



FINAL INSTRUCTIONS

Event Date: Sunday 9th July 2023

CROESO / WELCOME

To the 2023 XTERRA Snowdonia Trail Marathon Eryri powered by UYN. This document contains all the information you'll need to have a great day and a safe race.



EVENT TIMETABLE

REGISTRATION

Registration will be at the Llanberis Event Field ([LL55 4UR](#)).

We encourage those who can to register the day before the race.

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

REGISTRATION TIMES

Friday 7th July 17:30 - 19:30

Saturday 8th July 12:00 - 16:00

Sunday 9th July 05:45 - 09:00

START TIMES

06:15: **Ultra Marathon** Safety Brief

06:30: **Ultra Marathon** Start (Yellow Bibs)

08:15: **Marathon** Safety Brief

08:30: **Marathon** Start (Green Bibs)

08:45: **Half Marathon** Safety Brief

09:00: **Half Marathon** Start (Red Bibs)

09:15: **10km** Safety Brief

09:30: **10km** Start (Blue Bibs)

Pre-ordered merchandise should be collected from Registration. Merchandise cannot be posted after the event.

Safety Briefs are compulsory and will take place at the start-line.

You will need to know your bib number for collection, this can be found by searching your name on the [event tracker](#).



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GENERAL EVENT INFORMATION

The Event Village will be located on the field around the race start & finish. Food, drink, ice-cream and pre and post-race massage will all be available in the village, where you can also enjoy all the race action.

BAG DROP

There will be an un-staffed bag drop where you may leave belongings before your race. All Items will be left at your own risk. Compulsory kit must be carried for the duration of the race.

TOILETS

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

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.

RACE TIMING

The race will be timed using TDL Event Services electronic timing systems. Your timing chip is attached to the back of your race bib and must be worn at all times during the race.

LIVE TRACKER

The 2023 XTERRA Snowdonia Trail Marathon powered by UYN races feature race tracking by TDL Event Services. Your friends and family can track your progress by going to <https://rtrt.me/ulink/TDLA/TDL-SST-2023>

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 compulsory kit! There will also be a limited amount of event t-shirts & hoodies available to purchase for anyone who didn't pre-order.

GENERAL EVENT INFORMATION

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.

PRIZE GIVING

Prize giving will take place in the Event Village. Please do join us to receive your prize and take your place on the podium or to congratulate your fellow athletes.

Times are approximate and may be subject to change - please listen out for any announcements.

12:30: Half Marathon and 10k Prize Giving

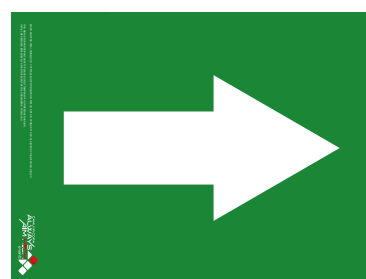
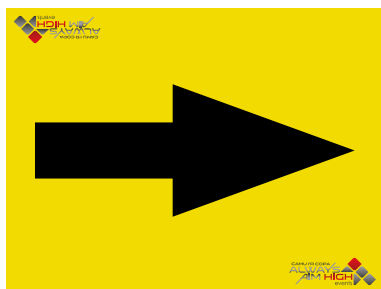
15:00: Marathon and Ultra Marathon Prize Giving

Prizes will be awarded for overall and age groups.

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

ROUTE SIGNAGE

Please pay attention to event signs which will direct you in the event village (green) and dictate the course (yellow signs and red arrows). The course will also be marked with the use of Always Aim High Ribbon and Always Aim High tape. Please follow this on the trails.



ROUTES

You must close any gates you pass through.

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 reported and disqualified from the race.

Please use good race etiquette - First come, first served.

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 litter responsibly. Litter and gel wrappers can be disposed of at the designated litter points or handed to an event marshal along the route. Be especially careful when opening gel wrappers, as the tops can easily become separated.

REFUELLING STATIONS

This is a cupless event, there are no plastic or paper cups on the course. You will be provided with a lightweight collapsible race cup which you can use at each feed station. If you opted to have your race pack posted to you, you can collect your cup from the Registration Tent before the race.

Ultra Marathon: Water and High 5 energy drink and gels will be available at 6, 19, 23 and 27 miles. At 6, 19 and 27 miles there will also be fruit, crisps and sweets.

At mile 31 there will be an emergency water station. There will be limited supply here so please only take water if absolutely necessary. We are unable to re-fill water containers at this point.

Full Marathon: Water and High 5 energy drink and gels will be available at 2, 6, 11, 15 and 19 miles. At 11 and 19 miles there will also be fruit, crisps and sweets.

