



# ULTRA-TRAIL SNOWDONIA ERYRI

BY **UTMB®**

## RUNNER'S GUIDE

12–14<sup>TH</sup> MAY 2023

**UTMB®**  
WORLD SERIES

**HOKA**  
FLY HUMAN FLY™

**DACIA**

**wahoo**

[www.snowdonia.utmb.world](http://www.snowdonia.utmb.world)



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© Jan Nyka



# ULTRA-TRAIL SNOWDONIA ERYRI

BY **UTMB®**

***Beautiful beyond belief.  
Savage beyond reason.***

## CROESO – WELCOME

...to the fifth edition of Ultra-Trail Snowdonia by UTMB: The UK & Ireland's first and only UTMB World Series Event.

From humble, grassroots beginnings, UTS has come a long way since its inaugural event in 2018.

This year, I look forward to welcoming over 2,800 runners from 65 nations to our host venue at the National Slate Museum, Llanberis, to experience the unique Welsh culture and mythical landscapes of Eryri/Snowdonia.

If you haven't yet done so, please familiarise yourself with the wealth of event info available on the website.

Key points are reiterated in this document. Please read this guide carefully so you can plan your visit to the event and are aware of how it will operate during the weekend.

We can't wait to see you on the start line, or more importantly; at the finish line!

*Pob lwc! – Good luck!*

**Michael Jones – Race Director**





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AND A LITTLE BIT  
TWISTED**



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choose the toughest terrain

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# ALL-NEW DACIA JOGGER

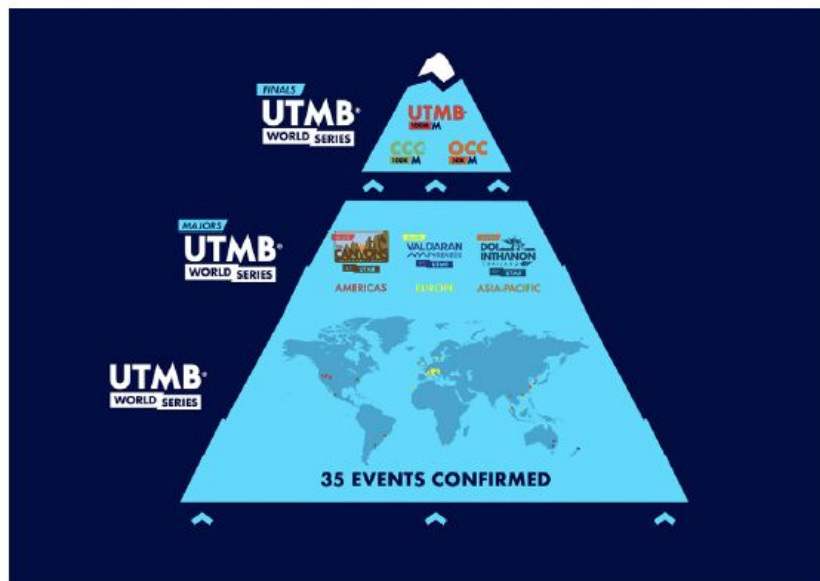
Dacia official automotive  
partner of UTMB® World Series



Range New Dacia Jogger: CO<sub>2</sub> emission 111 / 149 (g/km) (WLTP procedure) : 130. Combined consumption min / max (l/100km) (WLTP procedure) : 4.9 / 6.6 (57.7 / 42.8) MPG. WLTP figures shown are for comparability purposes. Actual realworld driving results may vary depending on factors including weather conditions, driving styles, vehicle load or any accessories fitted after registration. UK spec may vary. Dacia recommends Castrol



# THE WORLD'S ULTIMATE TRAIL-RUNNING CIRCUIT



Uniting the sport's biggest stars and amateur runners through the best, leading international events in the most stunning locations, the UTMB World Series gives all trail runners the chance to experience the UTMB adventure across the world, and gain access to the UTMB World Series Finals at the pinnacle UTMB Mont-Blanc.

## FINALS

Celebrating its 20th Anniversary this year, the mythic UTMB Mont-Blanc is the world's most well-known and revered trail running event on the globe. In the heart of the Alps, the prestigious UTMB World Series Finals is held in 3 categories: the OCC (50K), CCC(100K) and UTMB (100M) every year at the end of August in Chamonix, France.



## MAJORS

Three UTMB World Series Majors, are held each year across the Americas, Europe and the Asia-Pacific region. Collect double the amount of Running Stones compared to other UTMB World Series Events for the UTMB World Series Finals lottery. In total 225 runners are also granted automatic qualification for the UTMB World Series Finals through each Major. This includes age-group category winners and the top 10 male and female runners in the 100M, 100K and 50K categories.





## EVENTS

Get the UTMB experience closer to home. Built on a passion for the mountains with sustainability at its heart, UTMB World Series Events gives all trail runners the chance to experience the UTMB adventure at 35 events around the world. Begin your quest to UTMB Mont-Blanc and the UTMB World Series Finals.



## RUNNING STONES

You can only collect Running Stones by finishing races in the 20K, 50K, 100K or 100M category at a UTMB World Series Event or UTMB World Series Major.

Only 1 Running Stone acquired in the past two years is mandatory to enter the lottery. Running Stones are cumulative, have no expiration date, and each Running Stone gives you an additional chance to be drawn in the UTMB World Series Finals lottery.



## UTMB® INDEX

The UTMB Index is calculated for each of the 4 UTMB World Series race categories: 20K, 50K, 100k and 100M.

**20K** **M** **50K** **M** **100K** **M** **100M** **M**

Trail runners are also given a General UTMB Index calculated by combining results from all race categories. A valid UTMB Index is mandatory to enter the UTMB World Series Finals lottery, along with a minimum of 1 Running Stone.

**DO YOU HAVE YOUR  
MY UTMB ACCOUNT ?**

**THIS IS WHERE YOU CAN SEE IT ALL.**



**CHECK IT OUT AT  
UTMB.WORLD**

- See your Running Stones count
- Check your UTMB Index
- View your race results
- Get detailed performance statistics
- See your upcoming race registrations
- Share your results with your friends



