



**OCWEN**  
**YR HELGI DU**

**FINAL INSTRUCTIONS**  
**Race Date: 12th April 2026**

# CROESO / WELCOME

To the 2026 Ogwen15k, 25k and 40k | 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](#).

### REGISTRATION TIMINGS

Number collection for all races will be in the Llugwy Room, Plas y Brenin:

#### Saturday 11th April

17:00 - 19:00 All distances

#### Sunday 12th April

06:00 - 06:45 Ogwen 40

06:45 - 07:45 Ogwen 25

07:45 - 08:30 Ogwen 15

You can find your race number, which you'll need for registration on the [RACE NUMBER FINDER](#).

### RACE TIMINGS

#### Sunday 12th April:

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 15 Safety Briefing at the Finish Line.

09:00: Ogwen 15 Start.

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

If you have pre-ordered an event t-shirt or hoodie you will receive it in the post this week. Other preorder items can be collected from registration.

# MANDATORY KIT

All competitors in the 15k, 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 Saturday evening registration.**

There will be a number of tables outside when you arrive with your kit ready to check. The 2 or 3 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 in place at the finish line after the race.

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
- Emergency Thermal Survival Bag/emergency shelter
- Fully charged mobile telephone in a waterproof case (or waterproof phone)
- Drinking water (ability to carry 1.5l, minimum 1L filled, leaving the start and each aid station)
- Reusable race cup for hot soup & spoon/spork **(40k only)**
- A GPS device with the route downloaded (This can be a watch, phone or similar), or map & compass with route marked.
- Headtorch **(25k & 40k only)**

## ADDITIONAL PERMITTED / ADVISORY KIT:

- Running/hiking poles (we permit people to use poles)
- Suntan lotion, depending on conditions
- 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 make your way back down the mountain to the Slate Trail, the way that you came.

**11:30** at Ogwen Cottage on the 40k course. You will have 4 hours to reach this point. It is approximately 17.5km or 11 miles into the race. This requires an average of 13.71 min/km or 21.5 min/mile pace. Please do not underestimate how slow the terrain can be in the Glyderau section. An additional cut off is in place at Carnedd Llywelyn. You must reach this point by **14:15** (6hrs 45 mins). If you arrive after this time, you will not go out to Yr Elen, and instead continue directly to Pen yr Helgi Du. You will still be in the event, but a shorter course version.

## CUPLESS ENERGY STATIONS

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

Ogwen 15: 5km

Ogwen 25: 5km and 20km

Ogwen 40: 5km, 17km and 35km

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

For Ogwen 40k, the 17km feed station will have a hot soup option.

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 portaloos close to the Finish Line.

### RACE TIMING

You will be provided with a timing chip which must be worn on your wrist. Do not place it inside a bag or pocket as it will not read if covered in this way.

There will be chip reading locations at various points on all routes. There will be marshals at the locations to ensure your chip is read, or boxes will be positioned on posts, gates or stiles.

### 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.](#)

### CRIB GOCH OUTDOOR SHOP

Our local retailer, Crib Goch Outdoor will be the place to go to treat yourself to some fantastic quality gear and to replace any forgotten essentials. This can be found in the registration room, and be available throughout registration times.

### 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 or fell 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 high-vis vest. 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, you must call Race HQ on 07527 034308.**

**When life is at risk, please call 999 immediately, then call Race HQ.**

The Ogwen 25K and 40K will cross the A5 road 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.

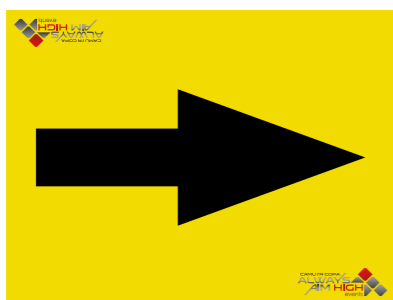
### LITTERING

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.

## 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

Ogwen 15 heads out from Plas y Brenin along the Slate Trail, then climbs up Cwm Tryfan. At the top you will turn left and head over Foel Goch and Cefn y Capel to return to the Slate Trail and Plas y Brenin. The route is often muddy and wet underfoot.

Ogwen 25 heads out from Plas y Brenin along the Slate Trail towards Llyn Ogwen. Here you cross the road and climb up to the Carneddau. You will visit 4 summits before descending back to the road and return along a shorter section of the Slate Trail to Plas y Brenin.

