

THE 2026 PORTHKERRY 5 MT RACE

(20th Anniversary Edition)



RACE DAY INFORMATION PACK

- Please read this document ahead of the race for final race information and important safety and joining instructions.
- Race date & time: Sunday September 20th 2026, 9:30 a.m.
- Additional, general information about the race can be found on the race's web page: <https://penarthanddinasrunners.co.uk/porthkerry-5mt>

Race Entries and Transfers

Registration website: <https://my.raceresult.com/407571/registration>

- Entries and transfers are now closed. There will be no on-the-day entries.
- The participant list for the main race (and the incorporated South Wales Trail Championship) are available on line: <https://my.raceresult.com/407571/participants>
- If it's necessary to postpone the race due to inclement weather or another reason, then entry fees will not be refunded. If feasible, the race will be re-scheduled to a later date, with runners' entries valid for the alternative date or transferable to another runner.

Race Location and Directions

- [Porthkerry Country Park](#) is located west of Barry (off Park Road), between the town and Cardiff International Airport.
- For satellite navigation or Google Maps, use the **postcode CF62 3BY**. This will take you to the park entrance.
- If using 'what3words', then the park entrance is ///firms.dislikes.propelled.
- The race HQ is in the Forest Lodge (what3words: ///allowable.spring.products) next to the main car park and Café Matteo.



Parking

- The car park is adjacent to race HQ.
- **Please be aware that parking charges apply between 9:00 a.m. and 10:00 p.m.**
- Payments for parking can be made via coins or contactless/chip and pin cards at the payment machines in the car park.

- **Alternatively, you can use the 'PayByPhone' App.** This will mean you won't have to queue at the payment machines and you and others can park up more quickly.
 - The app can be downloaded from www.paybyphone.co.uk, Google Play or the Apple App Store.
- Please see the Vale of Glamorgan Council's '[Parking at Country Parks](#)' website for further information on charges and ways to pay.
- If your club/group is bringing a coach or minibus, then please let us know in advance to ensure space is set aside for your vehicle(s).

Toilets

- Public toilets are available near the race HQ.

Race Number Collection

- Runners can collect their race numbers on the morning of the race from outside the race HQ from 8:30 a.m.
- Numbers will be issued in surname order. Please join the appropriate queue and maintain social distancing. Hand sanitiser will be available at number collection.
- Safety pins will be provided with each number.
- Please remember to write your emergency information on the back of your number as soon as you pick it up.

Key Race Rules

- Race numbers **must** be worn on the front of the runner's clothing and be clearly visible at all times during the race.
- **There is a cut-off time of 1 hour 15 minutes to complete the race (approx. 15 min./mile pace).** Runners exceeding the cut-off time may not receive a result and may possibly be asked to withdraw from the later stages of the race.
- **Runners must not run using another person's number.** Offenders will be disqualified and reported to Welsh Athletics.
- Runners **must** provide their name and emergency contact information and any medical conditions which the race organisers should be made aware of, on the reverse of their race number.
- Runners must be fit to compete on the day of the race. If any runner has any medical issues which they think might put them at risk when running the race, then they should consult their GP.
- All runners must be aged 18 or over on race day.
- Runners must obey marshals' instructions at all times.
- **The wearing of earphones, headphones or similar devices (including bone conducting headphones) is not permitted in the race.** *This rule does not apply to runners with a genuine hearing impairment.*
- The race will be held under UK Athletics' Rules of Competition.

South Wales Regional Championship

- The 2026 race will include a South Wales Regional Championship Race for eligible athletes.
- To take part in the championship race, entrants must:
 1. be affiliated to Welsh Athletics and
 2. have been born in, or have lived for at least the last 9 months in, Bridgend, Cardiff, Merthyr Tydfil, Rhondda Cynon Taf, or the Vale of Glamorgan and
 3. confirm their eligibility during the race registration process.

First Aid Support

- First aid support is provided by Acute Medics. The main first aid station is located at the start/finish, with a rapid response vehicle positioned at the centre of the course and 2 mobile first aid responders situated in the '4 Fields' area of the course.