## OCEANIA

**11-12 FEB** Tarawera Ultramarathon™ by UTMB®  
New-Zealand

**11-14 MAY** Ultra-Trail Australia™ by UTMB®  
Australia

**07-09 DEC** Ultra-Trail Kosciuszko™ by UTMB®  
Australia

## AMERICA

**15-16 APRIL** Desert RATS Trail Running Festival™ by UTMB®  
USA

**MAJOR**  
**28-29 APRIL** The Canyons Endurance Runs™ by UTMB®  
USA

**12-14 MAY** Valhøll Argentina by UTMB®  
Argentina

**24-25 JUNE** Western States® 100-Mile Endurance Run  
USA

**21-22 JULY** Speedgoat™ Mountain Races by UTMB®  
USA

**22-24 SEPT** Paraty Brazil by UTMB®  
Brazil

**22-24 SEPT** Grindstones Trail Running Festival™ by UTMB®  
USA

**13-15 OCT** Kodiak Ultra Marathons by UTMB®  
USA

**03-04 NOV** Puerto Vallarta México by UTMB®  
Mexico



# UTMB®

## WORLD SERIES

### 36 EVENTS CONFIRMED IN 2023

## AFRICA

**26-28 MAY** Mountain Ultra-Trail™ by UTMB®  
South Africa



## ASIA

**17-19 FEB** Amazean Jungle Thailand by UTMB®  
Thailand

**15-16 APRIL** Ultra-Trail Ninghai by UTMB®  
China

**07-08 OCT** TransJeju by UTMB®  
South Korea

**10-12 NOV** TransLantau™ by UTMB®  
Hong Kong

**MAJOR**  
**08-10 DEC** Doi Inthanon Thailand by UTMB®  
Thailand

## EUROPE

**13-16 APRIL** Istria 100™ by UTMB®  
Croatia

**04-06 MAY** Transvulcania by UTMB®  
Spain

**12-14 MAY** Ultra-Trail Snowdonia by UTMB®  
Wales

**19-21 MAY** Trail Alsace Grand Est by UTMB®  
France

**03-04 JUNE** Trail du Saint-Jacques by UTMB®  
France

**17-18 JUNE** mozart 100™ by UTMB®  
Austria

**22-25 JUNE** La Sportiva® Lavaredo Ultra Trail® by UTMB®  
Italy

**24-25 JUNE** Trail 100 Andorra™ by UTMB®  
Andorra

**MAJOR**  
**06-09 JULY** Val d'Aran by UTMB®  
Spain

**06-08 JULY** Restonica Trail by UTMB®  
France

**07-09 JULY** Trail Verbier Saint-Bernard by UTMB®  
Switzerland

**12-16 JULY** Eiger Ultra-Trail™ by UTMB®  
Switzerland

**03-05 AUG** KAT100™ by UTMB®  
Austria

**FINALS**  
**28 AUG** UTMB® Mont-Blanc  
**03 SEPT** France, Italy, Switzerland

**08-10 SEPT** Julian Alps Trail Run by UTMB®  
Slovenia

**14-17 SEPT** Wildstrubel by UTMB®  
Switzerland

**28 SEPT** Nice Côte d'Azur by UTMB®  
**01 OCT** France

**03-04 NOV** Kullamannen™ by UTMB®  
Sweden





## FRIDAY 12<sup>TH</sup> MAY

Time	Event		Place
08.00 - 12.45	UTS 100M Registration		Registration Tent
08.00 - 22.00	Ultra-Trail Village Open		Gildfach Ddu
13.00	UTS 100M start		Start/Finish Line
16.00 - 22.00	All other races registration		Registration Tent
18.00	ERYRI Mini 2.1 km Kids Race		Start/Finish Line
19.00	Elite Athlete Presentation		Snowdonia Stage



© Evan Davies

# EVENT PROGRAMME

## SATURDAY 13<sup>TH</sup> MAY

Time	Event		Place
04.00	Light Catering and Hot Drinks vendors open		Food Court
05.00	UTS 100K Start		Start/Finish
06.00 - 07:45	UTS 50K registration		Registration Tent
06.00 - 21.00	Ultra-Trail Village open		Gildfach Ddu
08.00	UTS 50K Start		Registration Tent
08.00 - 09.45	ERYRI 25K registration		Registration Tent
10.00	ERYRI 25K Start		Start/Finish
11.30	ETA first finishers - 100M		Start/Finish
12.00	ETA first finishers - ERYRI 25K		Start/Finish
13.30	ETA first finishers – 50K		Start/Finish
16.00	Prize Ceremony – ERYRI 25K only		Snowdonia Stage
17.00 - 20.00	– Live Music – Local Welsh Ceilidh Band Twmpathology		Gildfach Ddu
18.00	ETA first finishers – 100K		Start/Finish
20.30	Prize Ceremony – 50K only		Snowdonia Stage
22.00	UTS 50K Course Close		Start/Finish

## SUNDAY 14<sup>TH</sup> MAY

Time	Event		Place
08:00	Catering and UTMB World Series Partners Open		Gildfach Ddu
13:00	UTS 100K/100M Course Close		Gildfach Ddu
13:30	Prize Ceremony – 100K & 100M		Snowdonia Stage





# ULTRA-TRAIL VILLAGE

## SNOWDONIA

This year's Ultra-Trail Village and Food Court will be situated in the Gilfach Ddu coach area, just north of the National Slate Museum (Race Start/Finish).

The Ultra-Trail Village will be the main hub of UTS throughout the weekend with the participant registration marquee, our event and series partners and our event village exhibitors and caterers!

As well as an opportunity to secure some awesome products at special prices, there will be a host of different activities and competitions happening at the different trade stands. Do drop in to find out more!

We will also be hosting a number of talks with some of the runner athletes as well as a local Welsh ceilidh band and a number of local Welsh artists.

### 2023 UTMB World Series/UTS Partners

- **Buff** – Official Apparel Partner
- **Camelbak** – Official Hydration Pack Partner
- **Dacia** – Official Automotive Partner
- **Sidas** – Official Footcare Supplier Partner

### 2023 Ultra-Trail Village Exhibitors

- **Altra** – Footwear
- **Crib Goch Outdoor** – Outdoor and Running Retailer
- **The Great Run Company** – Ultra Race Organisers
- **Leki** – Running Poles
- **Superfeet** – Insoles
- **Torq Fitness** – Nutrition
- **Voom** – Nutrition

### 2023 Food Court Catering Stands

- **Pizza Llun (V)**
- **The Event Caterer** (West Indian Street Food) (V)
- **Amigos Burritos (V)**
- **Georgio's Homemade Ice Creams and Cakes**
- **Exhale Coffee**

\*(V) Vegetarian options available



© Ian Corless

## FRIDAY 12<sup>TH</sup> MAY

Time	Event
08.00 – 22.00	Ultra-Trail Village and Food Court open
14.00	Running with Poles with Mountain Run*
16.00	Running with Poles with Mountain Run*

## SATURDAY 13<sup>TH</sup> MAY

Time	Event
04.00	Hot Drinks vendors open
05.00	Food Court open
06.00 – 21.00	Ultra-Trail Village open
14.00	Running with Poles with Mountain Run*
16.00	Running with Poles with Mountain Run*
17.00 – 20.00	Live Welsh Ceilidh Band

\*To book on the Running with Poles Sessions click [HERE](#). Sessions are 1.5 hours long.

## SUNDAY 14<sup>TH</sup> MAY

Time	Event
10.30 - 11.15	Yoga session #1 with Nalini Yoga*
11.30 – 12.15	Yoga session #2 with Nalini Yoga*
13.30 – 14.00	UTS 100k & 100m Prize Ceremony

\*Yoga is free to attend, but please bring your own mat.





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## TRAVEL

Ultra-Trail Snowdonia by UTMB will be held at the Gilfach Ddu site, adjacent to The National Slate Museum in Padarn Country Park, Llanberis.

Location Map: <https://goo.gl/maps/cSEewa6tD7X5D8rKA>

Address:

National Slate Museum, Gilfach Ddu, Llanberis, Caernarfon, LL55 4TY

Train:

The nearest train station is Bangor which is approximately 30 minutes from Llanberis by taxi  
(approx. cost £30)

Taxi:

CK Cabs +44 (0) 1286 871768

Bus:

From Bangor Bus Station A (10 minute walk from the station) to Llanberis is 40 – 60 minutes. S2 goes directly to Llanberis and departs twice every hour.

## ACCOMMODATION

Hopefully your accommodation is sorted by now as most options get booked up well in advance but for any last minute needs, the best options are booking.com (Caernarfon & Bangor will offer more options) or for camping, we recommend [www.campinginllanberis.com](http://www.campinginllanberis.com) or the camp site in Nant Peris



