

# Volunteering with Run 4 Wales



**You don't have to run to get involved**

[volunteers@run4wales.org](mailto:volunteers@run4wales.org)



02921 660 790



[www.run4wales.org/volunteering](http://www.run4wales.org/volunteering)



## VOLUNTEERING AS A GROUP



**“Volunteering teaches youth important life skills that aren't always easy to teach in school. They learn hard work ethic and gain confidence to engage with people from all walks of life and to give back to the wider community.”**

Extra Miler and PCSO Amy Hughes

Run 4 Wales relies on the support of volunteers to deliver our events and create an extra special day for runners and spectators.

Our volunteering community, also known as the Extra Milers, is made up of individual volunteers, community groups and young person groups. We welcome everyone to get involved!

- ✓ An experienced R4W supervisor looks after each volunteering team
- ✓ We'll advise the best volunteering role for your group to achieve their volunteering aims
- ✓ All our volunteer roles are risk-assessed
- ✓ We hold full Public Liability Insurance
- ✓ We aim to make volunteering accessible for all

## 2026 VOLUNTEERING OPPORTUNITIES

GetPRO

**Bath half**

**Sunday 15<sup>th</sup> March**

**400 volunteers needed**

New to the R4W calendar is Bath Half, first held in 1982. Now owned by London Marathon Events and delivered in partnership with R4W!

**NEWPORT MARATHON FESTIVAL**  
CITY MARATHON EXPERIENCE

**Sunday 19<sup>th</sup> April**

**250 volunteers needed**

Welcoming over 5000 runners, the Newport Marathon Festival offers something for everyone, with marathon, half marathon and 10K options.

**BARRY ISLAND 10K**  
IKYNYSY BARRI

**Sunday 17<sup>th</sup> May**

**150 volunteers needed**

Back for the 6<sup>th</sup> edition, the Barry Island 10K, a great day out at the seaside for everyone involved! Runners love the fairground start and coastal finish.

**PORTRCRAWL 10K**

**Sunday 5<sup>th</sup> July**

**150 volunteers needed**

The Portcawl 10K race takes place on closed-roads. Starting and finishing on the seafront, this is one for all the family!

**RABBIT RUN WALES**

**Sunday 18<sup>th</sup> July**

**50 volunteers needed**

A stunning 12K, 40K and Junior trail races that offer the unique opportunity to run on the private grounds of the Merthyr Mawr Estate.

**CARDIFF CDF 10K**  
CAEROYDD

**Sunday 6<sup>th</sup> September**

**150 volunteers needed**

Now a popular highlight on the R4W calendar, CDF 10K boasts a fabulous city centre route, taking runners on a tour of Cardiff city highlights!



**Saturday 3<sup>rd</sup> October**

**50 volunteers needed**

Cardiff Half kicks off with a morning of entertainment and running for all ages and abilities, from toddlers to families, including young club runners.

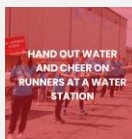


**Sunday 4<sup>th</sup> October**

**650 volunteers needed**

One of the largest road races in the United Kingdom as well as one of Europe's largest half marathons, Cardiff Half is at the core of the R4W event season. It attracts a field of over 27,500 runners alongside world-class athletes with fiercely contested men's, women's and wheelchair elite races. It is also part of the SuperHalves European series, which includes races in Berlin, Prague and Lisbon.

## VOLUNTEERING ROLES



**HAND OUT WATER AND CHEER ON RUNNERS AT A WATER STATION**

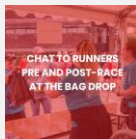
Groups are invited to host a water station around the course. Tables of water are set up along the race route, ready to rehydrate runners as they pass by. Suitable for young person groups aged 14+



**DIRECT RUNNERS AROUND THE COURSE**

Course marshals work in small teams to look after a sector of the course, directing and motivating runners as they tackle the course.

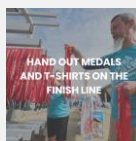
Suitable for volunteers aged 18+



**HAND OUT PRE AND POST-RACE BAGS AT THE BAG DROP**

The runners bag drop is located near the start-finish area, providing volunteers the opportunity to meet runners before and after the race.

Suitable for young person groups aged 12+



**HAND OUT MEDALS AND T-SHIRTS ON THE FINISH LINE**

The finish line volunteer team congratulates finishing runners, handing out water, medals and t-shirt. Volunteers will help to set up the area while runners are tackling the course.

Suitable for volunteers aged 18+

## HOW TO GET INVOLVED

**SEND US AN EMAIL TELLING US MORE ABOUT YOUR GROUP**

**WE'LL TELL YOU ABOUT UPCOMING VOLUNTEER OPPORTUNITIES**

**COME ALONG TO THE EVENT AND GET INVOLVED!**

## VOLUNTEER REWARDS

