



CASTLE 2 CASTLE
20th September 2026

Event Pack 2026

Proudly Sponsored by



Welcome from #TeamVelindre!

Welcome to your Castle 2 Castle 2026 Event Pack!

Over the last 12 years, Castle 2 Castle has become one of the most beloved days in our event calendar and has continuously raised life-changing funds for Velindre.

This 10.5-mile fun run begins and ends with two of the most iconic castles in South Wales. We start at Caerphilly Castle, and make our way into the capital to finish near Cardiff Castle.

This pack will tell you everything you need to know about Castle 2 Castle. From registration to health and safety guidance, we've got you covered. Please ensure you read the contents carefully and familiarise yourself with all the key details.

Castle 2 Castle truly is an incredible event and a testament to all the wonderful runners, volunteers, and supporters who donate their time, effort, and money. Let's make 2026 the best year yet!

Wishing you the best of luck with your training and fundraising!

If you need any further support, please don't hesitate to contact the Velindre Cancer Charity Team via:

✉ castle2castle@velindrefundraising.com

☎ 02920 316211



Registration



Ticket Prices

The 2026 entry fee is £38, which includes your runners pack (running number, 'Running for' bib, and official event t-shirt*). This pack will be posted to all participants ahead of the event.

*if registered by 3rd July 2026

Ticket Release

The general ticket release will take place on the 18th March 2026. If the event sells out, and there are participants who inform us they can no longer run, their places will be re-sold at a later date which will be announced on Velindre Cancer Charity's social media.

Refunds

Entries are non-refundable. If you are no longer able to attend the event, please notify us as soon as possible by emailing castle2castle@velindrefundraising.com. Your entry fee will be donated to Velindre Charity and your entry will be resold as part of the resale.*

*A resale will only happen if the event sells out and runners inform us they have withdrawn before the event.

Deferrals and Transfers

Unfortunately, there will not be an option to defer your place for the 2027 event. Similarly, runners are not permitted to resell or transfer their place to another person. For health and safety reasons, the event organisers must have the registration details of every participant which will include emergency contact details and medical details. Those who wish to enter must enter through the general sale or join the waiting list.

Entry Conditions

All entrants must be aged 16+ to enter. By entering, you agree to comply with all terms and arrangements detailed in the Event Pack. You also agree to our Event terms and conditions which can be found [here](#). You accept that you are physically fit to enter this event and are running entirely at your own risk. Runners are not permitted to participate with dogs (except guide/assistance), prams or young children in tow. Runners are permitted a free Accessible Support Runner space if needed.

Waiting Lists

If you don't manage to get a place - you can join the waiting list for the resale by emailing your full name to castle2castle@velindrefundraising.com.

Registration Packs

Runners will be asked to arrive at 8am to take part in a warm up, have official photographs, drop off bags, receive a short safety briefing and join the relevant starting zone. All event packs will be posted to participants in time for the event - therefore, there will be no physical registration on the day.

Missing Packs

Runners will be informed when packs have been sent. If packs do not arrive within 10 days of being posted, runners are asked to contact the charity.

Event T-Shirts

To receive an official event t-shirt, you must register before the 3rd July deadline specifying your preferred size at the time of registration. Registrations made after this deadline will not receive an event t-shirt but will receive a finishers medal.

Fundraising



We kindly ask all participants to raise **a minimum of £50**, or more if possible. Every penny will be donated to Velindre Cancer Charity, helping us to further support the incredible patients, families, and staff at the centre.

Funds raised from this event will go to a general fund that supports priority charitable projects and areas most in need.

If each runner raises £50, we could raise up to £100,000 from fundraising alone. Collectively, this could directly support one of the 40+ clinical trials active at Velindre today or even fund over 2 Clinical Nurse Specialists' salaries for a year.

Collecting donations

To collect online donations, we ask that you create a Just Giving page by clicking [here](#) or by scanning the QR code.



If preferred, you can fundraise offline using our paper sponsorship forms. To request a sponsorship form, please contact us on castle2castle@velindrefundraising.com or 029 2031 6211.

Your donations could help fund...

- ✔ Over £1.5 million each year dedicated to pioneering research and clinical trials.
Did you know? Velindre Cancer Charity currently contribute funding to over 40 active clinical trials.
- ✔ 50% of all Specialist Nurses at Velindre Cancer Centre.
- ✔ An entire team of psychologists and counsellors at Velindre Cancer Centre, including a dedicated staff psychologist.
- ✔ Specialist education books, lion teddies and worry monsters designed to help families explain a cancer diagnosis to their children.
- ✔ Two dedicated family and relative rooms providing a safe space for quality family time in a non-clinical setting.

- ✔ Our hospital volunteer programme that enables 60+ volunteers to donate their time each week.
- ✔ All of Velindre's scalp cooling machines that help minimise hair loss for a patient receiving chemotherapy.
- ✔ Wig vouchers and headscarves for patients experiencing hair thinning or hair loss.





“Being able to support patients during the hardest times, it’s rewarding.”

Your donations fund 50% of Clinical Nurse Specialists at Velindre



Velindre
Cancer
Charity



You make
a difference
everyday



Event Details

On the Day

The event will start at Owain Glyndwr Fields (CF83 1AB) at 9am and will finish at Pontcanna Fields (CF11 9XR).

