



Become a #VelindreVolunteer today

Discover how you can support Velindre Cancer
Charity by volunteering at our events.

www.velindrefundraising.com



Route Marshal



“Brilliant support throughout, marshalls were excellent.”

What will be expected of you:

Be the friendly, encouraging presence out on the course, helping guide participants safely along the route and keeping spirits high. Route Marshalls are essential and often the most praised part of the day!

Typical duties include:

- ✔ Directing participants clearly and ensuring they stay on the marked route
- ✔ Cheering, clapping, and encouraging participants (especially those who may need a little extra motivation)
- ✔ Keeping pathways safe and free from hazards
- ✔ Reporting any concerns to the Event
- ✔ Team calmly
- ✔ Supporting fellow marshalls and staying alert throughout the event

Activity Level:

- ✔ Standing for periods of time
- ✔ Light walking to and from your marshal point
- ✔ Some bending or moving barriers/cones (if needed)

Why choose this role?

Be the friendly face guiding participants along the route! You'll help keep everyone on track, cheer them on, and bring the energy to every corner. Your support could be just what someone needs to keep going!



Team Leader (Route Marshals)



“The encouragement from volunteers got me over the finish line! I honestly can’t thank them enough for cheering so loud for us!”

What will be expected of you:

Take the lead out on the route, supporting your team of marshals and ensuring everything runs smoothly and safely. You’ll be the key link between marshals and the Event Team.

Typical duties include:

- ✔ Coordinating and supporting route marshals in your area
- ✔ Ensuring all positions are covered and clearly briefed
- ✔ Acting as the main point of contact for any issues or updates
- ✔ Supporting with problem-solving and quick decision-making
- ✔ Keeping team morale high and making sure everyone feels supported

Activity Level:

- ✔ Standing for periods of time
- ✔ Light walking to and from your marshal point
- ✔ Some bending or moving barriers/cones (if needed)

This role suits:

Lead the way and keep everything running smoothly out on the route! You’ll support your team of marshals, coordinate positions, and make sure every runner has a safe and seamless route. It’s a great role for someone who loves a bit of responsibility and being at the heart of the action.



Bag Drop Team



“You meet the nicest people when you volunteer for Velindre, everyone’s here for the same reason.”

What will be expected of you:

Be the welcoming first point of contact for participants, helping them start their day smoothly and stress-free. Your organisation and friendly approach will set the tone for the whole event!

Typical duties include:

- ✔ Accepting participants’ bags and ensuring they are securely tagged
- ✔ Checking labels match race numbers and organising bags efficiently
- ✔ Explaining the collection process clearly to participants
- ✔ Keeping the area tidy, safe, and easy to navigate
- ✔ Supporting the Bag Collection team and communicating any issues

Activity Level:

- ✔ Standing and light walking
- ✔ Some light lifting and carrying
- ✔ Busy, fast-paced environment
Close interaction with the crowds

Why choose this role?

Be the calm before the race! You’ll help participants get set up by safely checking in their bags and getting them ready for the start line stress-free. It’s all about organisation, friendly faces, and making sure everyone begins their run feeling confident.



Bag Collection Team



“I first volunteered for Velindre 7 years ago and I’ve been here ever since. It is so incredible knowing you’ve played a part in raising so many donations!”

What will be expected of you:

Be part of the post-event celebration by helping participants collect their belongings quickly and easily. You’ll play a key role in making the finish feel seamless and positive!

Typical duties include:

- ✔ Locating and returning bags to participants using their tags
- ✔ Checking numbers to ensure the correct items are returned
- ✔ Managing queues and keeping the area flowing smoothly
- ✔ Supporting tired runners with a friendly and helpful attitude
- ✔ Reporting any missing or unclaimed bags to the Event Team

Activity Level:

- ✔ Standing and light walking
- ✔ Some light lifting of bags, bending and carrying

Why choose this role?

Be there for the finish line moment! You’ll reunite participants with their bags after their big achievement - often when they need it most. It’s a great chance to celebrate their success and keep everything running smoothly post-race.



Medal Handout Team



“The finish line at an event is the best feeling ever. It is so inspiring to see the emotion from all of the runners.”

What will be expected of you:

Be at the heart of those unforgettable finish line moments, celebrating every participant's achievement with energy and enthusiasm!

Typical duties include:

- ✔ Handing out medals to finishers with a smile (and maybe a high-five!)
- ✔ Congratulating runners and helping create a celebratory atmosphere
- ✔ Keeping the medal area organised and well stocked
- ✔ Directing runners onwards if needed
- ✔ Supporting the team to keep things running smoothly

Activity Level:


- ✔ Standing in one place for periods of time
- ✔ Some light lifting

Why choose this role?

You're delivering the best reward of the day! Be part of those emotional finish line moments as you hand out medals and celebrate every participant's achievement. Expect smiles, high-fives, and some truly special interactions!



Water Station Team



“Many of our events wouldn’t be possible without the support of volunteers. We heavily rely on their kindness and time to make the biggest difference to Velindre. As a Charity team, we cannot thank them enough.”

What will be expected of you:

Keep participants refreshed, motivated, and moving! You’ll bring energy and encouragement while making sure everyone stays hydrated.

Typical duties include:

- ✔ Handing out water quickly and efficiently to passing participants
- ✔ Cheering supporters on and offering encouragement
- ✔ Keeping the station stocked, tidy, and safe
- ✔ Managing waste and keeping the area clear
- ✔ Working as part of a team to maintain a steady flow

Activity Level:

- ✔ Standing and light walking
- ✔ Lifting of water bottles, crates and supplies
- ✔ Occasional bending and reaching

Why choose this role?

