

OQWEN 25K

YR HELGI DU

FINAL INSTRUCTIONS

Race Date: 3rd August 2024

CROESO / WELCOME

To the 2024 Ogwen10 and Ogwen25 | Yr Helgi Du events.
This document contains all the information you'll need to
have a great day and a safe race.



EVENT TIMETABLE

VENUE

Plas y Brenin, Capel Curig, Conwy LL24 0ET. Car parking
information can be found on [page 7](#).

EVENT DAY TIMINGS

Number collection for both races in the Lecture Room, Plas y
Brenin:

Friday 2nd August

19:00 - 20:00

Saturday 3rd August

07:00 - 08:15

You can find your race number, which you'll need for registration on
the [Event Start-list here](#).

Race Timings - Saturday 3rd August:

08:15: Ogwen 25 Safety Briefing at the Finish Line, behind the
centre.

08:30: Ogwen 25 Start.

08:45: Ogwen 10 Safety Briefing at the Finish Line.

09:00: Ogwen 10 Start.

You will be escorted to the start after the Safety Briefing.

If you have pre-ordered an event t-shirt or hoodie please collect
it at registration. Merchandise cannot be posted after the
event.

12:30: Prize Giving ([see page 10 for more info](#)).

GENERAL EVENT INFORMATION

BAG STORAGE

An unstaffed bag drop will be available next to the Finish Line tent close to where the Safety Briefing is held.

TOILETS

There are public toilets inside Plas y Brenin and 2 portaloos close to the Finish Line.

RACE TIMING

Your number bib contains your timing chip. Please wear it prominently on the front of your torso and ensure it is not covered by clothing. The chip will not read easily if it is covered by a jacket or hydration vest.

There will be tracking locations at the summit of Pen yr Ole Wen (25K) and on the Slate Trail (25K & 10K return).

LIVE RESULTS

Live race results, which will also show when you pass the points above, will be live online on race day. [Find your athlete HERE](#).

ALWAYS AIM HIGH SHOP

Our pop up shop is the place to go to treat yourself to some fantastic discounted gear and to replace any forgotten essentials. This can be found outside at the rear of the centre. There will be a limited numbers of event tees & hoodies available to purchase on the day.

EVENT PHOTOGRAPHY

Photos will be available on our [photography partner's website](#). You can search with a selfie image so you'll find every shot, even if your bib isn't visible. If you have pre-ordered a photography package, a code will be emailed to you from our photographer. Please check your junk mail if you have not received it.

IMPORTANT SAFETY INFORMATION

The run routes are on trails and mountain paths. You will encounter mud, hard packed surfaces, stones, rocks, bog and tree routes. You must wear appropriate trail shoes. Road shoes are not suitable.

There are Mountain Leaders positioned between Pen yr Ole Wen and Pen yr Helgi Du on the 25K course. They will provide immediate care in case of medical emergencies. St John's Ambulance Wales will be providing additional cover.

If you have an incident during the race or withdraw mid race, or come across someone who is injured or unwell, please call 07527 034308.

When life is at risk, please call 999.

The Ogwen 25 will cross the A5 on two occasions. There can be fast traffic approaching the crossings. Please take care here.

The Ogwen 25 route has sections of scrambling that will require you to use your hands and feet, moving uphill and down. These sections will be marshalled. If there is a section like this and there is not clear signage and a marshal, please check the route to ensure that you haven't taken a wrong turn. A GPX file on your watch, will assist greatly.

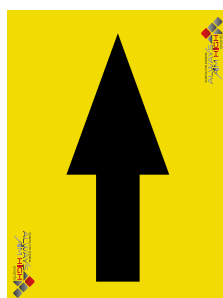
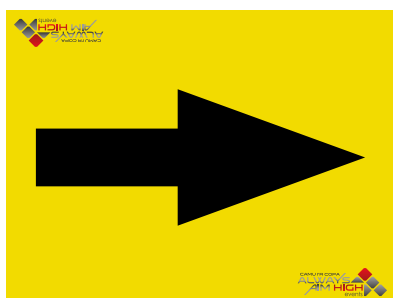
CUT OFF TIMES

11:00 at the Summit of Pen yr Ole Wen on the 25K course. If you miss this cut off, you will be escorted back down the mountain to the Slate Trail, the way that you came. The 10K course has a finish line cut-off at 12:00.

ROUTE SIGNAGE

Please pay attention to the route signs which will dictate the course. At points on the course, it's not always possible to mark the way with arrows, in these areas ground stakes and/or ribbon will be used to keep you on route.

In some places, a yellow and black X will be used to sign that this is NOT the correct route.



ROUTES

The Ogwen 10 is an 'out and back' along the Slate Trail.

The Ogwen 25 consists of an 'out' section along the Slate Trail, and a mountain loop that returns to the Slate Trail, before heading back 'in' towards the centre.

Please be considerate of other runners and members of the public, and communicate clearly and politely if you are passing.

