



SNOWDONIA
TRAIL
MARATHON
ERYRI

12TH 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

12:00-16:00

SUNDAY 12TH JULY

05:45 - 08:30

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. on Saturday 11th until 18:00 on Sunday 12th. It will not be staffed for the entire duration 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

Sunday 12th: 05:30-18:00

The cost of parking is £10 and includes the 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. 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.

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. Mandatory kit must be carried for the duration of the race.

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 collapsible race cup or reusable bottle/ bladder to carry during your race. Race cups are available to buy at the Crib Goch Outdoor store 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.

Please do not attempt to watch the race at Pen-y-Pass. Parking at Pen-y-Pass is strictly limited and is reserved for pre-booked visitors only. We thank you for your cooperation in reducing the event's impact on the National Park and local communities.



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

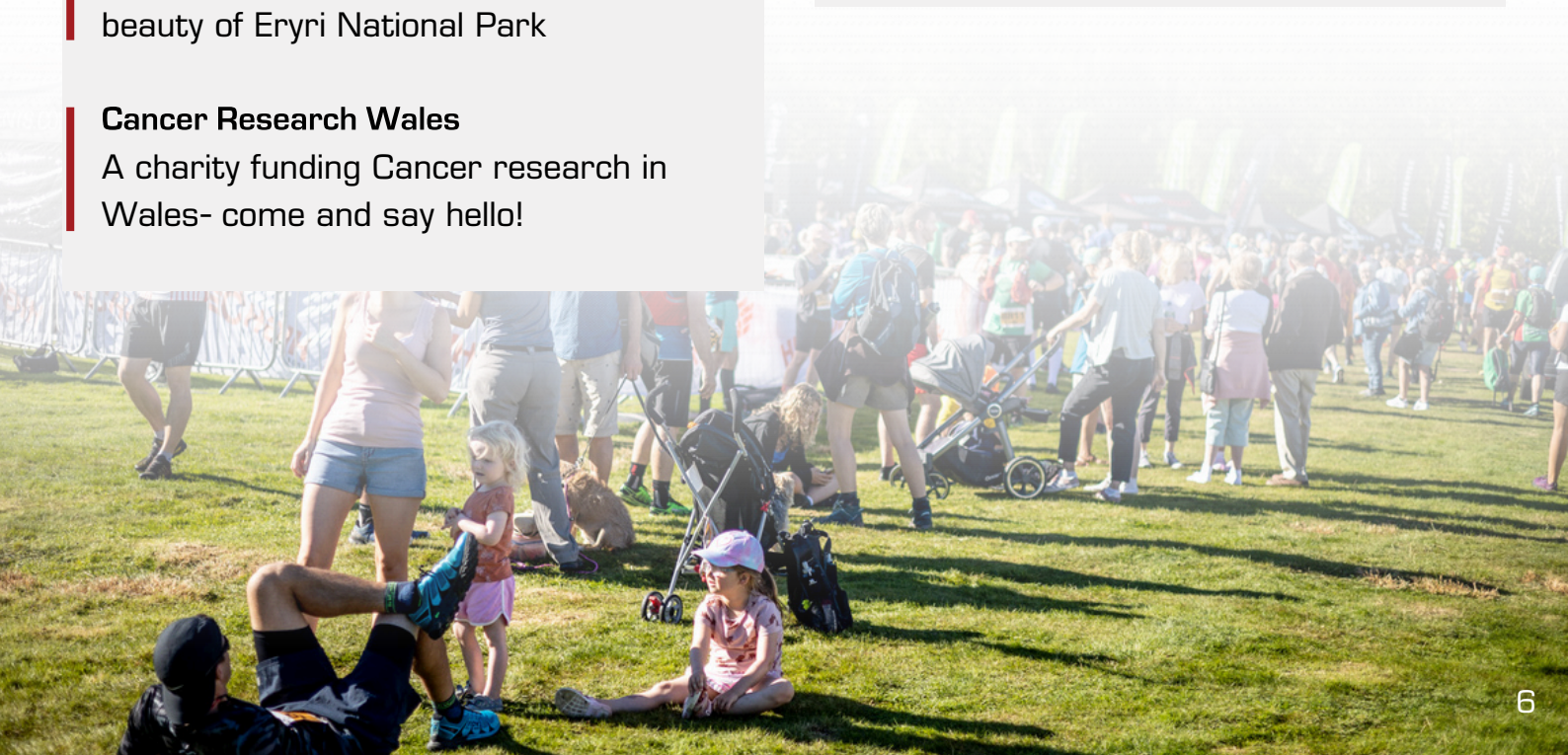
Ice-cream, Iced drinks & pasta

Coffee Bay

Hot drinks and sweet crepes

Anglesey Injury Clinic

Pre and post-race massage



RACE INFORMATION

HALF MARATHON

RACE DAY TIMINGS

08:40: Half Marathon Compulsory Safety Brief & mandatory kit check

09:00: Half Marathon Start (Blue Bibs)

DRINK STATIONS

Miles 2 & 11- Water and High 5 energy drinks and gels

Mile 7- Limited water station. You will be able to refill a max of 500ml; please only take water if you have empty bottles. We are unable to re-fill water containers at this point.

