



F I N A L I N S T R U C T I O N S

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CROESO/ WELCOME

To the Snowdonia Trail Marathon, Ultra Marathon, Half Marathon and Trail 10k.
This document contains all the information you need to have a fun, and most importantly safe trail race.



EVENT TIMETABLE

REGISTRATION

Registration will be at the race start/finish on the Llanberis Event Field (LL55 4TD).

We would encourage those who can to register the day before the race to avoid a rush on the morning. You do not need to attend registration if you have received your number in the post

SATURDAY 14TH JULY:

13:00 – 17:00

Race registration on the Event Field in Llanberis (LL55 4TD)

SUNDAY 15TH JULY:

06:00 – 10:00

Race registration on the Event Field in Llanberis (LL55 4TD)

06:15

Safety Brief Ultra Marathon

06:30

Ultra Marathon Start

08:45

Marathon Safety Brief at start

09:00

Marathon Start

09:30

Half Marathon Safety Brief

09:45

Half Marathon Start

10:00

10km Safety Brief

10:15

10km Start

13:00 (approximate time subject to change on the day)

Prize giving Half Marathon and 10k at the race finish area.

15:00 (approximate time subject to change on the day)

Prize giving at the race finish area for the Marathon and Ultra Marathon

All prizes must be collected on the day and cannot be posted.

EVENT VILLAGE

The Event Village will have a number of stands from our event sponsors and partners, with information and goodies. Here's what to expect;

ALWAYS AIM HIGH STORE

Along with supplying all your running needs this is where to pick up your prepaid Hoodies and Tech T-shirts. Race T-shirts will be handed out on the finish.

SCOTT SPORTS

Our headline partner SCOTT Sports will be selling a host of awesome product as well as giving expert advice on kit.

HIGH 5

Will have expert staff on hand to give advice on all your race nutrition planning

GENERAL EVENT INFORMATION

EVENT VILLAGE

This will be located on the Llanberis Field (the race start and finish area is also located here). There will be lots to see and do for all the family, including; bouncy castles, trampolines, climbing walls, hot and cold food and drink, live race commentary, and all of the race action.

FACILITIES

There will be toilets at the Race Start/Finish. There are also public toilets in Rhydd Ddu, Beddgelert and Pen y Pass.

EVENT PHOTOGRAPHY

We are excited to be working with [Mel Parry Photography](http://MelParryPhotography.com) and Sportpicturescymru.co.uk at this years event. Photos will be available after the race on our Facebook page and on the event website.

Prepaid digital downloads will be emailed to you within 7 days.

SPORTS MASSAGE

Will be available in the event village for a small donation provided by Vibe Fitness.

UN-MANNED BAG STORE

There will be an **un-manned bag store** available to leave your belongings before your race. All items will be left at your own risk.

Please see further in the document for compulsory kit that must be carried with you on the Race.

RACE DAY INFORMATION

RACE TIMING

The race will be timed using TDL services electronic timing systems. It is compulsory for all competitors to wear their timing chip race number. Failure to do so will result in you not being classified in the race results.

HIGH 5 REFUELLING STATIONS

Ultra Marathon - in addition to the feedstations on the Marathon route there will be a drink and energy station at approximately 11.6 Miles and a feed station at 16.5 miles on the Ultra route.

Full Marathon - Drink and energy gels will be available at 2, 6, 11, 15, 19, and 23 miles. At 11 and 19 miles there will also be fruit and sweets.

Half Marathon - Drinks and energy gels will be available at 2, 8 and 11 miles.

10km - Drinks will be available at 2 and 4 miles.

NB - in the event of significantly hot weather please be prepared to carry your own water with you on the route which you can refill at drink stations. We would also recommend carrying sweets, gels and other high energy snacks with you. Remember, at times you will be in remote areas between marshals and feed stations.

PRIZE GIVING

The prize giving for the Half Marathon and 10k races will take place at the race finish at approximately 13:00, and for the Ultra and Full Marathon at 15:00. If you think you're a winner make sure you're there to receive your prize, stand on the podium and receive a huge Welsh cheer! If you're not a winner, come and give them a cheer with us.

Prizes must be collected on the day and cannot be posted.

COMPULSORY KIT

All four distances must bring the following kit with them.

- Full waterproof body cover (top and trousers)
- Hat and gloves
- Water
- High energy snacks
- Mobile telephone
- Sun Hat
- Foil blanket

A final decision on kit to carry on the day will be made the day before the race or if weather changes on the day of the event.

There will be checks at the start and Finish line, anyone found not to be carrying the kit will be disqualified.

SAFETY BRIEFING

All competitors **must attend** the compulsory safety briefing in the start area on race day 15minutes before your race start time.

PLEASE MAKE YOURSELF AWARE OF THE FOLLOWING SAFETY INFORMATION;

Remember the Ultra Trail Marathon, Full Trail Marathon, the Half Trail Marathon and the 10k Trail Race take place in a mountainous environment and at times you will be in remote areas. Furthermore, there will be rough technical sections in some areas. Therefore, you must be vigilant at all times. In the spirit of trail running please keep a look out for your fellow competitors.

