



TRAIL ERYRI 10K

11TH JULY 2026

FINAL INSTRUCTIONS

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REGISTRATION

Number Collection will be at the Llanberis Event Field (LL55 4UR)

You do not need to attend number collection if you have received your number in the post

FRIDAY 10TH JULY

15:00-19:00

SATURDAY 11TH JULY

07:30-10:00

RACE BIB COLLECTION

Find your race bib number [HERE](#). Please search your name to find your information .

VENUE

Llanberis Event Field, LL55 4UR.

CAR PARKING

Glyn Rhonwy, LL55 4EL.

This is approximately a 20 minute walk from the event site.

The car park will remain open from 07:15. It will not be staffed at all times and cars are parked at owners' risk.

There will be shuttle buses running from the car park to the event village every 15 minutes between the following times:

Saturday 11th: 07:30-14:30

The cost of parking is £10 and includes use of the shuttle bus.



WHAT'S IN MY RACE PACK?

RACE NUMBER BIB – Worn on the front for the run, and is not be obstructed by clothing. This can be attached to your shorts/ trousers or top.

EVENT VILLAGE

FACILITIES

There will be toilets at the Race Start/Finish. You will be in an area of natural beauty that is also home to many residents. Please be sensitive and plan your comfort breaks for where there are facilities available.

BAG DROP

There will be an un-staffed bag drop where you may leave belongings during your race. All items will be left at your own risk.

MERCHANDISE

Pre-ordered t-shirts & hoodies can be collected on the day at the Scimitar stand. Additional merchandise is available to buy at the event or to order for home delivery from [our online store](#).

EVENT PHOTOGRAPHY

We are excited to be working with [Mel Parry Photography](#) at this year's event. Photos will be available after the race on their dedicated online gallery. You can pre-register with a selfie via the link, to be notified when your photos are online. If you have pre-purchased photo packages, a code will be sent to you directly by the event photographer after the Race. Please expect to receive an email from the event photographer, and be sure to check your junk email if this hasn't arrived.



This is a cupless event, there are no plastic or paper cups on the course. Please bring your own collapsable race cup or reusable bottle/ bladder to carry during your race. Race cups are available to buy at Crib Goch Outdoor in the event village.

SPECTATORS

The mountains of Eryri attract large numbers of visitors, particularly during the summer months. As a result, local infrastructure, including roads and car parks, becomes extremely busy, especially at weekends.

To help minimise congestion and reduce the impact on local communities, we ask spectators not to travel around the course to follow athletes. Moving between checkpoints creates additional traffic and parking pressures in villages throughout Eryri and can affect both local residents and emergency access.

We strongly encourage spectators to enjoy the race from the start and finish area, where the event village offers plenty of entertainment, food and refreshments, exhibitor stands, and live race updates throughout the day.



EVENT VILLAGE

WHAT'S HAPPENING?

There will be samples and opportunities to purchase from these great local companies and event partners:

Superfeet

Custom made insoles

Snowdonia Gear Repair

Kit repairs and a second-hand sale

Scimitar

Selling official event merchandise

Crib Goch Outdoor

For all your kit requirements

Black Diamond

Outdoor gear for mountain sports

NNormal

Sustainable trail running shoes and clothing

Snowdonia Society

A charity protecting and enhancing the beauty of Eryri National Park

Cancer Research Wales

A charity funding Cancer research in Wales- come and say hello!

Coffi Dre

Coffee and cakes

Gallt y Glyn

Nachos & Tacos

Swig

Fresh smoothies

Pizza Llan

Local pizzas!