The event follows an approximate 10.5-mile route from Caerphilly Castle to Cardiff Castle. The route is mainly off road and predominately follows the Taff Trail/cycle routes. There are a small number of climbs when departing Caerphilly and then a smooth, downhill stretch with beautiful scenery all the way into Cardiff.

Warm Up and Staggered Start

All runners must be present for the organised 10-minute warm up at 8:30am, and the safety briefing that follows.

Due to health and safety regulations, there will be four staggered starts. Runners will be asked to stand in the relevant zone based on their running ability and speed. Zone 1 will depart at 9am followed by the next zones when cleared.

- Zone 1: Sub 1 hour 20 minutes
- Zone 2: Sub 1 hour 40 minutes
- Zone 3: Sub 2 hours
- Zone 4: Over 2 hours

Bag Drop

Your running number will contain a tear off slip which must be attached to the bag you are leaving at the bag drop. Please arrive early to avoid 'last minute' queues.

All bags will be securely transported and available to collect at the finish line. Please only store essentials in bags and avoid storing any valuables where possible. For security reasons, no bags will be handed over at the finish unless a running number is shown.

Car Parking

Start: There is limited car parking available in the Crescent Road Carpark and Caerphilly Town centre, however, we strongly encourage runners to arrange to be dropped off at the start wherever possible. Finish: There is no arranged shuttle bus from Cardiff to Caerphilly post-event, although public train and bus services are normally available. Please note that people wishing to pick up runners in Cardiff should use the Sophia Gardens pay and display car park or a City Centre Car Parks. Drivers must not attempt to drive directly to the Cricket Ground.



Event Details

Weather

The event is planned to continue come rain or shine. 24 hours before the event, we will review weather forecasts with participants solely as a main concern.

Toilets

- Portaloos will be available at the start and finish.
- Please arrive early to use the toilets at the start.
- There are no official toilet facilities along the route.

Marshals

Marshals and volunteers will be in a position to assist with selected junctions and road sections.

Cycle marshals will be present at the front and back of the running groups.

Finish Line

Family and friends are more than welcome to come along and cheer you on at the finish line! There will be refreshments and stalls - our headline sponsors Peters and Castle Dairies will provide food products at the finish line, and water will be provided by event sponsor Brecon Carreg.

Please feel free to stay and enjoy the atmosphere at the finish line - and don't forget to take plenty of photos with family and friends! All of our runners will also receive a goody bag from our event sponsors and a bespoke medal.

Finish Time

The event will not finish until the last runner has crossed the finish line. We estimate that the event will be completely finished by 2pm. Please note that this is not a chipped run, so we encourage runners to use their own fitness tracking apps if they wish to capture their running times.





Event Route

● Landmarks ● Water Station

Start

Owain Glyndwr
Playing Fields



Caerphilly
Crescent Road
Car Park

Caerphilly
St Martins
Estate

Caerphilly
Miners Community
Crossing

Tongwynlïas
Merthyr
Road

Taffs Well
Taffs Well
Interchange

Taffs Well
Cardiff
Road

Taffs Well
Cemetery
Road

Taffs Well
Forest Road

Tongwynlïas
Iron Bridge Road
to Taff Trail

Tongwynlïas
Taff Trail - Toll
House

Radyr
Taff Trail - Radyr
Weir

Whitchurch
Taff Trail - Ty
Mawr

Llandaff North
Taff Trail - Hailey
Park

Black Weir
Taff Trail - Black
Weir Bridge

Gabalfa
Taff Trail -
Gabalfa Woods

Llandaff
Taff Trail -
Llandaff Weir

Finish

Pontcanna Fields -
Home straight and
finish line



All event water is
kindly donated by

**BRECON
CARREG**

Health & Safety

Road Safety

Please note that there are no official road closures in place during this event. Traffic still has the right of way. Runners must stay on the pavements and always keep off main roads. Marshals will be positioned at all main road crossings along the route for your safety. If asked to stop for safety reasons, you must listen to the Marshal and stop running immediately.

Medical Emergencies

There will be a professional medical team on hand during the event. If you require medical assistance, please call Paramedic Joe Hill on 07553 964130 or Claire on 07961 463216.

Water Stations

There will be two water stations on route with water kindly donated from Brecon Carreg. One will be located at Taffs Well and the other at Hailey Park. There will also be water available at the finish line (please use the bins provided nearby).

Preparation

Please make sure that you are in good health and physically prepared for a 10.5-mile run. Please also make sure that you wear suitable clothing and running footwear on the day.

Litter

Runners must not litter the route. Please ensure that any rubbish you produce is placed into public/provided bins or taken away with you.

Local Residents and the General Public

The Taff Trail Route is still open to the public on the day of the event, so please consider other users and run safety and courteously at all times. Some sections of the event pass through residential areas - so please be aware of noise levels (music played through loudspeakers is not permitted).





Thank you!

Diolch yn fawr!

We owe a huge thank you to everyone who participates in this event - from runners and spectators to sponsors and volunteers. Castle 2 Castle would not be possible without you!

We want to follow your Castle 2 Castle journey - so please share your updates with us on social media as you complete your training and fundraising!



www.velindrefundraising.com

We can't wait to see you all on the 20th September for Castle 2 Castle 2026 - it's going to be the best year yet!

Thank you to our event sponsors



Thank you to our event partner

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