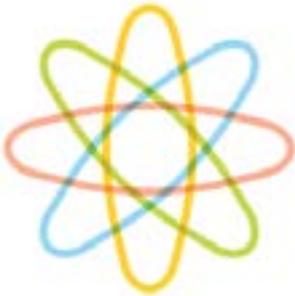


Cardiff Half Marathon 2019 - Diverse Cymru Team Pack



diverse
cymru
Promoting equality for all





Dear Runner,

Thank you for joining the Diverse Cymru Cardiff Half Marathon 2019 team!

The event takes place on Sunday 6 October, is Wales' largest mass participation event and the UK's 2nd largest half marathon with 25,000 people taking part.

This will be Diverse Cymru's first time participating and we want to raise as much money for the organisation as we can and ask that each runner commits to raising a minimum of £250 for the charity.

All money raised through your fundraising will go towards the delivery of our services and will help us to continue to support vulnerable people across Wales through our BME Mental Health, Advocacy and Direct Payments support for disabled people.

The team is made up of runners of varying experience and will offer different challenges to each of us.

By running, walking and jogging, we hope that we will all enjoy the day, the carnival atmosphere and the enormous sense of achievement at crossing the line!

Marketing & Fundraising

We will be setting up a dedicated page on the Diverse Cymru website and if you would like to write any updates or blog posts about how your training is progressing, please get in touch.

We have set up a dedicated Diverse Cymru Cardiff Half Marathon Just Giving page

You can set up your own Just Giving fundraising page through this page, that way we can track our fundraising efforts and motivate each other.

You will then be able to invite your friends and family to support you via the page through social media. If you don't want to set up an individual fundraising page, you can always ask friends and family to use the main page to donate.

We hope that this event will increase our profile, as well as raise much needed funds for the organisation so please feel free to direct people to our page via social media, useful hashtags are:

#diverseccymruruns – our own hashtag
#runthediff – the official Cardiff half marathon hashtag

Health Check

We strongly suggest that you have a check-up and discuss your plans with your GP before you begin training towards the Half Marathon. Even if you are feeling fit and healthy, it is worth getting checked out before you begin.

Once you have the all-clear from your GP, please ensure that you train in suitable clothing and footwear to minimise injury risks.





Training

There are excellent online guides and resources to help you train towards the Half Marathon. A quick google search will produce a range of resources that contain schedules leading up to race day and taking between 8 – 16 weeks.

It is important to research into choosing a guide that is right for you. If you are new to running or have previously run 5/10k, then a beginners guides could help. If you have already run a half-marathon and are in good physical shape, Intermediate training guides will be useful.

One of the most comprehensive guides that I have found is: [mstrust](#)

Larger charities produce resources for fundraisers undertaking running challenges, including tips and information on training plans, footwear, nutrition and motivation.

Similarly, specialist running and fitness publications and websites may provide us with some useful advice:

Runners World
Women's Running
Men's Running

Apps

The phenomenally successful Couch2-5K will take the beginner runner from zero to running 5 Kilometres in 8 weeks.

A quick search on the Appstore has brought up a number of payable apps that contain Run/Walk plans for beginners and for those who already have some experience, covering the 13.1 mile distance.

Clubs & Races

You may want to join a running club or run with a friend to help with motivation. IRunWales is new network of free running clubs across the country that meet regularly.

Many of the clubs are for new and beginner runners and are supportive places. Find your nearest club here on the IRunWales website.