Georgio's

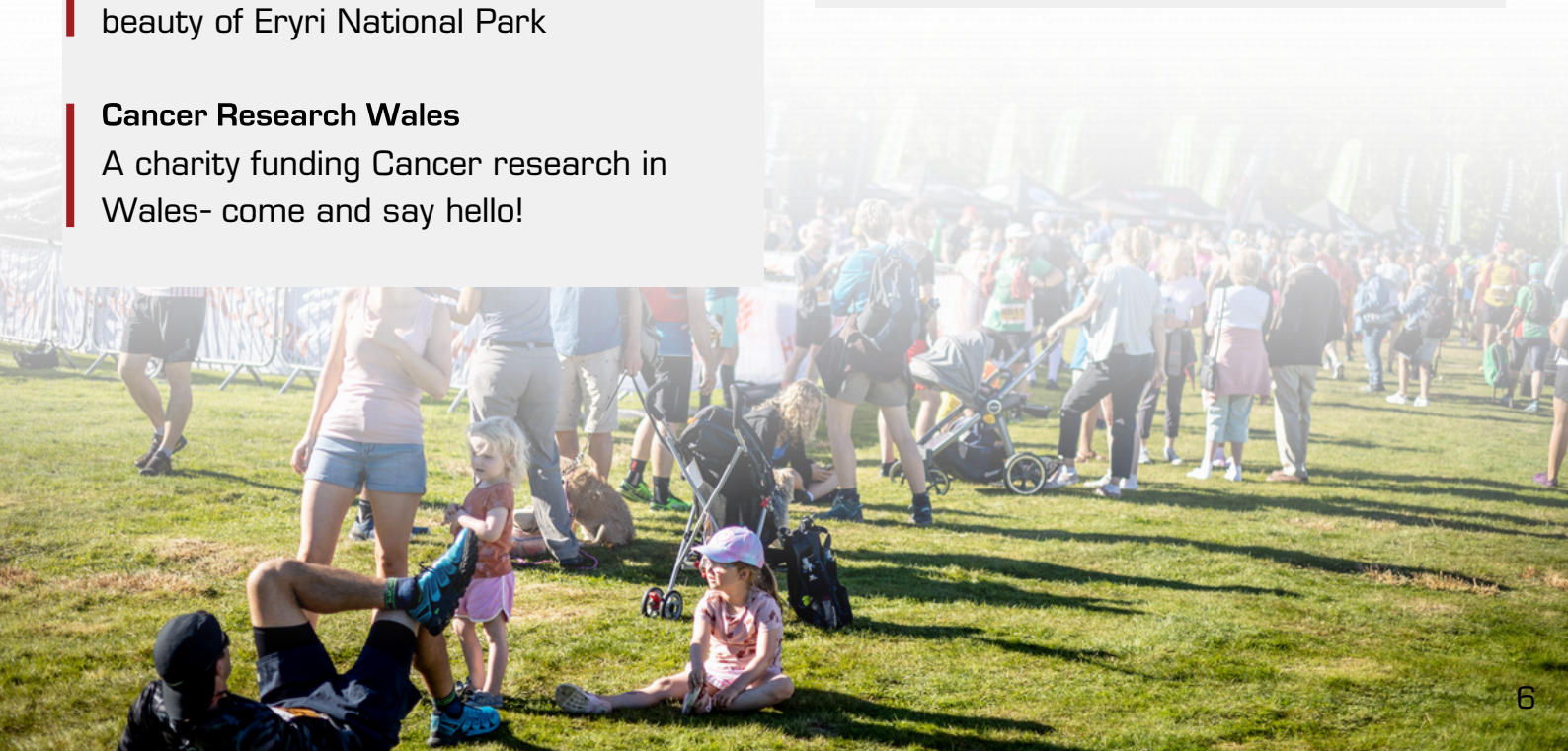
Ice-cream, Iced drinks & pasta

Coffee Bay

Hot drinks and sweet crepes

Anglesey Injury Clinic

Pre & Post event massage



RACE INFORMATION

10K

RACE DAY TIMINGS

10:10: 10km Compulsory Safety Brief

10:30: 10km Start (Green Bibs)

DRINK STATIONS

Miles 2 & 4- Water and High 5 energy drinks and gels

CUT OFF TIMES

13:00- Runners must get to the Finish Line before 13:00. This allows for an average race speed of 2.7mph.

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

It is the race organisers discretion to disallow a competitor to continue at any stage should it be deemed unsafe to do so.

THE COURSE



RUN -9.9km

Trail, Rocky Terrain, Hilly

See route maps [here](#)

SAFETY BRIEFING

All competitors must attend the compulsory safety briefing in the start area on race day 20 minutes before your race start time.

Remember the 10K race takes 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.

- In the event of hot or inclement weather you may be required to carry any of the following- a mandatory litre of water, sunhat, mobile phone or waterproof jacket. This will be communicated to you the day before the race.
- The race is run on public footpaths, please be aware of, and be considerate to, other people enjoying the beautiful Eryri scenery.
- Keep left at all times.
- The 10K route runs on the roads through Llanberis at the start.
- You must exercise caution when crossing roads.
- There is a road crossing over the A4086 near the Victoria Hotel in Llanberis. Please exercise caution and be aware of traffic.
- The 10K route will run on the roads near the Llanberis Slate Museum. Please exercise caution and be aware of traffic.
- The descent from the slopes of Yr Wyddfa is fast. Be respectful and aware of other users on the mountain. Also, take care on rocky sections particularly if it is wet.



WITHDRAWAL FROM THE RACE

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 feed station 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 feed station. Please note this may be behind you.

MEDICAL ACCIDENT AND EMERGENCY

If you come across a fellow competitor who is injured or unwell call this number 07527 034308 and report it to the nearest marshal.

In the event of a medical emergency when life is at risk dial 999.



GENERAL EVENT DAY INFORMATION

RACE DAY EMERGENCY CONTACT

If you need to speak to someone urgently, please call 07527 034 308. This phone number is for the race duration only and will not be activated at any other times.

LITTERING

Any person found littering will be immediately disqualified from the event. Please respect the beautiful location you are racing in and dispose of any gels and other rubbish responsibly. There are designated litter points along the route, and at the feed stations. Litter may also be handed to marshals.

RACE SIGNAGE ADD FLAGS AND TAPE

Please pay attention to the following sign colourings:

GREEN = Event Village Signage

YELLOW = Race Course Signage



During the race there will be 24 hour race taking place that shares a section of the course. There will a clearly marked split point just below the junction with the Llanberis path, you must follow the signage for S24 at this point.

You must close any gates you pass through, irrespective of how you find them, unless they are secured open. Where there are stiles along the route be prepared to queue up and wait to cross. Any runners found to be jumping fences or walls will be disqualified from the race. Please use good race etiquette - First come, first served.

CONTINGENCIES

It may be necessary to implement contingencies on race day. We will do everything we can to ensure you have the best experience and will only make changes to the race if it is necessary.

SAFEGUARDING

This permitted event acknowledges the duty of care to safeguard and promote the welfare of children, young people and vulnerable adults. This permitted triathlon event is also committed to ensuring safeguarding practice reflects statutory responsibilities, government guidance and complies with best practice and British Triathlon requirements.

Event Safeguarding Officer – Brian Corcoran – 07734 853748

Safeguarding procedures can be found on the day in Event Control.

PRIZE GIVING

Prize giving will take place in the Event Village at 12:30 on Saturday 11th July. Times are approximate and may be subject to change - please listen out for any announcements on the day.

Prizes will be awarded for overall and age groups. Please see website for prize categories.

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 Crib Goch Outdoors shop vouchers, race entries or charity donations and there are a number of positions available - we can even accommodate dogs (with well-behaved owners)!

Contact marshals@alwayssaimhigh-events.com to get involved.

PARTNERS

Thank you to our partners at this event:



In aid of:



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OUTDOOR
CODE: AAHIGH26