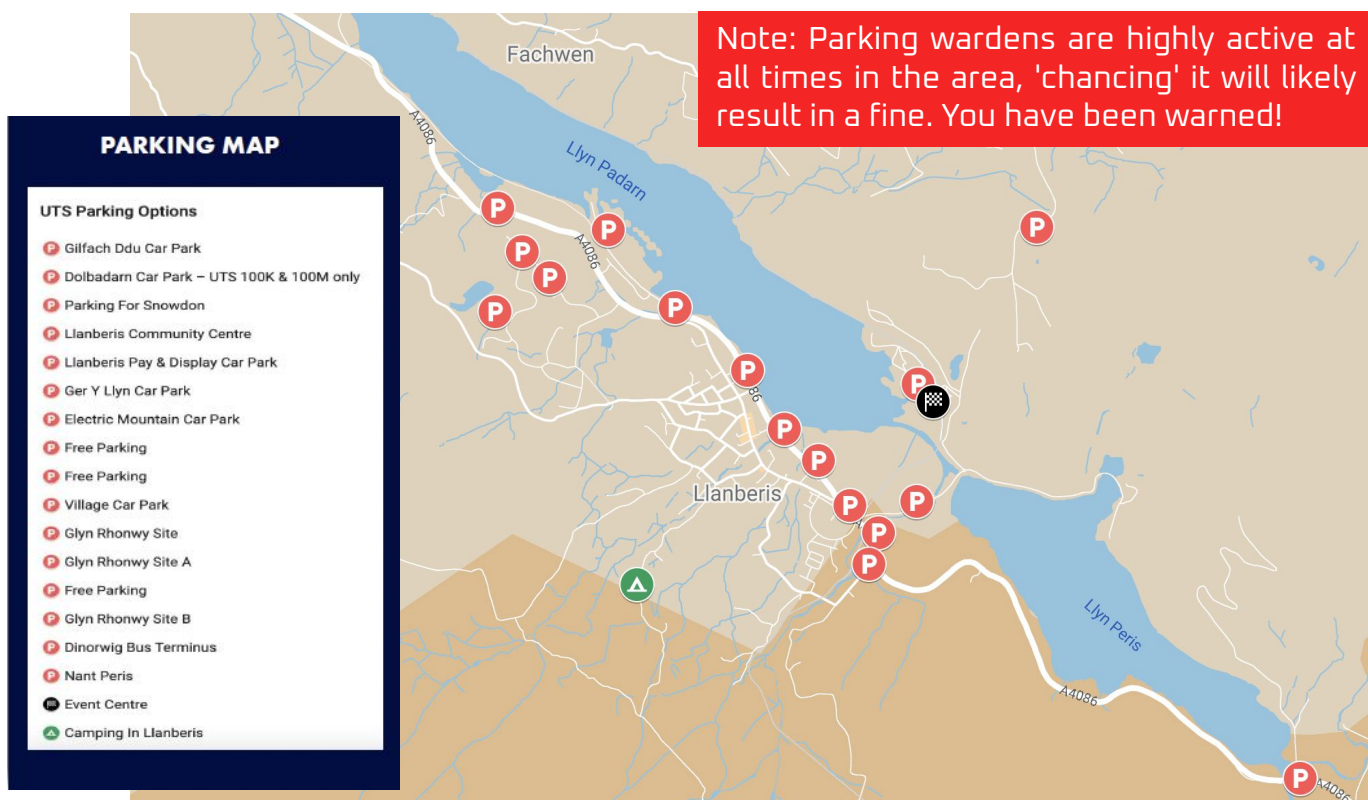


## PARKING

Llanberis is a very popular tourist destination and there are a lot of limitations imposed on parking, especially overnight, both for the public and also for race organisers. Please under do not park in any residential areas at any times during your stay.

Day parking (until midnight) at the Gilfach Ddu site will be available throughout, subject to availability. Please pay £12 at the pay point to collect your ticket. Please note, spaces here are available first-come, first-served and therefore should you leave the site, we cannot guarantee your space will be available to return to later!

To help you plan for your visit, we have listed below the various parking options in and around Llanberis



For 100M/100K runners who wish to leave their vehicle in a safe and secure location for the duration of the weekend, we have secured exclusive hire use near Dolbadarn Car Park, 500m from the race start/finish. The cost is £59 for the weekend and this must be purchased in advance via Eventbrite [HERE](#).

We also have weekend spaces available at the Glyn Rhonwy site (2.4km from the start) for all runners, which can be purchased in advance via Eventbrite [HERE](#). Alternatively we recommend making use of one of the many Pay & Display car parks located around the village, as per the red icons in

If making use of accommodation in Llanberis during your stay, please also help us to ease the situation by keeping your vehicle parked at your accommodation throughout the weekend and walking to registration, as well as the race start.

We strongly encourage all participants to consider lift sharing to get to this event, to reduce event CO2 output, but also reduce the number of vehicles requiring parking space in the village during event weekend.

wahoo



ELEMENT RIVAL



CHOICE OF  
**CHAMPIONS**

**UTMB®**  
**WORLD SERIES**

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TECHNICAL PARTNER



# RACE RULES & INFO

Ultra-Trail Snowdonia by UTMB is an event which includes several races in the open country, winding through the technical trails of Eryri/Snowdonia. Each race takes place in one single stage, at an undefined pace and within a time limit.

**100M** **M**

Around 168km with 9,500 metres elevation gain, starting from Llanberis, in semi-autonomy. Around 250 runners.

**100K** **M**

Around 103km with 6,400 metres elevation gain, starting from Llanberis, in semi-autonomy. Around 700 runners.

**50K** **M**

Around 55km with 3,300 metres elevation gain, starting from Llanberis, in semi-autonomy. Around 1,200 runners.

**20K** **M**

Around 25km with 1,300 metres elevation gain, starting from Llanberis, in semi-autonomy. Around 500 runners.

## DROP BAGS

**UTS 100M & UTS 100K:** At registration, each participant will receive a UTMB World Series branded drawstring bag to re-use across all UTMB World Series events. After filling it with the items of your choice and closing it, you can drop it off at the bag drop marquee. Please ensure your drop bag number found in your race packet is inserted before depositing the bag!

UTS 100M drop bags will be transported to Croesor – Aid Station 7, approximately 89km into the race. It will then be returned to the designated area in the main marquee, near the finish, only once the aid station closes, and not before.

UTS 100K drop bags will be transported to Capel Curig – Aid Station 4, approximately 51km into the race. It will then be returned to the designated area in the main marquee, near the finish, only once the aid station closes, and not before.

**Runners in ALL races will be able to store 1x SMALL bag at the marquee, subject to availability** (size of a small backpack/easyjet carry on luggage no larger than 45cm x 36cm x 20cm). No suitcases, holdalls or tents, etc. will be allowed. Please affix the bag tag found in your registration pack to your bag. You will require your race bib to retrieve your bag.

## AID STATIONS

Along the race route, there are some points where runners can get food and drinks supplies. Aid stations supply drinks and food for consuming in-situ. The organisation supplies water and energising or isotonic drinks for filling water bottles/hydration packs and personal beakers are mandatory.

The runner must make sure, when leaving the aid station, that they have the necessary quantity of food and drinks to keep them going until the next aid station.

For further details on specific locations along each course please see the AID STATION GUIDE section later in this guide.

**IT IS MANDATORY  
NOT TO LEAVE A PERSON  
IN DIFFICULTY ALONE**



## WAYMARKING

Waymarkers are made of a reflective material that catches the light from your headlamp, so that you can easily spot them even at night.

**WARNING:** If you can't see any way markers, turn back!

Because we respect the environment, we do not use any paint on the trails.

## SECURITY & MEDICAL

There are several medical stations along the route. These stations are directly linked to the race security HQ in Llanberis. There are medical staff at the race HQ in Llanberis during the events.

Medical stations are intended to assist any person in danger, with the organisation's own or public means.

It is up to a runner in trouble or seriously hurt to call for the help:

- By going to a medical station.
- By calling Race Control.
- By asking another runner to alert the security service.
- By using the SOS function in the LiveRun app.

Every runner must give assistance to any person in danger and alert the security services.

# RACE RULES & INFO

In order to ensure their security and the smooth running of the event, each participant must carry with them all the items listed in the mandatory equipment checklist and take all the equipment with them during the race, even if the runner is not using it.

All participants will be subject to a kit check at registration and systematic and/or random checks will be carried out during the race. A penalty up to disqualification will be applied to runners who do not have all the mandatory equipment with them (see 'Race Rules').

All clothing must be the correct size for the competitor and without having been modified in any way after leaving the factory. You carry this equipment in a pack which must be tagged during race-bib distribution and is not interchangeable during the race.

Due to the lengthy nature of the event, runners may need to consider planning to ensure any electronic devices have adequate battery life to function throughout the whole race. This may mean choosing equipment that can be charged on-the-go. UTS 100K/100M runners: please consider making use of the drop bag facility to change/recharge device batteries.

© Sportograf

**Music:** Listening to music using earphones only, is tolerated, so long as it is safe to do so. Any earphones **MUST** be removed when approaching or crossing any roads, at any checkpoints and when approaching and passing any Mountain Safety Team members.



**Poles:** If you choose to take poles, they must be carried for the duration of the race. If you decide to use poles, it is forbidden to start without poles and then recuperate them during the course of the race. No poles are authorised in the drop bags. The use of poles will be forbidden in certain zones along the route marked by specific signs, for safety or environmental reasons.



## LIVE RUN APP

The Live Run App is the main tool for ensuring your safety as well as providing you with valuable race information (real-time tracking of your race and that of your friends).

In case of an emergency, the application allows you to send directly to the organization an SOS via text message giving your GPS position. This helps you to save precious time. It does not however mean that you do not make a call to the Race HQ.

It is mandatory to have a working and charged mobile telephone that works in the UK. Do not set your mobile phone to airplane mode under any circumstances, as we need to be able to contact you before, during and after the race.

We strongly recommended installing and using the LiveRun by LiveTrail application on smartphones, which is essential for your safety.