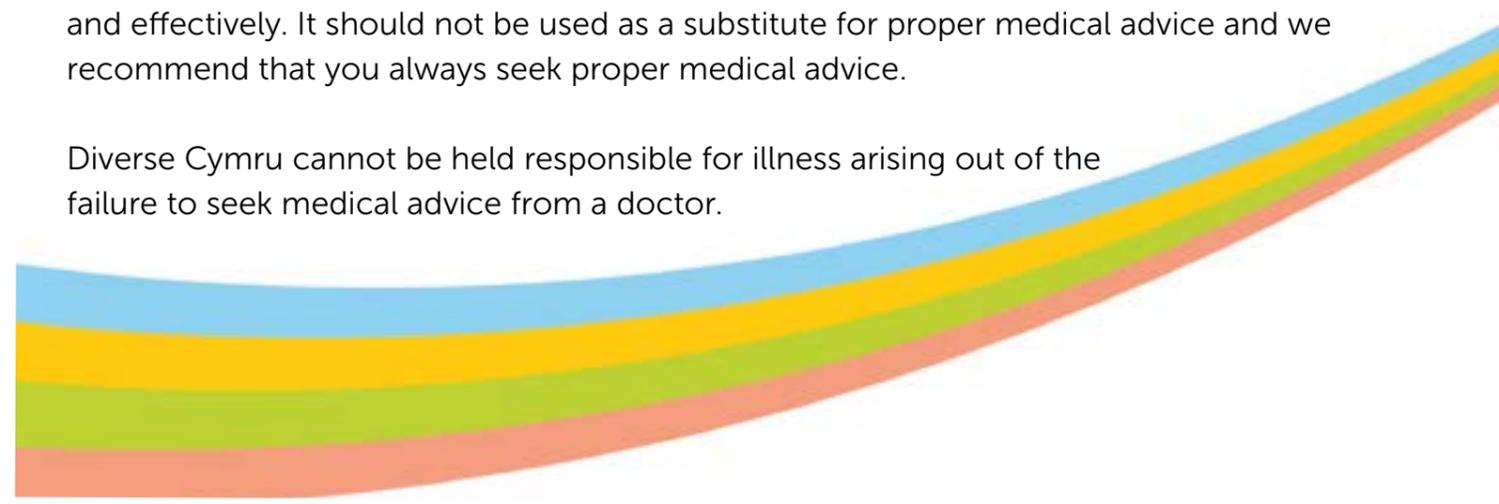
Park Run organise free, weekly 5km timed runs and could be a very useful addition to your training schedule. Local Park run's happen every Saturday morning at 9am at Blackweir on the Taff Trail and at Grangemoor, Grange-town. See the Park Run website for more information

Closer to the time and if people will find it useful, we may suggest that we all take part in one of the many 10K races that happen in Cardiff, but more of that to come.....

*Disclaimer

The contents of this pack are to help you to prepare for the Cardiff half marathon safely and effectively. It should not be used as a substitute for proper medical advice and we recommend that you always seek proper medical advice.

Diverse Cymru cannot be held responsible for illness arising out of the failure to seek medical advice from a doctor.



FAQs

How many runners will be taking part?

Cardiff University Cardiff Half Marathon is the second largest half marathon road race in the UK with 25,000 runners taking part. This is the first year that Diverse Cymru has created a team and we will have at least 10 team members taking part.

Is there a minimum age?

Yes, the minimum age requirement is 18 years of age on the day of the race.

How do I apply for a place?

If you would like one of our fundraiser places, you will need to contact us on 029 2036 8888 or email info@diverse.cymru.

If you would like to purchase a place yourself and then fundraise for Diverse Cymru, visit the half marathon website

How much money do I have to raise?

You will need to pledge to raise £250 in sponsorship (not including Gift Aid).

If you have secured your own place there is no set target and we just ask you to raise as much as you can. Our official Just Giving fundraising page can be found [here](#) and gives the opportunity for you to create your own fundraising page linked to the main page.

What support will Diverse Cymru give?

If you join the team you will receive a training and fundraising pack with lots of advice. We will keep you updated with any relevant updates and can provide you with ideas and support for your fundraising.

Although we will be a small team of runners, we will have a larger presence on the day with many of our supporters there to provide encouragement and to cheer you on!

Am I fit enough?

We strongly suggest that you have a check-up and discuss your plans with your GP before you begin training towards the Half Marathon. Even if you are feeling fit and healthy, it is worth getting checked out before you begin.

You'll then need to train hard as half marathon running is a challenge to most runners! You will need to be able to complete the course in less than four and a half hours.

Do I need any specialist equipment?

You will need a good pair of running trainers and appropriate sport wear i.e. running top, running leggings, shorts etc.

What happens if I'm injured or need to withdraw?

We hope that this won't happen but, if you are injured before the event and need to withdraw please contact Diverse Cymru as soon possible as we will hopefully be able to allocate your place to another fundraiser.

Where can I find out more about on the day logistics? You can visit the official half marathon website.

If you have any further questions at all, please contact us on 029 2036 8888 or send an email to info@diverse.cymru

