



11TH & 12TH JULY 2026

FINAL INSTRUCTIONS



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REGISTRATION

Registration will be at the Llanberis Event Field (LL55 4UR). You must attend registration to collect your race pack.

FRIDAY 10TH JULY

15:00-19:00

SATURDAY 11TH JULY

07:30-10:00

BIB NUMBER

You need to know your number to collect your pack at registration. Find your race bib number [HERE](#). Please search your name to find your information .

RACE 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. 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?

TIMING CHIP – Secured to your left ankle with the Velcro strap. Please make sure you return your timing chip; there is a £55 charge for lost chips.

RACE NUMBER BIB – Must be clearly visible at all times. Belts are available to purchase at the Scimitar tent.

EVENT VILLAGE

FACILITIES

There are toilets at the lap point, in the Event Village and in the respite area and solo participant chill out zone. 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. There are no toilet facilities on the mountain.

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

MERCHANDISE

Pre-ordered t-shirts & hoodies can be collected on race day from the Scimitar store. Additional merchandise is available to buy at the Scimitar shop in the event village.

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 to carry during your race. Race cups are available to buy at a discounted price at the Crib Goch store.

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 & Taco's

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

YR WYDDFA | SNOWDON 24

SUPPORTING CANCER RESEARCH WALES

RACE DAY TIMINGS

07:00 Main event car park opens (Glyn Rhonwy)

07:30 Respite Area, Chill Out Zone and Event Village open

09:40 Yr Wyddfa | Snowdon24 safety brief at the race start

10:00 Yr Wyddfa | Snowdon24 start

DRINK STATIONS

Lap point - There will be a refuelling station at the lap point for the Yr Wyddfa | Snowdon24. This will have drinks, energy gels, fruit, crisps and sweets. This is also your opportunity to visit the Chill Out Zone (solo participants only) or Respite Area to refuel with your own provisions.

You must carry your own water with you on the route – see the list of mandatory kit further in this document. Please refill at the lap point.

CUT OFF TIMES

The challenge is to complete as many laps as possible within the 24 hour period. From 10:00 12th July – 10:00 13th July. A lap is both the ascent and descent of Yr Wyddfa (Snowdon). The winners of the event will be the athletes who complete the highest number of laps. If a runner begins a lap but does not complete it within the 24 hour period, it will not count towards the total for that runner or team.

You will not be allowed to start another lap after 08:45 on Sunday.

In the event of a tie-break on the number of laps the participant or team who completed the laps in the quickest time will win.

In the case of adverse weather on the summit the turn around point may be lowered. In this instance the number of short laps will be recorded and the results adjusted accordingly.



THE COURSE

RUN - Lap 9.4 Miles

Trail, rocky terrain, hilly

See all routes [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.

MANDATORY KIT:

- Waterproof jacket & 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 (Minimum 750 calories, the equivalent of approximately 4 HIGH5 Energy bars – You should have this at the start of each lap)
- Foil blanket
- Drinking water - 1L minimum at the start of each lap.
- Mobile telephone
- You must carry a head torch with sufficient battery life throughout the race, it must be worn & switched on (except on Victoria Terrace) between the hours of 22:00 - 05:00

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 the route downloaded)
- Extra long-sleeved warm layer
- Compass & map (If you know how to use them)
- Poles
- Suntan lotion

SAFETY BRIEFING

All competitors must attend the compulsory safety briefing in the start area 15 minutes before your race start time. Please make yourself aware of the following safety information;

The Yr Wyddfa | Snowdon24 takes place in a remote mountainous environment and in the dark. There will be rough technical sections. You must be vigilant at all times. In the spirit of trail running please keep a look out for your fellow competitors.

The race is run on public footpaths, please be aware of, and considerate to, other people enjoying beautiful Eryri (Snowdonia). Keep left at all times.

The start and end of the Yr Wyddfa | Snowdon24 lap runs on the roads through Llanberis and goes up a residential street called Victoria Terrace. From the hours of 19:00 and 08:00 this will be a compulsory silent zone and torches must be switched off. Anyone found not abiding by this will be disqualified.

