



 **Black Diamond®**

YR WYDDFA SNOWDON

FINAL INSTRUCTIONS

Event Date: 8th & 9th July 2023

WELCOME

To the second year of the Black Diamond Yr Wyddfa | Snowdon24!
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 race start/finish on the Llanberis Event Field ([LL55 4UR](#))

We would encourage those who can to register the day before the race to avoid a rush on the morning.

FRIDAY 7th JULY:

17:30 - 19:30

Race registration on the Event Field in Llanberis ([LL55 4UR](#))

SATURDAY 8th JULY:

08:00 - 09:30

Race registration on the Event Field in Llanberis ([LL55 4UR](#))

Pre-ordered merchandise should be collected from Registration. Merchandise can't be posted out after the event.

RACE DAY TIMINGS

08:00

Respite area and event village open

09:45

Yr Wyddfa | Snowdon24 Safety Brief at the Race Start

10:00

Yr Wyddfa | Snowdon24 Start

You will need to know your bib number for collection, this can be found by [searching your name \(or team name if you are not a solo participant\) on the event tracker.](#)

EVENT VILLAGE

Event Village - open from 08:00 – 18:00 on the 8th of July and 06:00 – 18:00 on the 9th of July.

They will be located on the Llanberis Event Field (the race start and finish area is also located here). There will be lots to see and do and you'll be able to see all of the race action.

The Event Village will have a number of stands from our event sponsors and partners, with information and goodies. Here's what to expect;

ALWAYS AIM HIGH EVENTS STORE

Along with supplying all your running needs, including quality head torches from our partner Black Diamond and any compulsory kit that you're missing.

There will be a limited supply of event merchandise to purchase from the event store if you didn't pre-order yours.

SPORTS MASSAGE

Will be available in the event village. Please visit the massage tent to book a slot.

GENERAL EVENT INFORMATION

FACILITIES

There will be toilets at the lap point, near 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. There are no toilet facilities on the mountain.

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.



GENERAL EVENT INFORMATION

REST AREAS

There will be a solo participants' communal chill out zone and a respite area for all athletes in two separate locations.

SOLO PARTICIPANT CHILL OUT ZONE

- 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. Security will be on site to make sure this is complied with.
- Hot water for drinks or dried food will be provided for the duration of the event, as well as 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.

GENERAL EVENT INFORMATION

RESPITE AREA

- If solo competitors wish to have a space to pitch their own shelter, they will be given a space in the respite area - max dimensions 2m x 2.5m (2-person tent)
- Pairs will be given space to pitch a maximum of one shelter per pair in the respite area - max dimensions 2m x 2.5m (2-person tent)
- Teams will be given space to pitch a maximum of two shelters per team in the respite area - max dimensions 3m x 3.5m (3-person tent)
- 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 or noise at all between the hours of 9pm and 8am. Security will be on site to make sure this is complied with.**
- Athletes must be respectful of other participants and local residents.
- Hot water for drinks or dried food will be provided for the duration of the event.
- 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 will be available only to those with a shelter on the pitch.
- The Respite area closes strictly at 16:00 on Sunday 9th of July.
- Dogs are not allowed in this area.
- All areas are strictly NO SMOKING OR VAPING.
- It is possible to park at the Electric Mountain Car Park, across the road from the event field when dropping kit at the Respite Area.

RACE DAY INFORMATION

RACE TIMING

The race will be timed using TDL services electronic timing systems. It is compulsory for all competitors to wear their timing chip and race number. Failure to do so will result in you not being classified in the race results.

LIVE RACE TRACKER

The Yr Wyddfa | Snowdon24 Live Results system is available on the TDL [Tracker App](#). Sign Up now to have your progress posted directly to your Facebook or Twitter feeds, as well as accessing lots of useful event information.

On race day, spectators can get the status of athletes in real-time using the [Participant Tracker & Leaderboard](#).