Ogwen 40 heads out from Plas y Brenin along the Slate Trail then climbs Cwm Tryfan. At the top you will turn right and head over the Glyderau and Y Garn before descending to Llyn Ogwen. Here you cross the road and climb up to the Carneddau. You will visit 5 summits, including a detour out and back to Yr Elen, before descending back to the road, and return along a shorter section of the Slate Trail to Plas y Brenin.

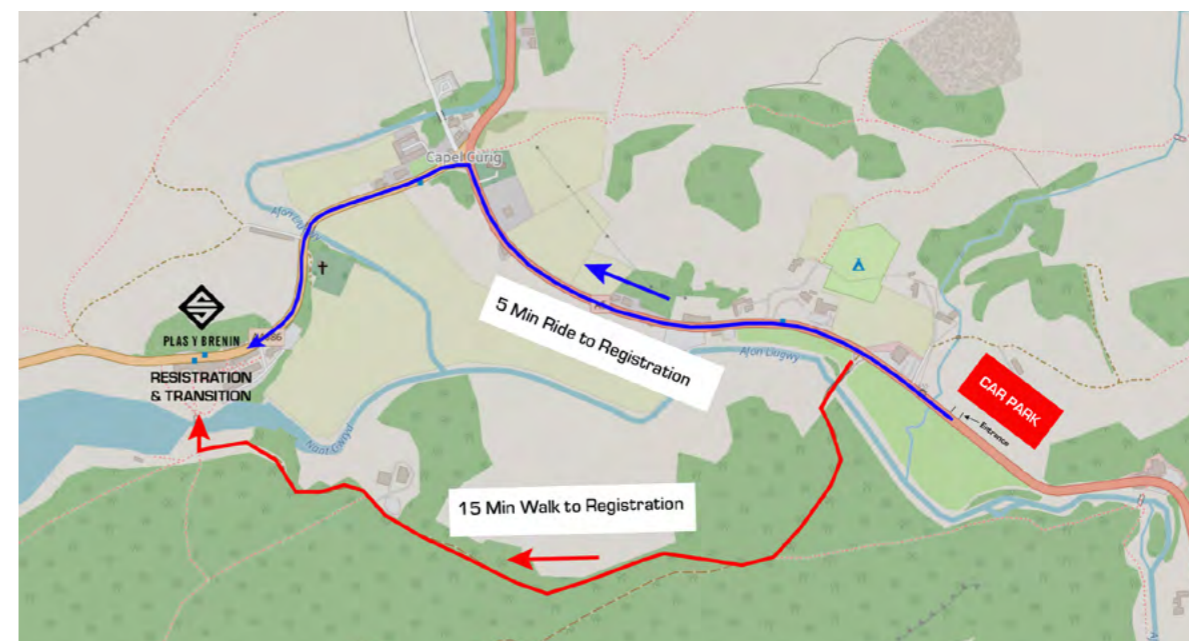
Full route maps & GPX downloads can be viewed on the [website](#).

## CAR PARKING

Our designated event parking on event day is approximately 0.8 miles from Plas Y Brenin, next to the [Siabod Cafe on the A5](#); it will be signposted once you get close to the site. The car park will be operating from 05:30am on Sunday 12th April. Overnight parking is not permitted. Please note, there are no facilities in the car park.

There is a £5.00 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. We promote car sharing to our events wherever possible.

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 15K and 25K races, and 14:30 for the 40K, in the Llugwy Room. Please come along to collect your prizes and have your moment on the podium, or to congratulate your fellow competitors!

**Prize categories for each race** (for both open and female):

Overall: Top 3\*

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

## DOGS AT THE EVENT

We love dogs at Always Aim High Events, but with it being lambing season at present, we need to be extra-careful that sheep are not disturbed at this important time.

Please be very careful with your dogs if you are using the event parking, which is located within a farm. Keep your dogs on a lead at all times.

Dogs are welcome on-site at Plas y Brenin, so they can spectate with you at the finish-line area, and are allowed in the bar area of the building however, **strictly no dogs are to be taken to the race start area.**

We request that if you are spectating out on course, please continue to be mindful of livestock, keeping your dogs on a lead at all times.

## 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.

## 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.

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



[WWW.ALWAYS AIM HIGH EVENTS.COM](http://WWW.ALWAYS AIM HIGH EVENTS.COM)