At mile 23 there will be an emergency water station. There will be limited supply here so please only take water if absolutely necessary. We are unable to re-fill water containers at this point.

Half Marathon: Water and High 5 energy drink and gels will be available at 2 and 11 miles.

At mile 7 there will be an emergency water station. There will be limited supply here so please only take water if absolutely necessary. We are unable to re-fill water containers at this point.

10km: Water and High 5 energy drink and gels will be available at 2 miles/3.2km and 4 miles/ 6.4km

NB – Please be prepared to carry your own water with you on the route which you can refill at most drink stations. We also recommend carrying your own sweets, gels and other high energy snacks with you. Remember, at times you will be in remote areas between marshals and feed stations.

CUT OFF TIMES

There will be staged cut-offs across the race. If you do not make the cut off you will be transported back to the event village. Please be patient. We will transport you back as quickly as possible.

ULTRA MARATHON CUT OFF TIMES

- **08:10** - Runners must get to Rhyd Ddu at mile 6.7 within 1 hour and 40 minutes of the race start. This allows for a race average speed of 4mph.
- **11:20** - Runners must get to Beddgelert at mile 19.4 within 4 hours and 50 minutes of the race start. This allows for a race average speed of 4mph.
- **14:15** - Runners must get to Pen y Pass at mile 27.4 within 7 hours and 45 minutes of the race start. This allows for a race average speed of 3.7mph.
- **18:30** - Runners must get to the Finish Line before 18:30. This allows for a race average speed of 3mph.

MARATHON CUT OFF TIMES

- **12:00** - Runners must get to the Beddgelert feed station at mile 11.4 within 3 hours and 30 minutes of the race start. This allows an average race speed of 3.3mph.
- **14:15** - Runners must get to Pen y Pass at mile 19.5 within 5 hours 45 minutes of the race start. This allows for an average race speed of 3.4mph.
- **18:30** - Runners must get to the Finish Line before 18:30. This allows for an average race speed of 2.7mph.

HALF MARATHON CUT OFF TIMES

- **14:30** - Runners must get past the feed station at mile 11 by 14:30 otherwise they will be directed to the Finish line.

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

Ultra Marathon – 12Hrs

Marathon – 10Hrs

Half Marathon – 6Hrs 30 Mins

10km – 2 Hrs 30 Mins

COMPULSORY KIT

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

COMPULSORY KIT (NOT APPLICABLE TO 10K RACE)

- Waterproof jacket and trousers (with taped seams and integrated, attached hood)
- Suitable off road running shoes - fell/trail shoes
- Hat and Gloves (Head and hand cover)
- Whistle
- Emergency food
- Foil Blanket
- Drinking water
- Mobile Telephone

Random kit checks will take place. You must be prepared to show that you are carrying the full compulsory kit, when requested by one of our team. Failure to do so will result in disqualification.

ADDITIONAL PERMITTED / ADVISORY KIT:

- GPS Device (with route downloaded)
- Extra Long Sleeved Warm Layer
- Compass & Map (If you know how to use them)
- Poles (we permit people to use poles)
- Suntan Lotion

BAD WEATHER CONTINGENCIES

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

SAFETY INFORMATION

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

Half Marathon, Marathon and Ultra distances must be prepared to carry the compulsory kit detailed on the previous page.

- 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.
- You must exercise caution when crossing roads.
- The 10km route includes a variety of trail, grass track and a small amount of tarmac.
- The Full and Ultra Marathon run along the A4085 for about 1.5miles. Please be aware of traffic and exercise caution. Run on the right-hand side of the road.
- 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.
- There is a road crossing for all distances over the A4086 near the Victoria Hotel in Llanberis. Please exercise caution and be aware of traffic.

SAFETY INFORMATION

- 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 Yr Wyddfa (Snowdon) (Marathon and Ultra on the PyG track, Half Marathon on the 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 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

In the event of a medical emergency please contact our Emergency number on 07527 034308

When life is at risk dial 999

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

CAR PARKING & THE LOCAL AREA

Glyn Rhonwy will be the official parking for athletes and spectators (Please see map below). The car park will open at 5am and close at 8.30pm. Parking will be a £5 donation for the day. All proceeds will go to a local community group.

There are also numerous pay and display car parks located in Llanberis. Please make sure you buy a ticket because you are very likely to get booked if you don't!

Please DO NOT park on the streets opposite and around the event village as this is residents parking only. Please be respectful that people live here and need access to their homes. Use the car parks shown on the map below only. Thank you.



CAR PARKING & THE LOCAL AREA

The event village will have several local food vendors, services and retailers on site, but the [village of Llanberis](#) has lots to offer too. Making the time to explore the businesses on the High Street is a great way to support the local community. We have identified some highlights on the map below, but this is far from a complete list of the great food, drink, art and outdoor equipment available in the village!