You must exercise caution when crossing roads.

When on the Llanberis Path you must stay on the main path. YOU MUST NOT turn off onto other paths or the railway line. Be particularly aware of this at the 'Finger Stone' junction near the summit, where 4 paths meet, near the summit.

The descent from the summit of Yr Wyddfa is fast and steep in places. Be respectful and aware of other users on the mountain. Also, take particular care on steep rocky sections particularly if it is wet and dark.

WITHDRAWAL FROM THE RACE

If you withdraw during the race please make your way to the event village and report to a marshal. If you are unable to do this you MUST contact Race HQ on 07527 034308 quoting your race number.

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

LAP POINT & FINISHING

At the end of each lap our First Aid team will be making visual assessments of each athlete. If there is any concern they may conduct a more indepth welfare check to make sure you're safe to continue.

You **MUST** start/finish your laps via the designated entry/exit points. Failing to do this, restricts the ability of Race Control to monitor your whereabouts.

When you have completed your final lap, head through the finish arch to celebrate your achievement. You can collect your finisher awards and hand in your timing chip. Chips which are not returned are charged at £55.

REST AREAS

There will be a solo participants' communal Chill Out Zone and a Respite Area for all athletes. these areas are in two separate locations.

SOLO PARTICIPANT CHILL OUT ZONE

- Located at the entrance to the Event Village in the canolfan building.
- Solo athletes will be given two wristbands, one for themselves and one for a support person, permitting access to the Chill Out Zone. Only people with a wristband will be allowed access to the Chill Out Zone.
- Solo competitors will be given space to leave kit and rest in the communal Chill Out Zone.
- The Chill Out Zone will be a quiet zone please keep noise to a minimum between the hours of 9pm and 8am. Be respectful to other participants.
- Hot water for drinks or dried food will be provided for the duration of the event, as well as a variety of sweet and savoury food and drink options within the Chill Out Zone.
- Absolutely no camp-fires or cooking/stoves will be allowed in Chill Out Zone. Use of any such devices will result in immediate disqualification from the event.
- There will be limited tables and chairs for sharing.
- Dogs are not allowed in this area.
- All areas are strictly **NO SMOKING OR VAPING**.

RESPITE AREA

- Located 500m from the event village (see map on page 5)
- All participants will be given a space to pitch a shelter(s)
 - Solos and Pairs: Allocated space of 2m x 2.5m
 - Teams: Allocated space of 3m x 3.5m
- You will be required to provide your own shelter. Shelters can include tents, bivvys etc. Provision for caravans and camper vans will not be included but can be found locally at the cost of the participant. Vehicles will not be allowed on the respite area.
- The respite area is located close to residential areas. It will be a quiet zone at all times, with NO MUSIC. It will be a fully silent zone between the hours of 9pm and 8am. Security will be on site to oversee this.
- Athletes must be respectful of other participants and local residents.
- Hot water for drinks or dried food will be available in the building at the Respite Area.
- Absolutely no camp-fires or cooking/stoves will be allowed in the Respite Area. Use of any such devices will result in immediate disqualification from the event.
- Toilets and showers are available in the Respite Area building only to those with a shelter on the pitch.
- The Respite area closes strictly at 12:00hrs on Sunday 12th of July.
- Dogs are not allowed in this area.
- All areas are strictly NO SMOKING OR VAPING.
- It is possible to briefly park at the Ger y Llyn Car Park, across the road from the football field when dropping kit at the Respite Area.

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

Please pay attention to the following sign colourings:

GREEN = Event Village Signage

YELLOW = Race Course Signage



On Saturday morning between 10:00 & 14:00 there will a 10K race taking place, 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

Will be on Sunday 12th July at 10:35 in the event village (Subject to change on the day. Please listen out for announcements).

CATEGORIES:

Highest number of ascents and descents (laps) - Top 3 Solo (male and female).

Highest number of ascents and descents (laps) - Top 1 Pair (male, female and mixed)

Highest number of ascents and descents (laps) - Top 1 Team (Teams of 3, 4 and 5)

For more information about awards, please [visit the race page.](#)

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:

