



## Cardiff

# Half Marathon 2022



## The start line is in sight

**Training, planning, blisters – half marathons aren't easy. But you're doing great. You've made it this far, and we know you can go the distance. And if you need motivation, remember that every mile you run will help change children's lives.**

To help, we've put together some training tips and all the information you need to know for the big day. We'll see you at the start line.

### Your race day checklist

- |   |  |
|---|--|
| <input type="checkbox"/> Running shoes – but not a brand new pair.  | <input type="checkbox"/> Plenty of plasters.   |
| <input type="checkbox"/> Race number – this is in your race pack from the event organiser.  | <input type="checkbox"/> Vaseline/chafing gel.   |
| <input type="checkbox"/> Clean socks.   | <input type="checkbox"/> Drinks or snacks for the finish line or during the race, if you've trained with them. |
| <input type="checkbox"/> Your NSPCC running vest with your name on the front so we can cheer you on.  | <input type="checkbox"/> Safety pins.  |
| <input type="checkbox"/> Something to keep you warm and dry before the race – choose something you don't mind leaving at the start line, or a bin bag to keep rain off. | <input type="checkbox"/> Race map and instructions.  |

# Getting race ready

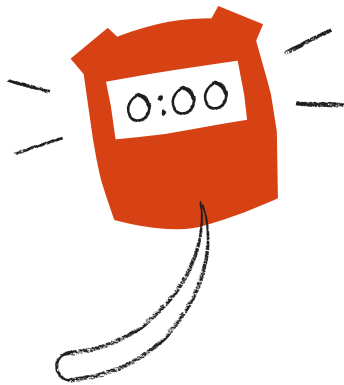
## The final countdown to the big day

### 2 weeks to go

#### Stay in control

Keep your routine up but don't tire yourself out with any tough workouts. Iron on the letters to your NSPCC vest. If this goes wrong, don't worry – we have time at this point to send you some new ones.

You should have now received your race pack but, if not, get in touch with the race organiser directly – you'll be able to find contact details on their website.



### 6 days to go

#### Short and slow, or rest

Focus and stay calm the week before the race to stay illness and injury free. You should be rested, relaxed and ready to go the distance.

### 3 days to go

#### Do a short, easy run and try not to get stressed

It's normal to feel pre-race nerves, so stay focused and well-prepared. Download our kit checklist to pack – better to overpack than want something you've left at home.

### 5 days to go

#### Short interval

Limit training to four three-minute runs at race pace and get some early nights. This is important in race week – you've got to protect your immune system.

### 4 days to go

#### Do a very short, easy run, or rest

Plan out your day, including how you're getting to the start and when you'll need to arrive. Check out the route map from the event organiser on their website.

Make sure your supporters have all the details so they know where to cheer you on and meet you at the end.

### 1 day to go

#### Relax

Have carbohydrates for lunch, and eat your evening meal early – but don't overdo it. Make sure your kit is ready and pin your number to your vest. Good luck!

### \* Top tip

We know that your friends and family might want to find their own spot for cheering, so why not order a cheer pack from the shop and make sure that you've made a plan where you'll be able to see your loved ones on the course!

You can order an NSPCC cheer pack from our [online shop](#).

The pack contains a banner, whistles and clap banners – everything needed to make lots of noise!

# Keeping everyone safe

The race organiser and partners have been working hard to make sure runners and spectators are safe on the day. Please be aware that things might be a little different to what you've been used to if you've run in the past. The start times, set-up at the starting area, bag drop and other parts of race day may have changed so please make sure you've read the race day guidance carefully. Everything you need to know can be found in your race pack or on the [race organiser's website](#).



## It's race day

**The big day is here. Race day morning can be hectic, so we've put together some final tips to help.**

- Be sure to familiarise yourself with key timings, transport instructions and safety measures for the event – you can find this information in your race pack or on the race organiser's website.
- Have your breakfast two to three hours before the race, but don't go crazy on carbohydrates and fluids.
- Don't worry if you don't move when the gun goes. Your chip only starts recording your time when you cross the start line.
- Focus on running your mile splits as relaxed and comfortably as possible.
- If you hit a low, stay positive and keep moving forwards.

### Start area:

Castle Street near Cardiff Castle

### Key timings:

The Cardiff University Cardiff Half Marathon will start from 10:00am on Sunday 02 October on Castle Street.

