



**FINAL INSTRUCTIONS**  
**Race Date: 2nd August 2025**



# CROESO / WELCOME

To the 2025 Ogwen10, 25 and 40 | 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 9](#).

### EVENT DAY TIMINGS

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

Friday 1st August

**19:00 - 20:00** All distances

Saturday 3rd August

**06:00 - 06:45** Ogwen 40

**06:45 - 07:45** Ogwen 25

**07:45 - 08:45** Ogwen 10

You can find your race number, which you'll need for registration on the [Event Number Finder](#).

Race Timings - Saturday 2nd August:

**07:15:** Ogwen 40 Safety Briefing at the Finish Line.

**07:30:** Ogwen 40 Start.

**08:15:** Ogwen 25 Safety Briefing at the Finish Line.

**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.



# MANDATORY KIT

All competitors in the 25k and 40k races must carry the compulsory kit listed below.

Mandatory Kit Checks will take place outside before you get to the main registration area. You will not be able to collect your bib unless you have completed the Mandatory Kit Check first. **This includes Friday evening registration.**

There will be a number of tables outside when you arrive with your kit ready to check. The 2 or 3 random items that need to be checked, will be clearly displayed. Have the items out of your bag before you get to the table to speed up the process. You will then be issued with proof that you have completed the process before you can go to collect your number in the main building.

**Random checks will also be completed post race at the Finish Line.**

This kit is for your safety due to the often unpredictable and quickly changing mountain conditions in Wales and isolated nature of the route.

- 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, **1ltr filled for 40K**)
- 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 (blister plasters are highly recommended)

## 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.

12:30 at Ogwen Cottage on the 40k course. You will have 5 hours to reach this point. It is approximately 17.5km or 11 miles into the race. This requires an average of 17 min/km or 27.5 min/mile pace. Please do not underestimate how slow the terrain can be in the Glyderau section.

## 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

Ogwen 40: 4.5km, 17.5km and 35.5km

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.

# 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 if it is covered by a jacket or hydration vest.

There will be tracking locations on the Slate Trail (all distances), at the summits of Pen yr Ole Wen and Carnedd Llewelyn (25k and 40k), and at Ogwen Cottage (40k only).

## 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 buy on the day.

## EVENT PHOTOGRAPHY

Our official event photographer is Sports Pictures Cymru. Please [visit Sport Pictures Cymru](#) where you can pre-register with a selfie to be notified when your images go live. If you have pre-purchased event photo packages, look out for an email from the photographer, or 'Photohawk'. These can sometimes go to spam, please check there if you haven't received your email 24hrs after the race.

# IMPORTANT SAFETY INFORMATION

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

There are Mountain Leaders positioned across the course on both the Carneddau and Glyderau. They will be wearing a hi-vis gilet. 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 25k and 40k will cross the A5 on two occasions. There can be fast traffic approaching the crossings. Please take care here.

The Ogwen 25k and 40k routes have 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..

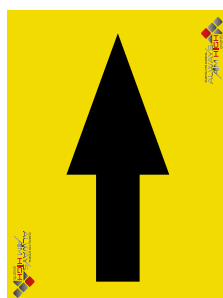
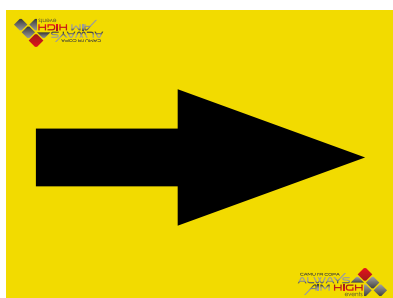
## SEVERE WEATHER CONTINGENCIES

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.

## 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.

Ogwen 40 consists of an 'out' section along the Slate Trail, and mountain section that returns to Ogwen Cottage on the A5, a relatively flat section behind Llyn Ogwen, another mountain section (including an additional out and back to Yr Elen, that is not on the 25k section), 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

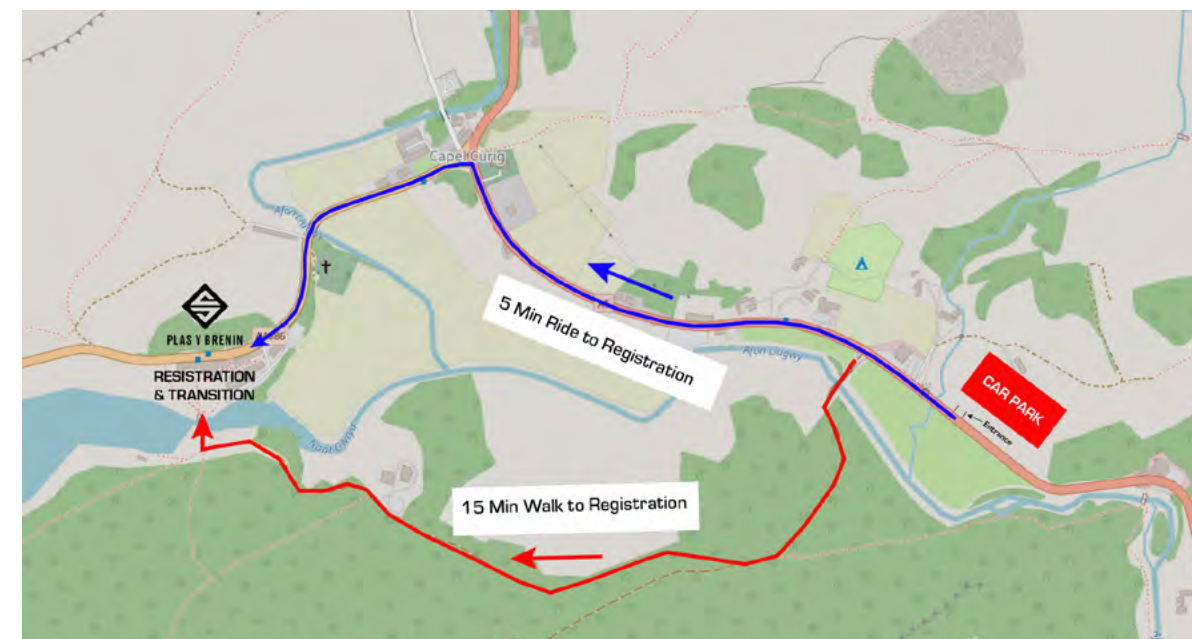
Please dispose of litter at the feed-station or keep it in your running vest/hydration pack. Any person found littering will be immediately disqualified from the event and banned from all Always Aim High Events.

## 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 05:30 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.



## PRIZE GIVING

Prize giving will be at 12:30 for the 10k and 25k races 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 Ogwen 25k** (for both open & female categories)

Overall: Top 3\*

Senior, V40, V50, V60, V70 and V80: 1st runner

**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.

Prize giving will be at 16:00 for the 40k race in the Plas y Brenin Lecture Room.

**Prize categories for the Ogwen 40k**

Overall Top 3\*

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

## 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](mailto:marshals@alwaysaimhighevents.com) to get involved!



[WWW.ALWAYSAIMHIGHEVENTS.COM](http://WWW.ALWAYSAIMHIGHEVENTS.COM)