All Four distances must be prepared to carry the compulsory kit consisting of the following;

1. Full waterproof body cover (top and trousers)
2. Hat and gloves
3. Water
4. High energy snacks
5. Mobile telephone
6. Sun Hat
7. Foil Blanket

- **If you pull out of the race you must report to Race HQ or call 07527 034 308 quoting your race number.**
- The race is run on public footpaths, please be aware of, and be considerate to, other people enjoying the beautiful Snowdonia scenery. Keep left at all times.
- All four routes run on the roads through Llanberis at the start.
- The 10km route includes a variety of trail, grass track and a small amount of tarmac.
- The Full and Ultra marathon will cross through Beddgelert on the road. Please be aware of traffic.
- The Full and Ultra marathon will cross the A498. Please exercise caution and be aware of traffic.
- Shortly before the finish for the Full and Ultra, and before the 10km and Half Marathon goes up into Vivian Quarries, the routes cross the A4086 near the Victoria Hotel in Llanberis. Please exercise caution and be aware of traffic.
- All four of the routes will run on the roads near the Llanberis Slate Museum. Please exercise caution and be aware of traffic.
- The Ultra, Full and Half Marathon routes will climb the slopes of Snowdon (Full on the Pyg track, half on the Snowdon Ranger path). This is a mountainous environment and can be particularly slippery in inclement weather. Please remain vigilant at all times.

- The Ultra and Full Marathon climbs the Pyg Track on the slopes of Snowdon. **YOU MUST NOT veer on to Crib Goch at Bwlch y Moch.**
- The descent from the slopes of Snowdon is fast. Be respectful and aware of other users on the mountain. Also, take care on rocky sections particularly if it is wet.

CUT OFF TIMES

- Marathon and Ultra Runners leaving Pen y Pass (Marathon Mile 18.8, Ultra Mile 28.6) after 14:15 will be required to continue down Llanberis Pass and not onto Snowdon via the Pyg Track.
- Runners who are significantly outside of the Pen y Pass cut off will be advised throughout the event.

Please respect these cut off times in the interests of your safety and the safety of our volunteers.

The Finish Line will close at 18:30. This allows the below times for completion:

Ultra Marathon – 12Hrs
Marathon – 9Hrs 30 Mins
Half Marathon – 6Hrs 30 Mins
10km – 2 Hrs 30 Mins

PULLING OUT

- **If you pull out of the race you must report to Race HQ or call 07527 034 308 quoting your race number.**
- We can recover you at the nearest feedstation and transport you back to Llanberis and the race start/finish area. Please be patient. We will recover you as quickly as possible,
- If you decide to pull out whilst off road you must make your way to the nearest feedstation. Please note this may be behind you.

MEDICAL ACCIDENT AND EMERGENCY

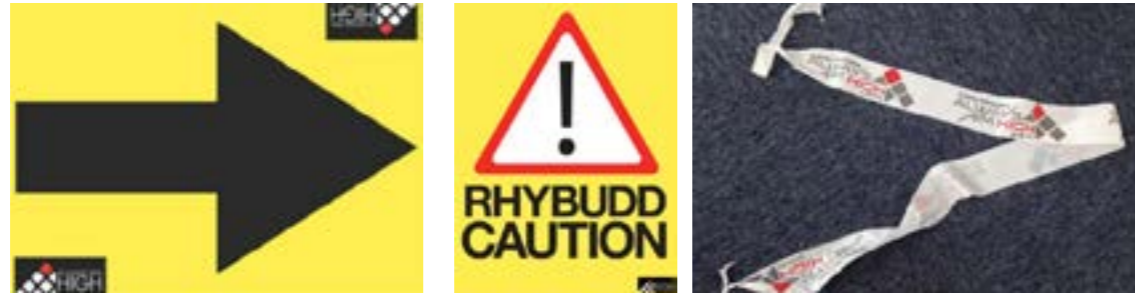
In the event of a medical emergency please contact our Emergency number on 07527 034 308

When life is at risk dial 999

Part of the run is on public footpath, please be aware and considerate to other pedestrians.

RACE SIGNAGE

Please pay attention to the following signs which will dictate the course. The course will also be marked with Always Aim High tape. Please follow this on the trails.



LITTERING

Any person found littering will be immediately disqualified from the event and banned from all Always Aim High Events. Please respect the beautiful location you are running in and dispose of any gels or bottles responsibly. You may dispose of your gel wrappers at the designated litter points with event marshals along the route, and/or at the feed stations.

GATES AND STYLES

Please close any gates you pass through.

There are multiple styles along the route. Please be prepared that you may need to queue up and wait to cross the styles. Any runners found to be jumping the styles or adjacent fences and walls will be reported and disqualified from the race.

Please use good race etiquette - First come, first served. If you want to get over the style first, you'll have to run faster!

CAR PARKING

Car parking is available at local pay and display car parks. Please pay for parking and do not park illegally or you will be booked. Please respect the need for residents to park close to their homes and do not park in the residential areas.



**That's enough of the serious stuff!
We wish you the very best of luck - have a great day and
enjoy the course!**

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ALWAYS

AIM HIGH
events