Full route maps & GPX downloads can be viewed on the [website](#)

LITTERING

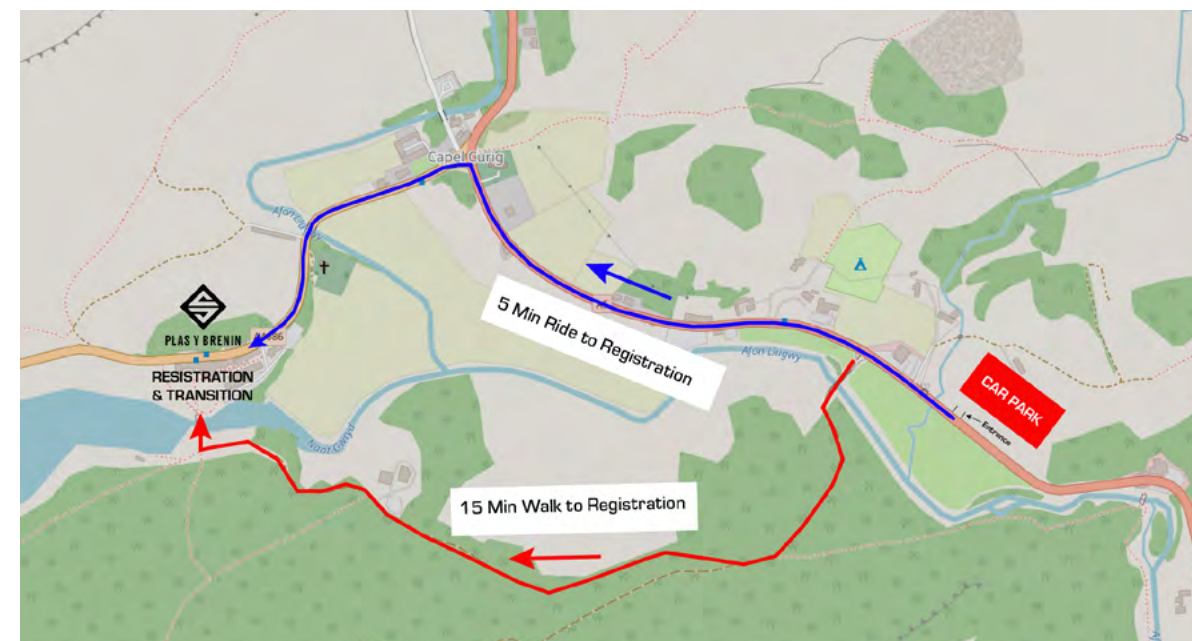
Please dispose of litter at the feed-station or keep it in your running vest/hydration pack. Any person found littering will be immediately disqualified from the event and banned from all Always Aim High Events.

CAR PARKING

Our designated event parking is approximately 0.8 miles from Plas Y Brenin, next to the former Siabod Cafe on the A5; it will be signposted once you get close to the site. The car park will be operating from 06:00 on Saturday 3rd August, overnight parking is not permitted. Please note, there are no facilities in the car park.

There is a £7.50 parking fee which will be charged per car on entry to the field. Cash or card payments will be accepted. In the interests of all road users, do not park on the road or on private property.

The road between the car park and Plas y Brenin can be busy. Follow signs from the car park through the forest along the fire road to reach Plas y Brenin safely on foot. Please take care and leave sufficient time to attend registration.



MANDATORY KIT

All competitors in the 25k race must carry the compulsory kit listed below. This kit is for your safety due to the often unpredictable and quickly changing mountain conditions in Wales and isolated nature of the route.

Kit checks will take place at registration and anybody found without the required kit will not be allowed to race.

- Waterproof jacket - with taped seams and integrated, attached hood
- Waterproof trousers - with taped seams
- Suitable off-road running shoes - fell/trail shoes
- Hat/buff and gloves (head and hand cover)
- Spare dry long-sleeve layer
- Whistle
- Sufficient nutrition for the race plus an emergency 500 calories
- Foil blanket/emergency shelter
- Fully charged mobile telephone in a waterproof case (or waterproof phone)
- Drinking water (ability to carry 1l, minimum 500ml filled at start)
- A GPS device with the route downloaded (This can be a watch, phone or similar), or map & compass with route marked.

ADDITIONAL PERMITTED / ADVISORY KIT:

- Running/hiking poles (we permit people to use poles)
- Suntan lotion, depending on conditions
- Head-torch
- Basic first aid kit

BAD WEATHER CONTINGENCIES

In the interest of competitor safety, as with all events, it may be necessary to implement contingencies on the race. We will do all that we can to ensure that you have the best experience and will only make changes to the race if it is absolutely necessary. Thank you for your understanding.

CUPLESS ENERGY STATIONS

There is a feed-station that you will pass on the following occasions:

Ogwen 10: 4.5km and 5.5km
Ogwen 25: 4.5km and 20.5km

There will be a selection of cold drinks and snacks including race nutrition from High5, our nutrition partner.

Please be aware that food may contain or come into contact with common allergens, such as dairy, eggs, wheat, soy beans, tree nuts, peanuts, fish, shellfish or wheat.

VOLUNTEERING

If any of your supporters would like to assist with marshalling, we have a great reward scheme in place that recognises the effort and shows our appreciation of our amazing volunteers. Individuals can choose between shop vouchers, race entries or charity donations and there are a number of positions available. We can even accommodate dogs.

Contact marshals@alwaysaimhighevents.com to get involved!

PRIZE GIVING

Prize giving will be at 12:30 in the Plas y Brenin Lecture Room.
Please come along to collect your prizes and have your moment on the podium, or to congratulate your fellow competitors!

Prize Categories for the Ogwen25K (for both open & female categories)

Overall: Top 3*
Senior: 1st runner
V40: 1st runner
V50: 1st runner
V60: 1st runner
V70: 1st runner
V80: 1st runner

* If any runner places in Overall and Vet then a drop-down system will occur.

Prize Categories for the Ogwen 10k (for both open and female)

Overall: Top 3*

All prizes must be collected on the day & cannot be posted out after the event.



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