For runners who will spend more than 15 hours in the race, are advised to bring an external battery. Make sure that the emergency number you provide is the number of the person you want to be alerted in case of a problem.

**IMPORTANT:** Please check that you have filled in your phone number in your MyUTMB account for the race. You can update it right up to the start of your race.



**For all emergencies, please call  
Event Control:**

**+44 7452 935 025**

## RESPECT FOR THE ENVIRONMENT

When you registered for this event you agreed to respect the environment and the natural areas the routes pass through.

- Littering is strictly forbidden (gel packaging, paper, organic detritus, plastic wrappers...). Rubbish bins are available at each aid station, and they must be used. The race stewards will be checking all along the race route.
- All participants must keep their rubbish and wrappers with them until they can throw them in the bins at an aid station. Runners should carry a bag or pouch to carry their waste until the next bin. They must be used for collecting any paper used during any urgent need along the route.
- You must follow the paths as they are way-marked, without short-cutting them. Actually, short cutting a path causes erosion thus damaging the site.
- No disposable dishes (cutlery, cups, bowls) will be distributed at any check point or aid station. This is to reduce the plastic waste by runners, as well as by the volunteers. We invite you to bring your own utensils if you wish to eat hot meals at the aid stations.
- For your **finisher's meal** (ultra-distance races only) **PLEASE bring your own plate and cutlery**, to help us reduce waste!







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# MANDATORY EQUIPMENT

The next few pages details the Basic, Hot and Cold Weather Kit Lists that could be implemented for race day. You will be notified prior to registration via the LiveRun App and SMS if the Hot/Cold Weather kit is required for your race. Please ensure this is downloaded and installed on your smartphone prior to the event.

Items included in the mandatory equipment checklist are the basic pieces which each trail-runner must adapt according to their own skills. In particular, you should not choose the lightest possible clothing but prefer clothing that really provides good protection in the mountains against cold, wind and snow, and therefore better safety and performance.




























## BASIC KIT

1/2

	100M M	100K M	50K M	20K M
 <b>Running pack</b> to carry mandatory kit throughout the race.	✓	✓	✓	
 <b>Smartphone with LiveRun application</b> installed and activated with international roaming allowing for its use in the UK. The runner must be reachable at any time before, during and after the race: Keep the phone on, airplane mode is forbidden and could give rise to penalties. An external battery to recharge the phone is highly recommended.	✓	✓	✓	✓
 <b>Personal beaker 15 cl</b> minimum (bottles or flasks with lids are not accepted).	✓	✓	✓	✓
 Minimum <b>water supply</b> : 1 liter.	✓	✓	✓	✓ 1/2 LITRE
 <b>2 working torches</b> (head or hand acceptable) with spare cells/batteries for each torch. Battery/power banks are not accepted as a spare battery. Recommendation: 200 lumens or more for the main torch.	✓	✓	✓ 1 TORCH	
 <b>Survival blanket</b> of 1.40m x 2m minimum, <b>or survival bag</b> (recommended).	✓	✓	✓	✓
 <b>Whistle</b> .	✓	✓	✓	✓
 <b>Self-adhering elastic bandage</b> for bandaging or strapping (minimum 100 cm x 6 cm).	✓	✓	✓	
 <b>Food reserve</b> . Recommendation: 800kcal minimum (2 gels + 2 power bars each of 65g).	✓	✓	✓	RECOMMENDED
 <b>Jacket with hood</b> for bad weather in the mountains. The jacket must be made of a waterproof* and breathable** membrane (e.g. Outdry). *minimum recommended 10 000 Schmerber **RET recommended inferior to 13  - the jacket must, imperatively, have an integrated hood or one which is attached to the jacket by the original system designed for that purpose by the manufacturer. - the seams must be sealed. - the jacket must not have sections of fabric which are not waterproof, but air vents fitted by the manufacturer (under-arm, in the back)-since they do not damage in any obvious way the impermeability are accepted. The runner must judge whether, according to the beforementioned criteria, the jacket complies with the regulations and therefore is suitable for bad weather in the mountains. However, during a check, the race director's opinion on the matter shall prevail.	✓	✓	✓	
 <b>Long-legged trousers or race leggings</b> OR a combination of leggings and socks to cover the legs completely.	✓	✓	✓	



# MANDATORY EQUIPMENT

BASIC KIT					2/2
	100M M	100K M	50K M	20K M	
 <b>Cap, bandana or Buff®.</b>					
 <b>Additional warm second layer:</b> a warm second layer top with long sleeves (excluding cotton) weighing at least 180g (men's size medium - M) OR the combination of a long-sleeved warm undergarment (first or second layer, excluding cotton) weighing at least 110g (men's size medium - M) and a windproof jacket* with durable water-repellent protection (DWR protection).  *the wind-proof jacket does not replace the mandatory waterproof jacket, and vice versa.					
 <b>Beanie hat.</b>					
 <b>Warm and water-proof gloves.</b> A combination of separate warm gloves and waterproof outer gloves/mittens is acceptable.					
 <b>Waterproof trousers.</b> These do not replace the long-legged trousers listed above.					
 <b>ID: passport/ID card.</b>					
 <b>Vaseline or anti-heat cream.</b>	RECOMMENDED	RECOMMENDED	RECOMMENDED		
 <b>Reusable bowl &amp; cutlery.</b> For 100K & 100M hot meal aid stations, plus finisher meal for all ultra-distance runners.	RECOMMENDED	RECOMMENDED	RECOMMENDED		
 <b>Knife or scissors</b> for cutting elastic bandage.	RECOMMENDED	RECOMMENDED	RECOMMENDED		
 <b>Emergency sewing kit.</b>	RECOMMENDED	RECOMMENDED	RECOMMENDED		
 <b>GPS watch.</b>	RECOMMENDED	RECOMMENDED	RECOMMENDED	RECOMMENDED	
 <b>At least £20 cash</b> (just in case!).	RECOMMENDED	RECOMMENDED	RECOMMENDED	RECOMMENDED	




















Some common sense appeals to deal with difficult weather:

- Anticipate both cold and extreme heat
- Don't wait until you are shivering to cover yourself
- Don't change clothes in the wind: plan ahead or wait until you are under cover
- Protect yourself from the sun














































The following page lists out the hot and cold weather kit requirements.  
You will be notified if this ahead of registration if this is needed for your race via the Live Run App.

# MANDATORY EQUIPMENT

## HOT WEATHER KIT

	100M M	100K M	50K M	20K M
 <b>Sunglasses.</b> It is possible to use the same glasses if they are suitable both for the sun and bad weather (such as glasses with photochromic lenses).				
 <b>Saharan cap</b> or any combination which completely covers the head and nape of the neck.				 CAP/HAT ACCEPTED
 <b>Sunscreen.</b> Recommendation: minimum sun protection factor (SPF) 50.				
 Minimum <b>water supply:</b> 2 liters.				 1 LITRE