The race has a staggered start to ensure all runners cross the start line as safely as possible. Late starters will not be permitted to take part.

You should have received a final instructions brochure from the race organisers in your race pack. Please use this for any further details.

### \* Race day tip

You have been allocated an arrival time and a start time. You are allowed to drop baggage off as you go through the arrival zone. We can't keep bags for you in the NSPCC tent, unfortunately.

# Where we'll be cheering you on

We'll have two cheer points on route, to spur you on mile after mile. You'll see us at mile 4.5 and 6. These are great places for your friends and family to cheer you on too!

LAKE SIDE

ROATH

CARDIFF  
QUEEN STREET

CATHAYS

START

FINISH

CARDIFF  
CENTRAL

CARDIFF BAY

CARDIFF BAY

SPORTS  
VILLAGE

MAINDY

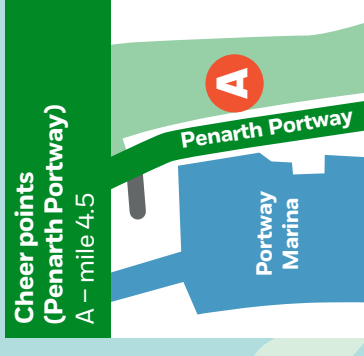
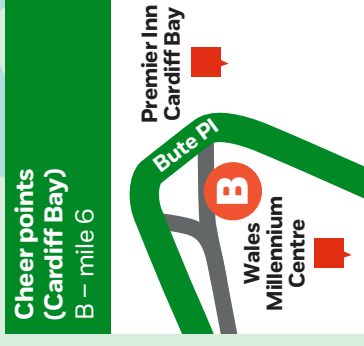
GRANGE TOWN

RIVERSIDE

COGAN

PENARTH

NINIAN  
PARK



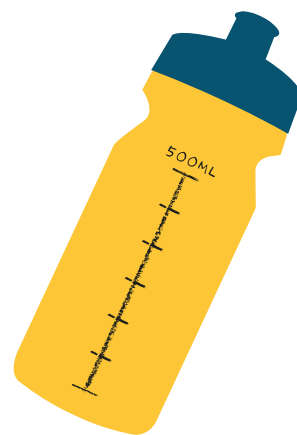
There will be a photographer there on the day, so make sure you smile! We may use these photos for marketing future events online and in print for a period of 5 years. If you do not wish your photograph to be taken or used, please email [running@nspcc.org.uk](mailto:running@nspcc.org.uk) so that we can make the necessary arrangements.

# The post-race celebration

And relax...you've powered through 13.1 miles and we reckon you've earned a break at our post-race marquee – look out for the NSPCC banners!

All our runners can get a well-deserved rest and refreshments. To reduce touch points, we will have a packed snack bag for each runner rather than a buffet-style table. You can enjoy the refreshments in the marquee or take away with you. The charity village also has places that your friends and family can get drinks and food.

**Most of all you can feel proud that you've done something amazing for children.**



## \* Post-race tip

Arrange to meet your supporters at the NSPCC marquee in case mobile phone reception is patchy at the finish line.

# AWESOME!





# Racing towards your fundraising finish line

Every pound you raise will make a massive difference in our fight for every childhood. So here are some top tips to boost your fundraising.

## Make sure your online giving page is up to date

If you've already reached your fundraising target, why not increase it and encourage your friends and family to give a little more? Find tips on making your page great on the [#TeamNSPCC hub](#)

## Shout about it

Use social media, Whatsapp and work email to keep sharing your fundraising page because some people will only donate on the fourth time they're asked! Time it right – after payday is a good time to send a reminder.

## Get social media savvy

Facebook, Instagram, Twitter, whatever your platform of choice, social media is a great way to spread the word and ask for donations. And, we've got some top tips and handy tools to really help your fundraising posts sing. [Take a look.](#)

## Make a playlist

Let your friends and family know that they can add a song to your race day playlist in return for a £2 donation.

## Host a post-race celebration BBQ

Invite friends to a BBQ in your garden and ask for a donation for the food, drinks and fun. It's a great chance to show off your medal.

## Any questions?

Visit the [race organiser's website](#), the [#TeamNSPCC hub](#) or email [running@nspcc.org.uk](mailto:running@nspcc.org.uk)