



F I N A L I N S T R U C T I O N S

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CROESO/ WELCOME

To the Snowdonia Endurance Trail. This document contains all the information you need to have a fun, and most importantly safe trail race.

EVENT TIMETABLE

REGISTRATION

Registration will be at Parc Gwydyr Park (LL26 0PL)

SATURDAY 29TH SEPTEMBER:

10:00 - 12:00

Race registration is on the Event Field (Parc Gwydyr Park LL26 0PL) in Llanrwst.

12:45

Safety Brief for all races is at the Start/Finish Line in Gwydyr Forest - this is a 15 minute walk from registration in Llanrwst.

13:00

Race Start is at the Start/Finish Line in Gwydyr Forest - this is a 15 minute walk from registration in Llanrwst.

14:30* - Prize giving 5km and 10km

15:30 *- Prize giving Half Marathon

* All times are approximate and are subject to change on the day

Prize giving will be held at the start/finish line.

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

SNOWDONFEST MUSIC FESTIVAL

As a part of this fantastic event you also have a free entry to the SnowdonFest Music festival*. Please visit their website to see what to expect.

www.snowdonfest.com

*If you have any questions regarding the Snowdonfest Music Festival, please contact the organisers directly using the details on their website. Always Aim High Events are not the organisers of the Snowdonfest Music Festival.

GENERAL EVENT INFORMATION

RACE START/FINISH

This will be located in the Gwydyr Forest at the Sawbench Car Park. All runners will start at the same time.

The Start/Finish Line is a 15 minute walk from Registration please see the map at the end of this document.

You will collect your medal and finishers T-shirt at the finish line.

PRIZE GIVING

This will take place at the Start/Finish line of the race.

FACILITIES

There will be toilets at registration in Parc Gwydyr. There will also be porta-loos at the Race start in Gwydyr Forest.

EVENT PHOTOGRAPHY

We are excited to be working with [Mel Parry Photography](#) at this event. Photos will be available after the race on our Facebook page and on the event website.

Prepaid digital downloads will be emailed to you within 7 days.

UN-MANNED BAG STORE

There will be an **un-manned bag store** available to leave your belongings before your race at the Start/Finish line. All items will be left at your own risk.

RACE TIMING

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

TEAMS

Teams will be given a race belt to pin their bib to. This must be passed to each team member as they start their lap. Team Members will need to wait in a Team Handover area to receive the bib.

PREPAID HOODIES

These can be collected at the registration tent at Parc Gwydyr. Finishers T-shirts will be handed out on the finish line,

SAFETY BRIEFING

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

PLEASE MAKE YOURSELF AWARE OF THE FOLLOWING SAFETY INFORMATION;

Remember the race takes place in an off road, trail environment and at times you will be in remote areas. Furthermore, there will be rough technical sections in some areas, you must be vigilant at all times. In the spirit of trail running please keep a look out for your fellow competitors.

- **If you pull out of the race you must report to Race HQ in the start area or call 07527 034 308 quoting your race number.**
- The race is run on public footpaths, please be aware of, and be considerate to, other people enjoying the beautiful forest paths. Keep left at all times.
- At the end of the race you must make your way to the event finish on the event field. This is down a section of public road. Please exercise caution and be aware of traffic. This section is non-competitive.

LAPS

The Snowdonia Endurance Trail is a 5km lapped course. The races will complete the following laps:

5km runners will do 1 Lap

10km runners will do 2 Laps

Half Marathon runners will do 4 Laps

You are responsible for counting your own laps.

CUT OFF TIMES

15:30 - Final Lap cut off. After this time all competitors will not be allowed to complete another lap.

MEDICAL ACCIDENT AND EMERGENCY

In the event of a medical emergency please contact our Emergency number on 07527 034 308

When life is at risk dial 999

Part of the run is on public footpath, please be aware and considerate to other pedestrians.

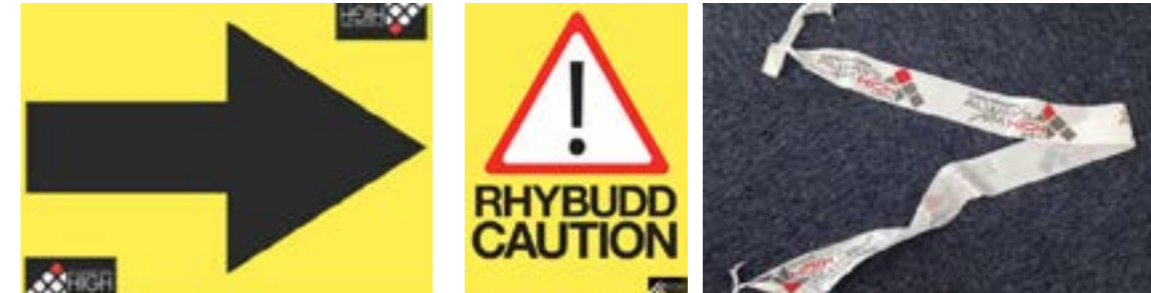
CAR PARKING AND REGISTRATION



Free Parking is available at Glasdir car park. Please see the above map. Post Code is LL26 ODF

RACE SIGNAGE

Please pay attention to the following signs which will dictate the course. The course will also be marked with Always Aim High 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.

HAVE A FUN AND SAFE RACE!

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