## COLD WEATHER KIT

	100M M	100K M	50K M	20K M
 <b>Jacket with hood</b> for bad weather in the mountains. The jacket must be made of a waterproof* and breathable** membrane (eg. Outdry). *minimum recommended 10 000 Schmerber **RET recommended inferior to 13  - the jacket must, imperatively, have an integrated hood or one which is attached to the jacket by the original system designed for that purpose by the manufacturer. - the seams must be sealed. - the jacket must not have sections of fabric which are not waterproof, but air vents fitted by the manufacturer (under-arm, in the back)-since they do not damage in any obvious way the impermeability- are accepted. The runner must judge whether, according to the beforementioned criteria, the jacket complies with the regulations and therefore is suitable for bad weather in the mountains. However, during a check, the race director's opinion on the matter shall prevail.	 INCLUDED IN BASIC KIT	 INCLUDED IN BASIC KIT	 INCLUDED IN BASIC KIT	
 <b>Long-legged trousers or race leggings</b> OR a combination of leggings and socks to cover the legs completely.	 INCLUDED IN BASIC KIT	 INCLUDED IN BASIC KIT	 INCLUDED IN BASIC KIT	
 <b>Additional warm second layer:</b> a warm second layer top with long sleeves (excluding cotton) weighing at least 180g (men's size medium - M) OR the combination of a long-sleeved warm undergarment (first or second layer, excluding cotton) weighing at least 110g (men's size medium - M) and a windproof jacket* with durable water-repellent protection (DWR protection)  *the wind-proof jacket does not replace the mandatory waterproof jacket, and vice versa	 INCLUDED IN BASIC KIT	 INCLUDED IN BASIC KIT		
 <b>Beanie hat.</b>	 INCLUDED IN BASIC KIT	 INCLUDED IN BASIC KIT		
 Warm and water-proof <b>gloves.</b> A combination of separate warm gloves and waterproof outer gloves/mittens is acceptable.	 INCLUDED IN BASIC KIT	 INCLUDED IN BASIC KIT		
 <b>Waterproof trousers.</b>	 INCLUDED IN BASIC KIT	 INCLUDED IN BASIC KIT		
 <b>Protective sports eyewear</b> with clear lenses. It is possible to use the same glasses if they are suitable both for the sun and bad weather (such as glasses with photochromic lenses).				
 <b>3rd warm layer</b> (intermediary layer between the 2nd layer and the waterproof jacket). Recommended: high-loft jacket/smock featuring synthetic insulation (Primaloft/Polartec fleece or similar).			 RECOMMENDED	 RECOMMENDED
 Sturdy, closed-toe <b>trail-running shoes</b> (minimalist or ultralight shoes excluded).				
 <b>Spare warm clothing.</b>	 RECOMMENDED	 RECOMMENDED		
 <b>Poles.</b>	 RECOMMENDED	 RECOMMENDED	 RECOMMENDED	



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TNF & Sidas Athlete: Jon Albon  
2<sup>nd</sup> place in the CCC, UTMB

# BREAK FREE OF YOUR LIMITATIONS

CUSHIONING **WHERE IT COUNTS**. SUPPORT **WHERE YOU NEED IT**.  
NEXT LEVEL COMFORT, **GURANTEED**.



#NOFINISHLINE  
WITHOUTFOOTCARE

 Find us in the Ultra-Trail Village

SIDAS.STORE





© David Miller

To participate in Ultra-Trail Snowdonia by UTMB  
in particular UTS 100M & UTS 100K, it is essential:

- To be completely aware of the length and specificity of the event and to be perfectly prepared for it.
- To have a real capacity for personal autonomy in the mountains allowing for the runner to manage any sort of problems that might occur during this type of event.
- Know how to face up to weather conditions which could be very difficult to deal with at high altitude (night, wind, cold, fog, rain or snow) without any help.
- Know how to manage, including when alone, physical or mental problems arising from a great fatigue - such as digestive problems, muscle or articular pains, small wounds...
- To be totally aware that the organisation's role is not to help a runner manage these problems.
- To be totally aware that for such an activity in the mountains, security depends on the runner's ability to adapt to these problems
- That runners inform their crews that they must respect nature, people and the regulations of the race.
- To accept to receive newsletters providing information about the event.



## AID STATION INFO – IMPORTANT!

Your race map will feature a key indicating the cut-off times for all aid stations, and whether outside assistance or spectating is allowed. To summarise:

- Pen-y-Pass – **NO SPECTATING OR SUPPORT!**
- Ogwen Valley, LL24 0EU 19:00
- MCNW Hut – **NO SPECTATING OR SUPPORT!**
- Capel Curig, LL24 0EE – **SUPPORT 100K ONLY**
- Dolwyddelan Village Pavilion, LL25 0SZ
- Blaenau Ffestiniog, LL41 3ES
- Croesor – **NO SPECTATING OR SUPPORT!**
- \*Gwastadannas Farm – **NO SPECTATING OR SUPPORT!**
- Beddgelert Village Hall, LL55 4UY
- Rhyd-Ddu Outdoor Centre, LL54 6TL
- \*Tan yr Wyddfa Hut (E25K only) – **NO SPECTATING OR SUPPORT!**
- Bron-y-Fedw Uchaf – **NO SPECTATING OR SUPPORT!**
- \*Betws Garmon, LL54 7YY – **SUPPORT 100K & 100M ONLY**

\*No support or assistance is allowed at any aid station for 25/50K runners!

Your crew/family/friends **MUST NOT** visit any aid station where spectating is not allowed. Doing so will put the future of the event in jeopardy and will result in disqualification. 100K & 100M runners will receive a 'Support' wrist band in the registration pack. This allows one member of your crew to access an aid station with one bag – max. size 30L.

## WHAT'S ON THE MENU?

There are three types of aid station along the routes. Please refer to the route profiles later in this guide to see which is which:



**DRINK** This is the first aid station on all routes and offers: Water, Năak energy drink & bars, real cola, orange squash, chopped bananas & oranges, salted peanuts, crisps, Hobnobs, digestives & Oreos.



**FOOD & DRINK** In addition to the above, these aid stations also offer: Hot drinks (tea/coffee/hot chocolate/vegetable bouillon), wholemeal and white rolls w. vegan spread, cheese, cheese & pickle, jam and peanut butter sandwiches on wholemeal, white & gluten free bread.



**HOT FOOD** In addition to the above, these aid stations also offer:

Betws Garmon also offers three-bean (vegan) thick soup  
Veggie chilli & rice (100K & 100M routes only). If you would like to enjoy a serving, you **MUST** bring your own plate and cutlery.



# R2<sup>3.0</sup>

## CALF SLEEVES



**Compression Grid Pattern**  
Targeted high level muscle support.

**Decreasing the risk of injury and cramps.**



**Waffle Proprioceptive Stripes**

Promote microcirculation and lymphatic flow.

**Less chance of shin splints & stomach inflammation**



**Achilles Proprioceptive Stripes**

Promotes support and microcirculation to the achilles tendon.

**Added support & less inflammation**



**Fibular Stripes**

3D textured yarn activates the fibular muscles, improving balance & stability.

**Less chance of sprained ankles**

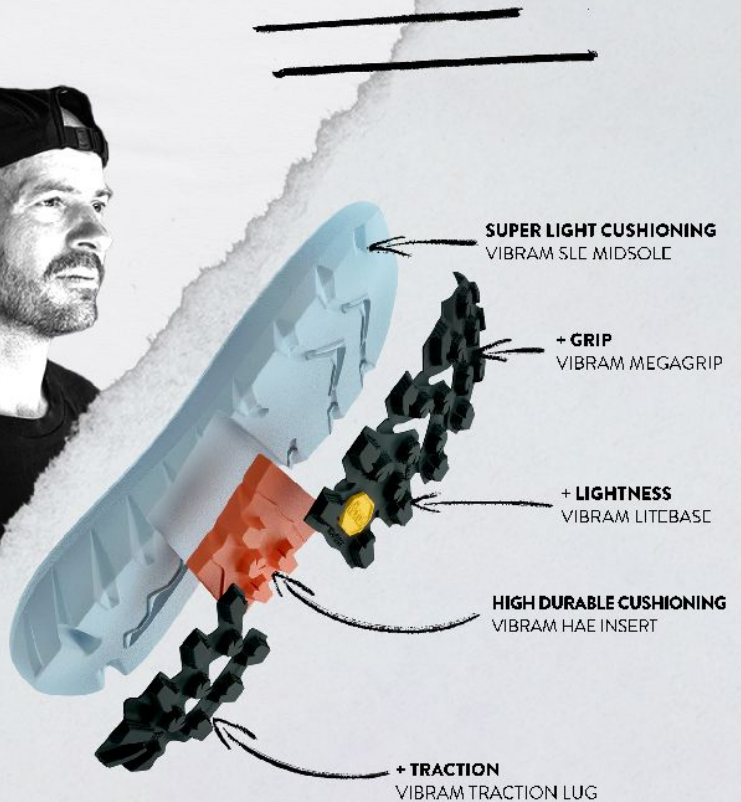
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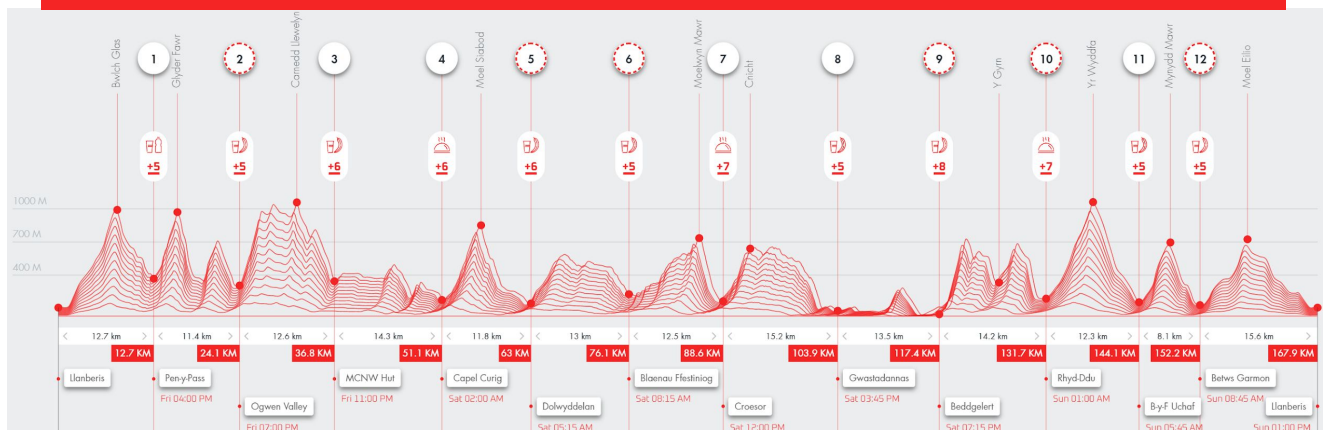