HIGH 5 REFUELLING STATIONS

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

At approximately 3.5miles into the Snowdon lap there will be an emergency water station which will also have energy gels. There will be limited supply here so please only take water if absolutely necessary. We are unable to re-fill our water containers here. Once the water is gone, it is gone.

You must carry your own water with you on the route – see the list of compulsory kit further in this document. Please plan your refills around the event village. We also recommend carrying sweets, gels and other high energy snacks with you. You will be provided with a lightweight collapsible race cup which you can use at each feed station.

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.

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.

- Waterproof jacket & 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 (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
- Mobile telephone
- You must carry a head torch with sufficient battery life throughout the race, it must be worn & switched on between the hours of 22:00 - 05:00

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 (we permit people to use poles)
- Suntan lotion

SAFETY BRIEFING

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 Yr Wyddfa | Snowdon24 takes place in a mountainous environment and at times you will be in remote areas and in the dark. 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.

- The race is run on public footpaths, please be aware of, and be considerate to, other people enjoying the beautiful Eryri (Snowdonia) scenery. 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. From the hours of 19:00 and 08:00 this will be a **compulsory silent zone**. 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 and YOU MUST NOT veer on to Crib Goch.
- The descent from the summit of Snowdon 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 pull out of the race you **MUST** report to Race HQ or call **07527 034308** quoting your race number.
- If you decide to withdraw whilst on the course you must make your way to the event village.

MEDICAL ACCIDENT AND EMERGENCY

In the event of a medical emergency please contact our Emergency number on 07527 034308. Please put this in your phone, prior to the race.

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.

LAP POINT AND FINISHING

At the end of each lap and before you go onto your next lap, you will have a brief appraisal by a member of our First Aid team who will check to make sure you're safe to go. You will then be directed to the Team Handover area, the feed-station or onto your next lap. This is also your opportunity to visit the Chill Out Zone and or Respite Area to refuel.

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 are ready to finish your final lap, head through the Finish Gantry. We will then collect your chip. Chips which are not returned are charged at £55.

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.

CUT OFF TIMES

The challenge is to complete as many laps as possible within the 24 hour period. From 10:00 8th July – 10:00 9th 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. In the event of a tie-break on the number of laps the participants who complete these laps in the quickest time will win.

You will not be allowed to go out on your final lap after 09:00. We would not expect anyone to be leaving for their last lap after 08:30.



RACE SIGNAGE

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



LITTERING

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 gels or bottles responsibly. You may dispose of your gel wrappers at the designated litter points with event marshals along the route, and/or at the feed stations.

GATES

Please close any gates you pass through. Please use good race etiquette - First come, first served.

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 07:30 on Saturday and close at 19:00 on Sunday. Parking will be a £5 donation for the day or £10 donation for overnight. 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@alwayshighevents.com to get involved

PRIZE GIVING

Will be on Sunday 9th July at 11:00 in the race finish area for Yr Wyddfa | Snowdon24 (Subject to change on the day. Please listen out for announcements).

PRIZE CATEGORIES FOR THE SNOWDON24

- Most number of ascents and descents (laps) - Male and Female (top 3).
- Most number of ascents and descents (laps) - Male, Female and Mixed Pairs.
- Most number of ascents and descents (laps) - Team of 3, 4 and 5.

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

To add to the excitement and motivation individuals, pairs and teams can set the goal of achieving one of the following awards. Awards will take the shape of a unique local slate that marks the highest level achieved. These will be given to you on the finish line.

- 3 times ascend and descend – Yr Wyddfa Triple Award
- 5 times ascend and descend – Mont Blanc Award
- 7 times ascend and descend – Kilimanjaro Award
- 10 times ascend and descend – Ultimate Everest Award!

A Huge Thank You to Black Diamond for some Amazing Prizes!



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

WWW.ALWAYS AIM HIGH EVENTS.COM SCAN TO FIND OUT MORE: [QR Code] [Twitter] [Facebook] [Instagram]

£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
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