contact us at
fundraising@tenovuscancercare.org.uk



tenovus
cancer care
gofal cancer

Fundraising for Tenovus Cancer Care, Reg Charity No. 1054015



Thank you

#TeamMND!

On behalf of the 5,000 people living with motor neurone disease (MND) in the UK right now, good luck and thank you to our runners taking on the Oysho Cardiff Half Marathon!

It's not too late to join our team! You'll be helping us improve access to care for people living with MND and funding vital research to bring us closer to finding a cure.



Join #TeamMND and you'll receive a FREE running vest or technical t-shirt.

Scan the QR code or visit:
www.mndassociation.org/cardiffhalf



Registered Charity No 294354



Making your mark at the Oysho Cardiff Half!

Well done to the incredible fundraisers who've already raised hundreds of thousands for good causes.



Haven't started collecting donations yet? Set up your fundraising page today.



Official online fundraising partner