© Ian Corless

DISTANCE	ELEVATION GAIN	START DATE	START TIME	MAX ALLOWED TIME
168 KM	9500 M+	12 <sup>TH</sup> MAY 2023	13.00	48 HOURS



## THE RACE

Starting on Friday, UTS 100M is the ultimate grand-tour of Eryri/Snowdonia. It really is: 'Beautiful beyond belief. Savage beyond reason' boasting stunning mountain views and technical, challenging trails in equal abundance.

## RACE WITHDRAWAL


The race can only be withdrawn at the aid stations. In case of withdrawal, the runner must inform the race headquarters.



© Jan Nyka







BY

UTMB

UTS

100M

100M

M

RUNNING STONES

4

UTMB

Point	Distance	Interval	Eleva- tion Gain	Fastest	Slowest	Cut off
Llanberis	0	0	0	Fri 13:00	Fri 13:00	
Bwlch Glas (Finger Stone)	7.8	+7.8	888	Fri 13:55	Fri 14:48	
Pen-y-Pass	12.7	+4.9	908	Fri 14:17	Fri 15:44	Fri 16:00
Glyder Fawr	15.8	+3.1	1531	Fri 14:42	Fri 16:58	
Ogwen Valley	23.5	+7.6	1905	Fri 15:46	Fri 18:47	Fri 19:00
Carnedd Llewelyn	31.8	+8.2	2824	Fri 16:59	Fri 21:25	
MCNW Hut	36.8	+5	2919	Fri 17:31	Fri 22:36	Fri 23:00
Capel Curig	51.1	+14.3	3308	Fri 18:55	Sat 01:42	Sat 02:00
Moel Siabod	56	+4.9	4009	Fri 19:55	Sat 03:37	
Dolwyddelan	63	+6.6	4018	Fri 20:39	Sat 04:59	Sat 05:15
Blaenau Ffestiniog	76.1	+13	4523	Fri 22:13	Sat 08:09	Sat 08:15
Moelwyn Mawr	85.4	+9.3	5104	Fri 23:28	Sat 10:52	
Croesor	88.6	+3.1	5104	Sat 23:52	Sat 11:47	Sat 12:00
Cnicht	92.2	+3.6	5736	Sat 03:21	Sat 19:30	Sat 19:15
Gwastadannas Farm	103.9	+11.6	4018	Fri 20:39	Sat 23:34	Sat 05:15
Beddgelert	117.4	+13.5	6116	Sat 03.21	Sat 19.30	Sat 19.45

Point	Distance	Interval	Eleva- tion Gain	Fastest	Slowest	Cut off
Beddgelert	117.4	+13.5	6116	Sat 03:21	Sat 19:30	Sat 19:45
Y Gyrn	125.4	+7.9	6958	Sat 04:52	Sat 22:56	
Rhyd-Ddu	131.7	+6.2	7366	Sat 05:53	Sun 01:10	Sun 01:10
Yr Wyddfa/Snowdon	138	+6.2	8239	Sat 07:11	Sun 04:04	
Bron-y-Fedw Uchaf Farm	144.1	+6.1	8239	Sat 07:56	Sun 05:37	Sun 05:45
Myndd Mawr	148.3	+4.1	8794	Sat 08:50	Sun 07:29	
Betws Garmon	152.2	+3.9	8801	Sat 09:17	Sun 08:26	Sun 08:45
Moel Eilio	158.6	+6.3	8780	Sat 10:24	Sun 10:49	
Llanberis	167.9	+9.3	9540	Sat 11:31	Sun 13:03	Sun 13:00

© Evan Davies

For details of aid station services, please consult the website [HERE](#).

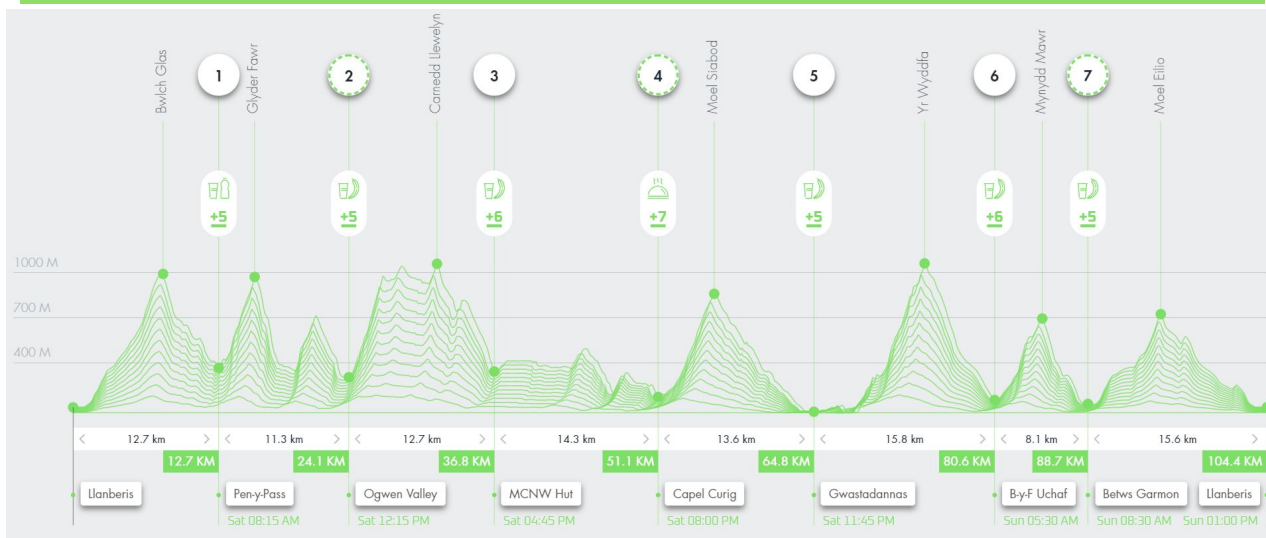






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DISTANCE	ELEVATION GAIN	START DATE	START TIME	MAX ALLOWED TIME
103 KM	6400 M+	13 <sup>TH</sup> MAY 2023	05.00	32 HOURS

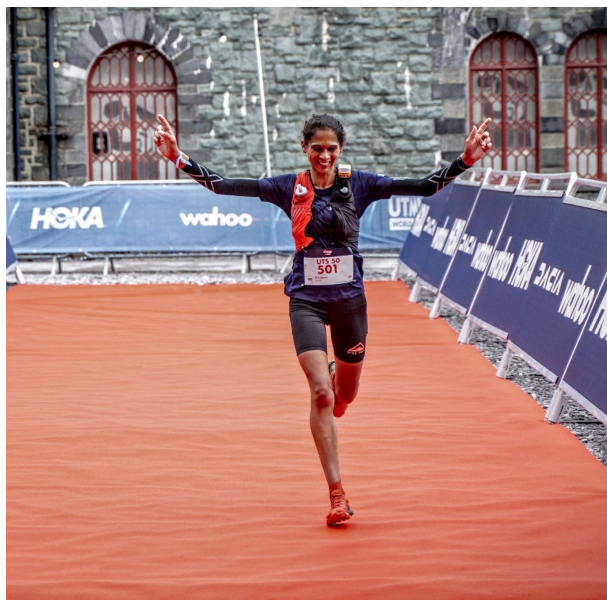


## THE RACE

Starting on Saturday morning, UTS 100K covers the highlights of the mountainous areas of northern Eryri/Snowdonia, taking in countless stunning trails, technical ridges and epic views

**RACE WITHDRAWAL**

Over the course of the race, runners can only be withdrawn at the aid stations. In case of withdrawal, the runner must inform the race headquarters.