Fuel the participants and keep the energy flowing! You’ll be cheering runners on while keeping them hydrated - a role that’s equal parts motivation and teamwork. Your encouragement might be exactly what someone needs to keep going.



Finish Line Team



“Volunteering at Velindre events are so rewarding. I love celebrating others and cheering them across the finish line!”

What will be expected of you:

Be part of the most exciting area of the event - the finish line! You'll welcome participants in, celebrate their achievement, and help everything run smoothly.

Typical duties include:

- ✔ Guiding participants safely through the finish area
- ✔ Offering encouragement and congratulations
- ✔ Managing the flow of participants crossing the line
- ✔ Supporting nearby teams (medals, water, etc.)
- ✔ Helping maintain a safe and organised finish zone

Activity Level:

- ✔ Standing for periods of time
- ✔ Light walking
- ✔ Staying alert and observant

Why choose this role?

Be right at the heart of the action! You'll welcome participants across the finish line, celebrate their achievement, and keep things flowing smoothly in this high-energy area. It's all about great vibes, big cheers, and unforgettable moments.



Litter Picking Team



“Amazing event, amazing cause and amazing volunteers on the day. Can’t thank them enough for everything they did to support me. Thank you!”

What will be expected of you:

Help keep the event looking its best by maintaining a clean and welcoming environment for everyone involved.

Activity Level:

- ✔ Standing and light walking
- ✔ Light lifting
- ✔ Bending and reaching

Typical duties include:

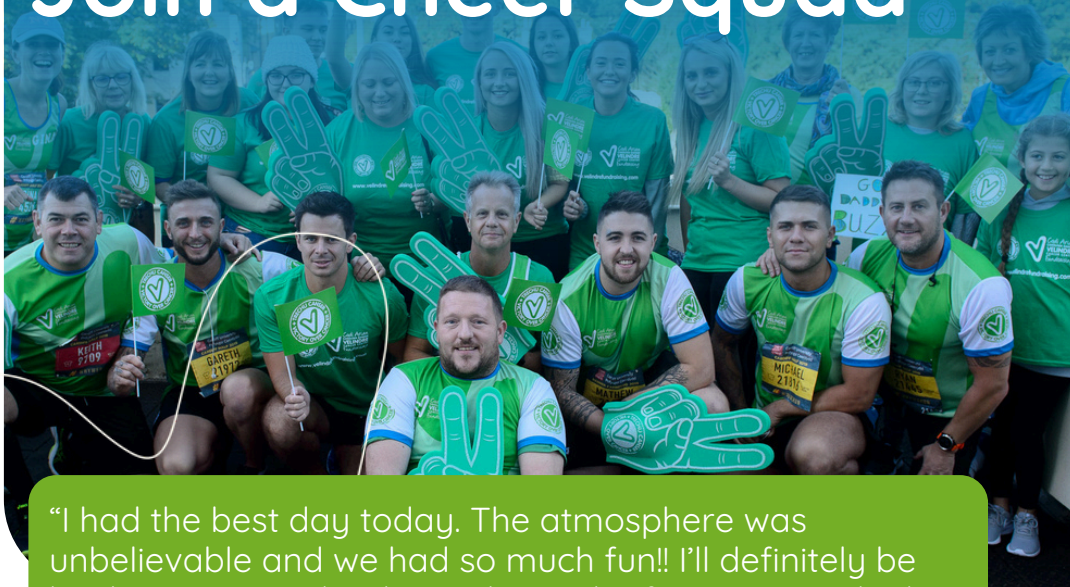
- ✔ Collecting litter from key areas throughout the event
- ✔ Keeping pathways and public spaces clear and safe
- ✔ Monitoring bins and assisting with waste management
- ✔ Supporting other teams if needed during quieter moments
- ✔ Helping leave the venue as clean as (or cleaner than!) we found it

Why choose this role?

Help keep the event clean, green, and looking its best! You'll play a key role behind the scenes, making sure the space stays tidy so everyone can enjoy the day. It's a small job with a big impact.



Join a Cheer Squad



“I had the best day today. The atmosphere was unbelievable and we had so much fun!! I’ll definitely be back next year - louder and prouder for #TeamVelindre!”

What will be expected of you:

Be the energy behind the event! As part of the Cheer Squad, you’ll create an unforgettable atmosphere by encouraging runners, lifting spirits, and keeping motivation high from start to finish.

Typical duties include:

- ✔ Cheering, clapping, and bringing the energy to keep participants motivated
- ✔ Encouraging runners of all abilities, especially those who may need an extra boost
- ✔ Creating a fun, vibrant atmosphere along the route or at key points
- ✔ Using signs, music, and your voice to keep the vibes high
- ✔ Supporting fellow volunteers and working together to keep spirits lifted
- ✔ Celebrating every runner’s effort - from first step to finish line

Activity Level:

- ✔ Standing and light walking
- ✔ High energy and lots of enthusiasm required!
- ✔ Working outdoors and in a lively, crowd-filled environment

Why choose this role?

If you love bringing the energy and putting a smile on people’s faces, this role is for you! You’ll be part of some really special moments, giving runners the motivation they need to keep going - and having a lot of fun along the way





Join #TeamVelindre today!

 www.velindrefundraising.com

Register yourself as a volunteer via our website, and we'll be in touch to provide you with more information.

Additional Enquiries

 info@velindrefundraising.com

Our experienced team are on hand to support you with any queries you may have about volunteering, or supporting Velindre in general.

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