



Corporate Volunteering with Run 4 Wales

You don't have to run to get involved

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WHO ARE RUN 4 WALES?

Run 4 Wales (R4W) is a not-for-profit social enterprise and charitable trust set-up to promote and deliver major sporting events. Our events provide platforms to champion mental health, women's running, community regeneration, diversity and volunteering.

Our surpluses are invested into grassroots sport and community projects through our charitable foundation.

We are best known for delivering the Cardiff Half Marathon which attracts over 27,000 runners each year.



“Each time at an event, I meet friendly R4W staff, familiar and new volunteers. I learn and hear their stories and experiences. It provides a nice feeling of community and connection.”

Jin Tan, long-time volunteer



12 years experience of working with volunteers

98 % of volunteers in 2024 would do so again

1200 volunteers in our Extra Milers community and still growing

7 volunteer-supported events in 2025 to support

4 different volunteer roles to choose from

2025 EVENTS

15 March

16 March

13 April

6 July

7 September

4 October

5 October



EMPLOYER SUPPORTED VOLUNTEERING

Run 4 Wales offers a fun and practical experience for your team which delivers a real contribution to your local community. We recruit from 150 to 1500 volunteers for our events.

Corporate volunteering offers a great chance to get out of the office if your team is office-based or bring them together in a fresh environment if they are home-based. Volunteering at a Run 4 Wales event helps your team have fun, learn new skills and promotes mental and physical well-being by having a day outdoors. Being part of a mass race, seeing thousands of runners achieve their dreams, is an uplifting and inspiring experience.

VOLUNTEER ROLES



HAND OUT WATER AND CHEER ON RUNNERS AT A WATER STATION

Water Stations around the course offer a great chance to be at the heart of the action.

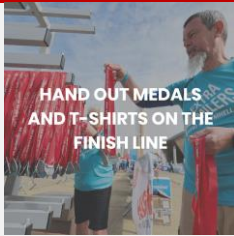
You'll help set up the water station, opening thousands of bottles of water to hand out to runners and cheer them on as they pass by.



DIRECT RUNNERS AROUND THE COURSE

Course Marshals play a vital role in directing and motivating runners as they tackle the route..

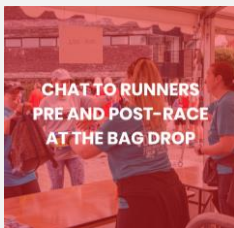
The course marshal teams are the eyes and ears of the race, keeping everyone safe and reporting any incidents to Event Control.



HAND OUT MEDALS AND T-SHIRTS ON THE FINISH LINE

The **Finish Team** greet runners as they finish their race, handing out medals, water, t-shirts and fruit.

Before the race volunteers will help the Bag Drop team at their busiest time or support the start pens, guiding runners into the correct areas.



CHAT TO RUNNERS PRE AND POST-RACE AT THE BAG DROP

Runners can choose to leave a bag at the **Bag Drop Tent** during the race.

This is a great opportunity to have a chat with runners both before and after the race, while ensuring their bag is safely stored.

WHY VOLUNTEER?

Share an experience to take back to the office

Show your commitment to local causes

Create stronger relationships within your team

Be part of something bigger and engage with your local community

Be part of the action and have a front-row seat to the biggest running events in Wales

HOW TO GET INVOLVED

SEND US AN EMAIL TELLING US MORE ABOUT YOUR TEAM

WE'LL TELL YOU ABOUT UPCOMING VOLUNTEER OPPORTUNITIES

COME ALONG TO THE EVENT AND GET INVOLVED!

VOLUNTEER REWARDS