CUT OFF TIMES

14:30 – Runners must leave 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 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 - 12.9 miles

Trail, Rocky Terrain, Hilly

See all routes [here](#)

RACE INFORMATION

MARATHON

RACE DAY TIMINGS

08:10: Marathon compulsory safety brief & mandatory kit check

08:30: Marathon Start (Red Bibs)

DRINK STATIONS

Miles 2, 8, 13, 17, 21- Water and High 5 energy drink and gels

Miles 13 & 21- Crisps, fruit & sweets

At mile 24 there will be an limited supply water station. Please only take water if your bottles are completely empty. You will be limited to 500ml per competitor.

We are unable to re-fill water containers at this point.

CUT OFF TIMES

11:30 - Runners must get to the Beddgelert feed station at mile 13.5 within 3 of the race start. This allows an average race speed of 4.5mph.

14:30 - Runners reach Pen y Pass at mile 21 within 5 hours 45 minutes of the race start. This allows for an average race speed of 3.6mph.

18:30 - Runners must get to the Finish Line before 18:30. 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- 27.3 miles

Trail, Rocky Terrain, Hilly

See route maps [here](#)

RACE INFORMATION

ULTRA MARATHON

RACE DAY TIMINGS

06:10: Ultra Marathon Safety brief & mandatory kit check

06:30: Ultra Marathon Start (Pink Bibs)

DRINK STATIONS

Miles 8, 20, 24 and 28- Water and High 5 energy drink and gels

Miles 8, 20 and 28- Fruit, crisps and sweets

There are limited supply water only stations at mile 14 & mile 32. You will only be allowed to fill up if your bottles are empty and you will be limited to 500ml.

CUT OFF TIMES

08:30 - Runners must get to Cae Gors at mile 9 within 2 hours of the race start. This allows for a race average speed of 4.5mph.

11:30 - Runners must get to Beddgelert at mile 21 within 5 hours of the race start. This allows for a race average speed of 4mph.

14:30 - Runners must get to Pen y Pass at mile 28 within 7 hours and 45 minutes of the race start. This allows for a race average speed of 3.6mph.

18:30 - Runners must get to the Finish Line before 18:30. This allows for a race average speed of 3mph.

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 - 57km

Trail, Rocky Terrain, Hilly

See route maps [here](#)

MANDATORY KIT

All competitors must carry the mandatory 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. Depending on the weather on the day this may change. You will be notified of any changes the day before the race at the latest.

MANDATORY KIT:

- Waterproof jacket and trousers (with taped seams and integrated, attached hood)
- Suitable off road running shoes - fell/trail shoes
- Hat/Buff and Gloves (Head and hand cover)
- Whistle
- Emergency food
- Foil Blanket/bag
- Drinking water: 1L at start and capacity to carry 1.5L
- Reusable race cup/bottle
- Mobile Telephone (fully charged)
- Suntan lotion (factor 30 minimum)

Random kit checks will take place. You must be prepared to show that you are carrying the full mandatory 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)

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 Ultra Trail Marathon, Full Trail Marathon & the Half Trail Marathon 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 mandatory 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 Eryri scenery. Use Stiles and gates, **DO NOT CLIMB FENCES OR GATES**. If you are seen doing so, you will be disqualified.
- Keep left at all times.
- All routes run on the roads through Llanberis at the start.
- You must exercise caution when crossing roads.
- 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.
- 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 Yr Wyddfa. **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

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

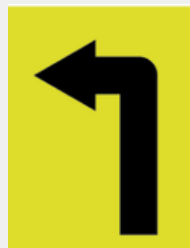
Any person found littering will be immediately disqualified from the event. Please respect the beautiful location you are racing in and dispose of any gels and other rubbish responsibly. There are designated litter points along the route, and at the feed stations. Litter may also be handed to marshals.

RACE SIGNAGE ADD FLAGS AND TAPE

Please pay attention to the following sign colourings:

GREEN = Event Village Signage

YELLOW = Race Course Signage



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

12:30: Half Marathon

15:00: Marathon and Ultra Marathon Prize Giving

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@alwaysaimhighevents.com to get involved.

PARTNERS

Thank you to our partners at this event:



In aid of:



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