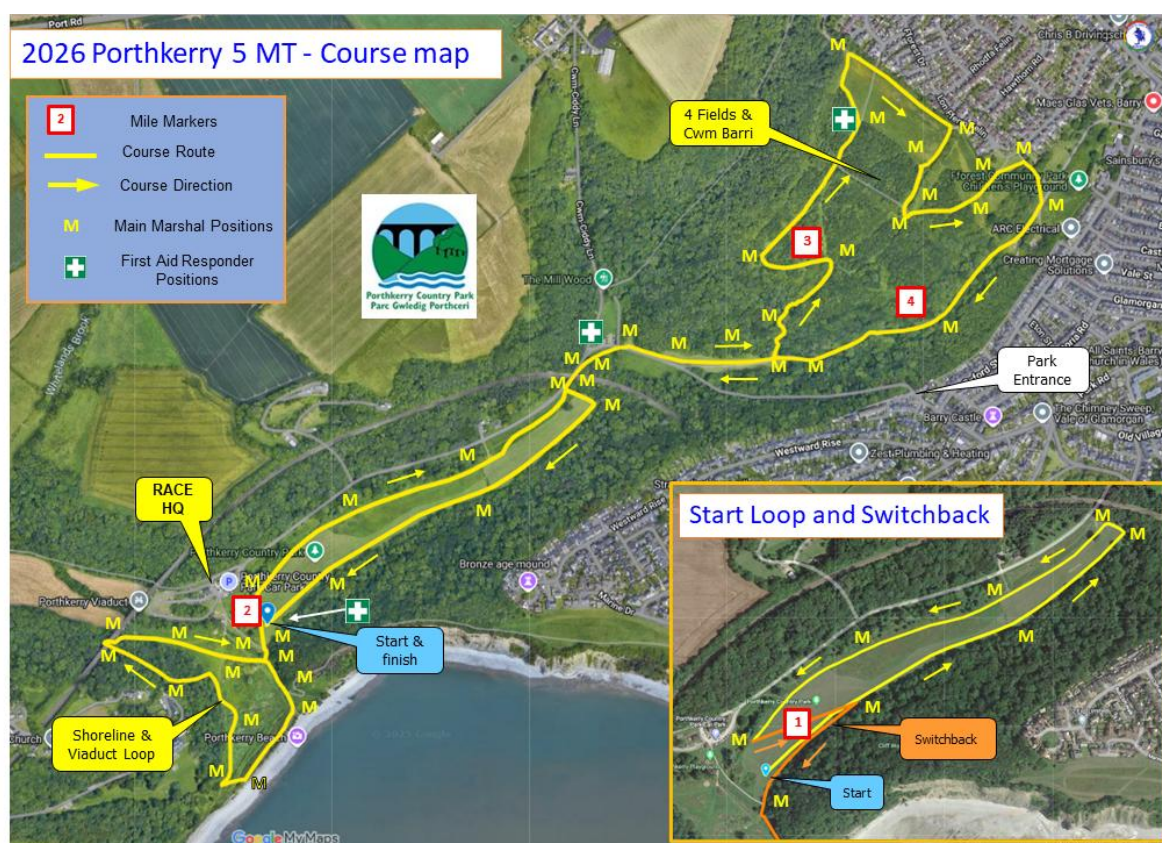
Course Information

- The undulating 5 mile/8 km (approx.) trail course is 95% off-road within the park, on a variety of surfaces and through woodland, fields and meadows.
- See the course map and description below.
- The course is marshalled at all key points, with additional signage to guide runners through unattended sections. The course route, directions and main marshal locations are indicated on the course map. Mile markers will be positioned around the course, with countdown makers in the last half mile.
- First aid support is provided by Acute Medics. Their main first aid station is located at the start/finish area. On-course response is via a centrally located rapid response vehicle and mobile cycle responders in the '4 Fields' area.



Course Map

(Larger version available on the [race web page](#))



Course Description

- The course starts with a full anti-clockwise loop of the main field ('The Meadow') before a short switchback either side of the 1 mile markers.
- It's then briefly out towards the park shoreline, along a short boardwalk section and back inland along the edge of the Viaduct Wood. A left turn leads to a trail in Viaduct Wood, initially via a short sharp climb (watch for tree roots) then a gentle downhill through to Porthkerry Viaduct.
- Two arches of the viaduct form a 180 degree turn back out onto and across the former mini golf course (now being reclaimed) before crossing a shallow trench and boardwalk (carefully, please) and back into the Meadow - just before the 2 mile markers.
- After the Meadow, it's a single file pass under the railway bridge (watch for runners coming the opposite way) and across the main park road - **runners must keep to the left and obey race marshals' instructions at all times in this area**. It's then into Cwm Barri before a climb (quite steep and potentially muddy) up through Mill Wood into the (much flatter) 4 Fields area, levelling off just before the 3 mile markers.
- The course loops around the 4 Fields area on fast grass tracks (narrow in two places), leading via two kissing gates into the top of Cwm Barri. This is a fast, downhill section on a firm stone track (4 mile markers about half way down), levelling out as it approaches the road crossing. It's single file running again to cross the road (**runners must keep left and follow race marshals' instructions at all times in this area**) and to pass under the railway bridge into the Meadow.
- Re-entering the Meadow for the last half-mile, runners will then pass 800m, 400m and 200m count-down markers to help pace that sprint finish!

Traffic Hazards

- Runners cross one of the park roads at the same place in both outward and return directions.
- **Runners must keep to the left and obey race marshals' instructions at all times as they cross the road.**
 - Runners who ignore marshals' directions may be disqualified.

Water and fruit

- Bottled water and bananas will be available just after the finish line to all finishers.

Refreshments

- 'Café Matteo' will be open before and after the race, serving food and refreshments. It has an outdoor decked area with sea views.

Other Facilities

- There are no changing facilities.
- A gazebo will be available as an unmanned bag drop near the start/finish (items left a runners' own risk).

Other Park Users

- Runners are asked to note that the park will be open as normal at the time of the race and will be in use by other members of the public. Please show due consideration for other park users whilst attending the park and participating in the race itself.
- Course marshals will be briefed to warn runners and park users of each others' presence during the race and to ensure each others' safety.

Footwear Choice

- In general, the course should be quite firm and dry underfoot. Some areas can be wet and slippery underfoot, so it's recommended runners wear good road shoes or trail shoes (no spikes).

Fitness to Run

- It is the responsibility of the runner to be fit to compete on the day of the race. If any runner has any medical issues which they think might put them at risk when running a race, then they should consult their GP.

Race Prizes

- Prizes will be given to the first three male and female finishers and to the first male and female finisher in the Masters Age categories as follows: M35, M45, M55, M65 and F35, F45, F55 and F65.
- If the first 3 male and female prize winners fall into a Masters Age category, they will not receive a Masters prize as well.

Results

- The race results will be published as soon as possible on the Penarth and Dinas Runners' website and [Facebook page](#).

Race Charity

- Part of the race proceeds will be donated to the club's 2026 charity, Tenovus Cancer Care.

Late Enquiries

- Please contact us by email if you have any final questions: pdrunners@gmail.com.

Race Director

- Lyn Evans (email: pdrunners@gmail.com)



Race Partners



Race run under UK Athletics rules
([Licence No. TR-26-24](#))

EventResultz