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

KIDS RACE

JOIN US FOR THE DOLBADARN DASH!

Always Aim High Events presents a family-friendly fun run for kids up to 15 years old, taking place in the event field in Llanberis (LL55 4UR) at 10:30am on Saturday, 8th July - the day before the Snowdonia Trail Marathon.

Take part in our 500m run; every child who finishes will receive a medal from our medal muddle! Entry is £3 per child, with all proceeds supporting the Llanberis Mountain Rescue Team. Kids under eight must be accompanied by an adult.

We can't wait to see you all there! Entries on the day at Registration.



£3.00 PER CHILD
(Suggested donation. All proceeds to Llanberis Mountain Rescue)

**DOLBADARN DASH
500M KIDS FUN RUN
08.07.2023**

REGISTRATION ON THE DAY - 10.00AM RACE START - 10.30AM
EVENT VILLAGE, BEHIND THE GANOLFAN, LLANBERIS
WWW.ALWAYS AIM HIGH EVENTS.COM

ARE YOU RACING WITH US AGAIN THIS YEAR?

Check out our other events below!



EVENTS CALENDAR 2023

- Unique Road Runs
- Iconic Triathlons/Duathlons
- Epic Trail Runs
- Wild Swim Events
- Stunning Cycle Sportives

FEBRUARY

- 12th. Nick Beer 10k

MARCH

- 5th. Jones o Gymru Anglesey Half Marathon
- 25th. World's Steepest Street Race
- 26th. Harlech

MAY

- 13th. XTERRA Weston Park
- 14th. Weston Park

JUNE

- 10th. Slateman
- 10th-11th. Slateman
- 24th. Cardiff
- 25th. Cardiff

JULY

- 8th-9th. Snowdon24
- 9th. XTERRA Snowdonia Trail Marathon
- 29th. Snowman
- 29th-30th. Snowman

AUGUST

- 20th. Tour de Môn

SEPTEMBER

- 9th-10th. Sandman
- 9th. Torchlight Trail

OCTOBER

- 1st. Llandudno

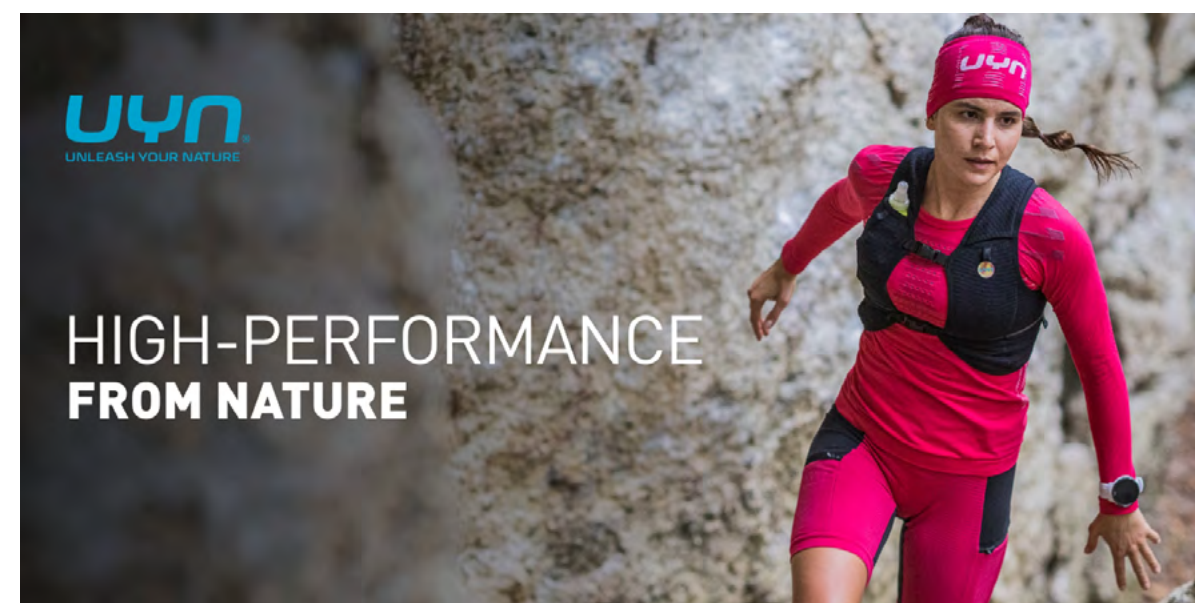
NOVEMBER

- 5th. Anglesey Trail Half Marathon & 10k

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SCAN TO FIND OUT MORE: [QR CODE]

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