© Sportograf

# TIMETABLE

FRIDAY 12<sup>TH</sup> MAY

Time	Event
14.00 - 22.00	Race Registration

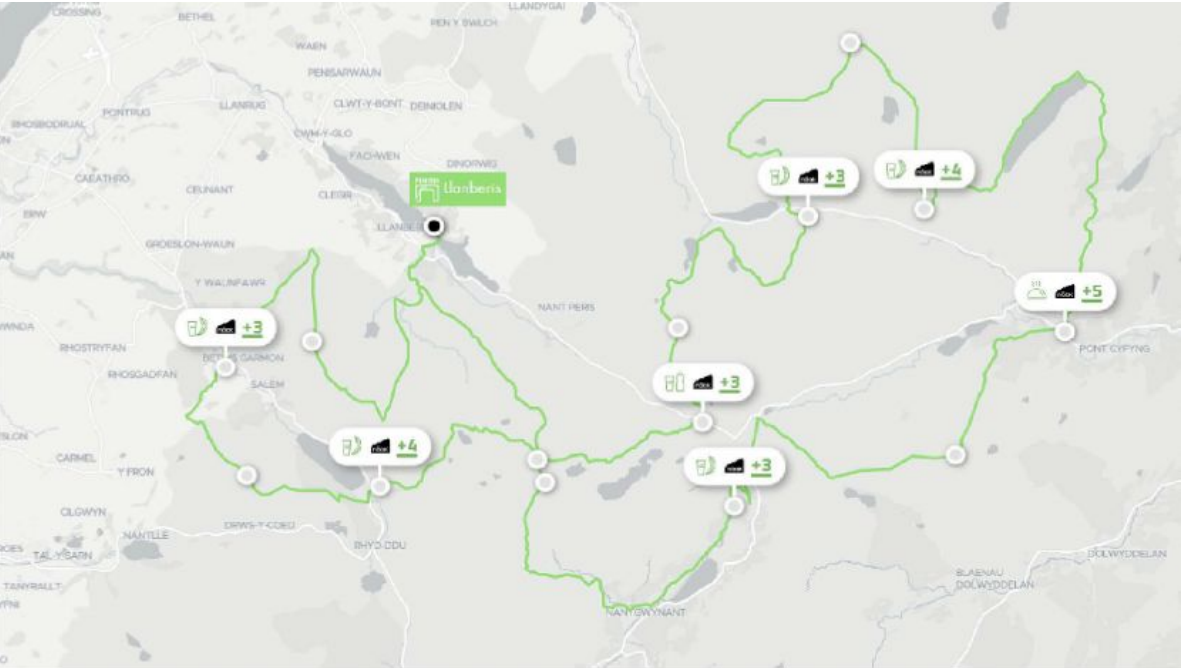
SATURDAY 13<sup>TH</sup> MAY

Time	Event
05.00	100K Race Start
18.00	ETA first finishers – 100K

SUNDAY 14<sup>TH</sup> MAY

Time	Event
13.00	100K Course Closes
13.30	100K Prize Ceremony

# MAP



START

STARTING LINE

FINISH

FINISH LINE

DRINK SUPPLY

AID STATION

MEDICAL STATION

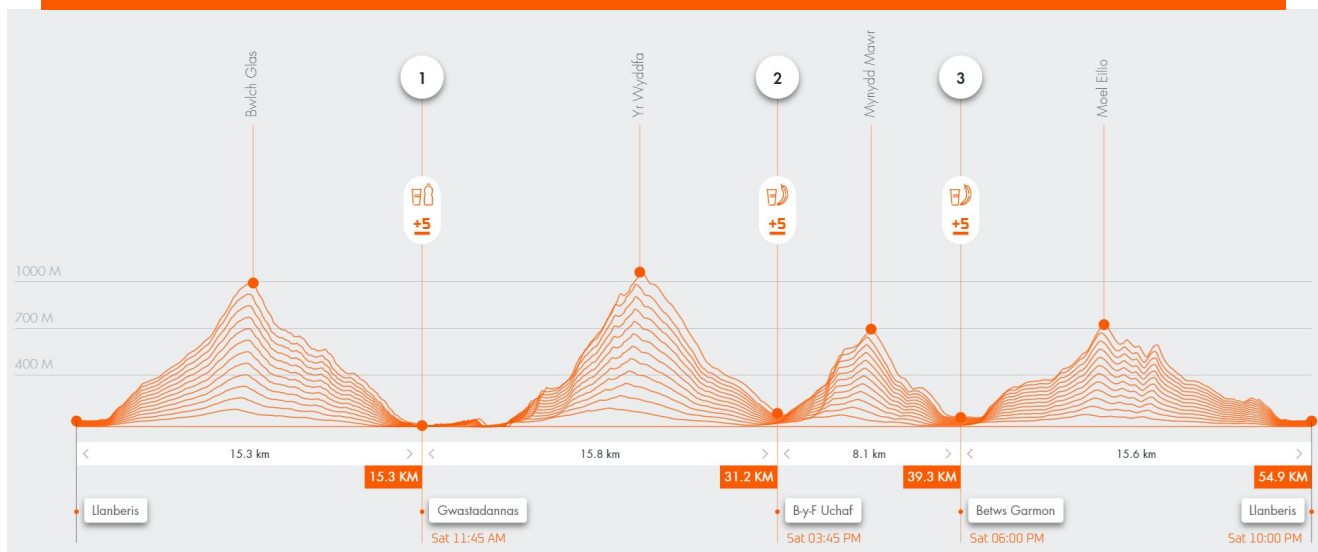
DOWNLOAD THE GPX FILE [HERE](#)



Point	Distance	Interval	Elevation	Fastest	Slowest	Cut Off
Llanberis	0	0	0	Sat 05:00	Sat 05:00	
Bwlch Glas (Finger Stone)	7.8	+7.8	888	Sat 05:50	Sat 07:03	
Pen-y-Pass	12.7	+4.9	908	Sat 06:12	Sat 07:56	Sat 08:15
Glyder Fawr	15.8	+3.1	1531	Sat 06:46	Sat 09:16	
Ogwen Valley	23.5	+7.6	1902	Sat 07:38	Sat 11:28	Sat 12:15
Carnedd Llewelyn	31.8	+8.2	2821	Sat 08:49	Sat 14:21	
MCNW Hut	36.8	+5	2916	Sat 09:26	Sat 15:41	Sat 16:45
Capel Curig	51.1	14.3	3302	Sat 10:53	Sat 19:10	Sat 20:00
Moel Siabod	56	+4.9	3998	Sat 11:49	Sat 21:31	
Gwastadannas Farm	64.8	+8.7	4018	Sat 12:37	Sat 23:34	Sat 23:45
Yr Wyddfa/Snowdon	74.4	+9.6	5074	Sat 14:09	Sun 03:34	
Bron-y-Fedw Uchaf Farm	80.6	+6.1	5074	Sat 14:47	Sun 05:12	Sun 05:30
Myndd Mawr	84.7	+4.1	5629	Sat 15:34	Sun 07:11	
Betws Garmon	88.7	+3.9	5636	Sat 16:01	Sun 08:15	Sun 08:30
Moel Eilio	95.1	+6.3	6236	Sat 16:59	Sun 10:37	
Llanberis	104.4	+9.2	6378	Sat 18:00	Sun 13:00	Sun 13:00

For details of aid station services, please consult the website [HERE](#).

DISTANCE	ELEVATION GAIN	START DATE	START TIME	MAX ALLOWED TIME
55 KM	3300 M+	13 <sup>TH</sup> MAY 2023	08.00	14 HOURS



## THE RACE

UTS 50K acts as the perfect stepping-stone into Alpine-scale mountain ultrarunning, taking in several technical mountain trails around the Snowdon massif.

