

Volunteering with Run 4 Wales



You don't have to run to get involved

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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

2025 VOLUNTEERING OPPORTUNITIES

BATH HALF Sunday 16th 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, this event will welcome over 10,000 runners on a scenic city route. A family day will take place on Saturday 15th March.

CDF 10K Sunday 7th September
150 volunteers needed

Now into its 3rd edition of this popular event and boasting a fabulous city centre route, this race takes runners past Cardiff Castle and the Principality Stadium before crossing the River Taff and looping through Pontcanna and Llandaff Fields.

NEWTOWN MARATHON FESTIVAL Sunday 13th April
250 volunteers needed

Welcoming over 5000 runners, the Newport Marathon Festival returns in 2025, offering an exciting festival of running with marathon, half marathon and 10K options. The popular race boasts one of the flattest marathon courses in Europe.

CARDIFF HALF JUNIOR Saturday 4th October
50 volunteers needed

Cardiff Half weekend kicks off with a morning of entertainment and running for all ages and abilities, including a family-focused Fun Run, a Toddler Dash and a Future Challengers race for talented young athletes.

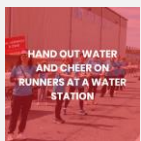
PORHCRAWL 10K Sunday 6th July
150 volunteers needed

The Porthcawl 10K race takes place on closed-roads, taking in a number of local landmarks including Trecco Bay, the historic Grand Pavilion and the iconic Porthcawl Lighthouse. Starting and finishing on the seafront, this is one for all the family!

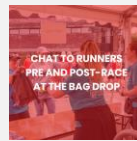
CARDIFF HALF Sunday 5th October
650 volunteers needed

One of the largest and most exciting road races in the United Kingdom, this event is one of Europe's largest half marathons. The event is part of the SuperHalves, a global series of half marathons including races in Lisbon, Prague and Berlin.

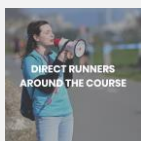
VOLUNTEERING ROLES



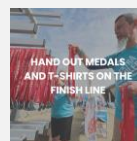
Groups are invited to host a water station around the course. Tables of water are set up along the race route, ready to rehydrate runners as they pass by. Suitable for young person groups aged 14+



Suitable for younger volunteers or anyone who enjoys a good chat, the runners bag drop is located near the start-finish area, providing volunteers the opportunity to meet runners before and after the race.



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 young person groups aged 14+



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

