

10 CILOMEDR CAERFFILI

Bryn Meadows

CAERPHILLY 10K

Gwybodaeth am y Llwybr

- Bydd gorsaf ddiodydd wedi'i lleoli wrth y pwyntiau 4 cilomedr a 7.5 cilomedr ac wrth y llinell derfyn.
- Bydd angen i ymgeiswyr gyrraedd Pentref y Digwyddiad erbyn 9.30am.
- Bydd cyfleusterau toiled dros dro wrth y llinell gychwyn/derfyn a chyfleusterau cawodydd a newid cyfyngedig wedi eu lleoli ar Heol y Cilgant.

Route Information

- There will be a drinks station located at the 4km and 7.5km point and at the finish line.
- Entrants will need to arrive at the Event Village by 9.30am.
- There will be temporary toilet facilities at the start/finishing line and limited shower and changing facilities located on Crescent Road.