## RACE WITHDRAWAL

The race can only be withdrawn at the aid stations. In case of withdrawal, the runner must inform the race headquarters.



© Ian Corless





For details of aid station services, please consult the website [HERE](#).





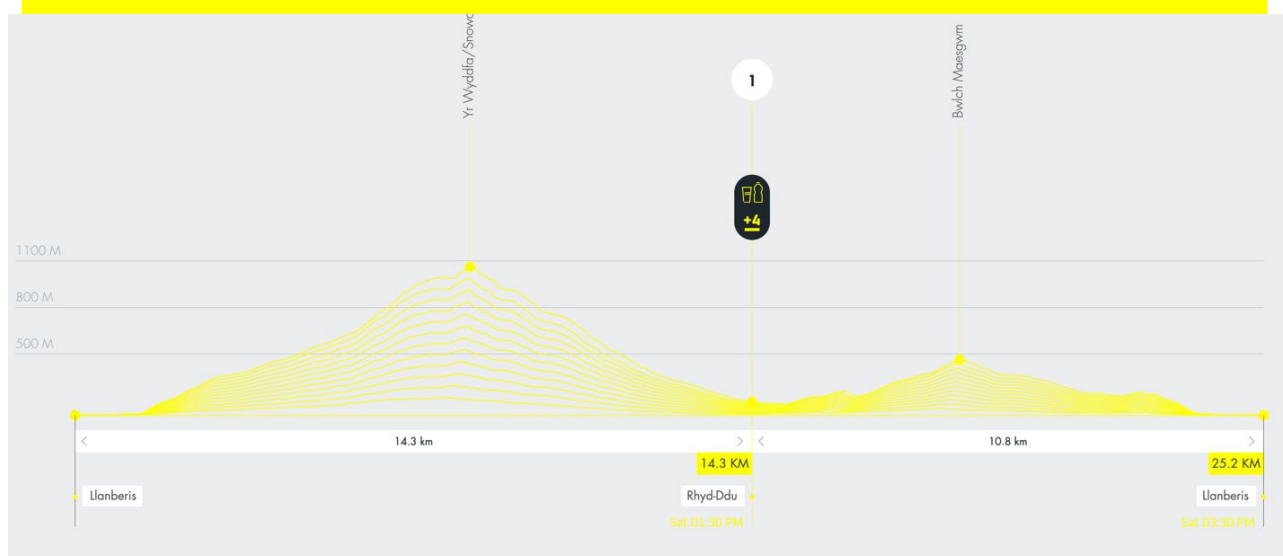


© Alexis Berg

20K / M



DISTANCE	ELEVATION GAIN	START DATE	START TIME	MAX ALLOWED TIME
25 KM	1300 M+	13 <sup>TH</sup> MAY 2023	10.00	5 HOURS 30 MINS



## THE RACE

The brand new ERYRI 25K is inspired by Eryri (pronounced Eh-ruh-ree)/Snowdonia itself: the 'land of the eagles', that once soared freely, high above the snow-capped peaks of this mythical land...



© Evan Davies

# TIMETABLE

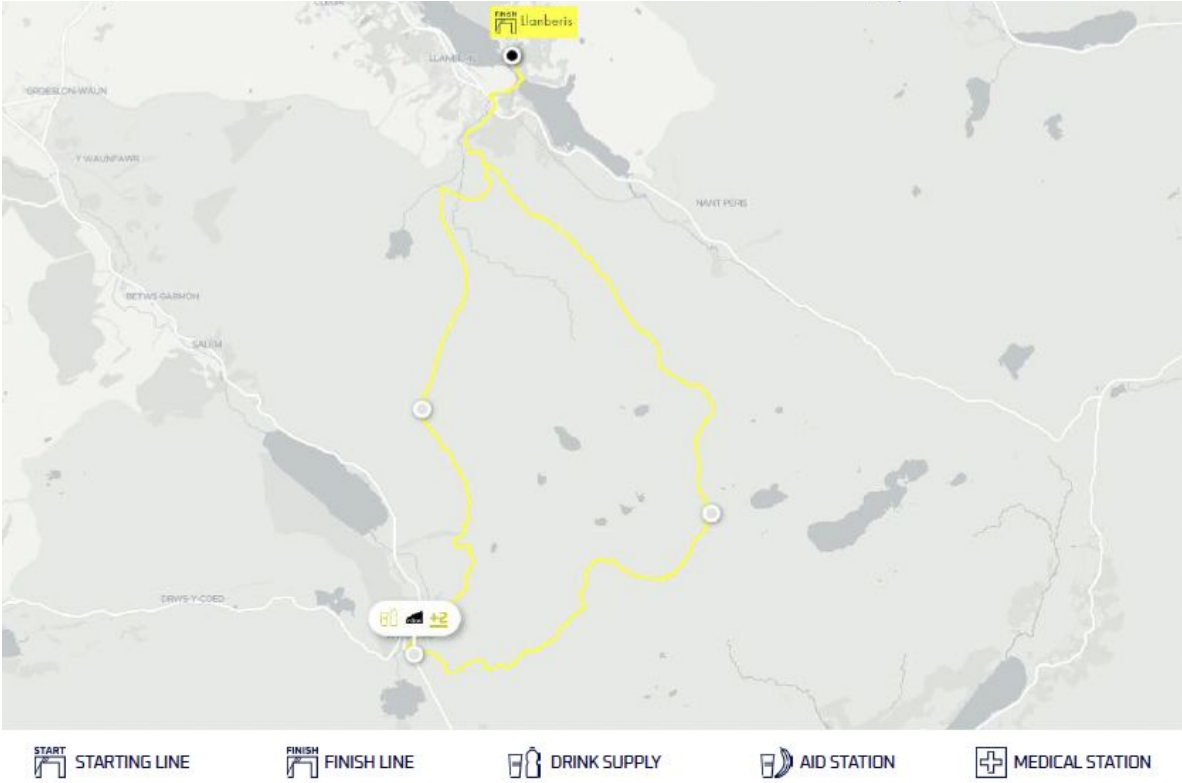
FRIDAY 12<sup>TH</sup> MAY

Time	Event
14.00 - 22.00	Race Registration

SATURDAY 13<sup>TH</sup> MAY

Time	Event
08.00 - 09.45	Race Registration
10.00	25K Race Start
12.00	ETA first finishers – 25K
15.30	25K Course Closes
16.00	25K Prize Ceremony

# MAP



DOWNLOAD THE GPX FILE [HERE](#)





# BAD WEATHER ROUTES

HOPING FOR THE BEST. **PREPARED FOR THE WORST.**

Despite weather forecast currently looking favourable for next weekend, after the mid-race cancellation of last year's 100M, we've significantly overhauled our bad weather contingency plans to avoid a repeat situation.

Each race route now features it's own BWR (Bad Weather Route) alternative, but the 100K & 100M also have three/four Partial Bad Weather Routes, respectively (made up of differing segments of full/bad weather routes).

The aim with the PBWRs is to allow us to run closer to the 'full' routes, if only a shorter window of bad weather is forecast to be experienced throughout the duration of these races, allowing you to enjoy the best mountain experience possible. All P/BWRs fall within the same race categories as the full routes, so all finishers will still receive the same number of Running Stones as the full routes.

We will let runners know which routes (and mandatory kit) we will enact for each race in accordance with the table below. You'll receive a message via the LiveRun app and via an SMS.

Day	Hour	Comms Kit	Comms Route
Thursday	20:00	100M	100M
Friday	10:00	100K/50K/25K	
	17:00		100K
	20:00		50K/25K
Saturday	06:00		50K/25K postponement (if relevant)

You can view and download all the route variation GPX files [HERE](#), or view online on Trade de Trail [HERE](#).

The full route and BWRs will be displayed on your race map, collected at registration (ultra-distance runners only).



# ERYRI MINI – KIDS RACE

**GET READY TO RUN!** UTS INVITES KIDS TO TOE THE START LINE!

Calling all mini trail runners to take the start of this just-for-fun race around the event centre. Lots of thrills and cheering await the littlest runners on the 2.1 km Course and who knows... maybe we'll inspire tomorrow's stars of the trail!

FRIDAY 12<sup>TH</sup>

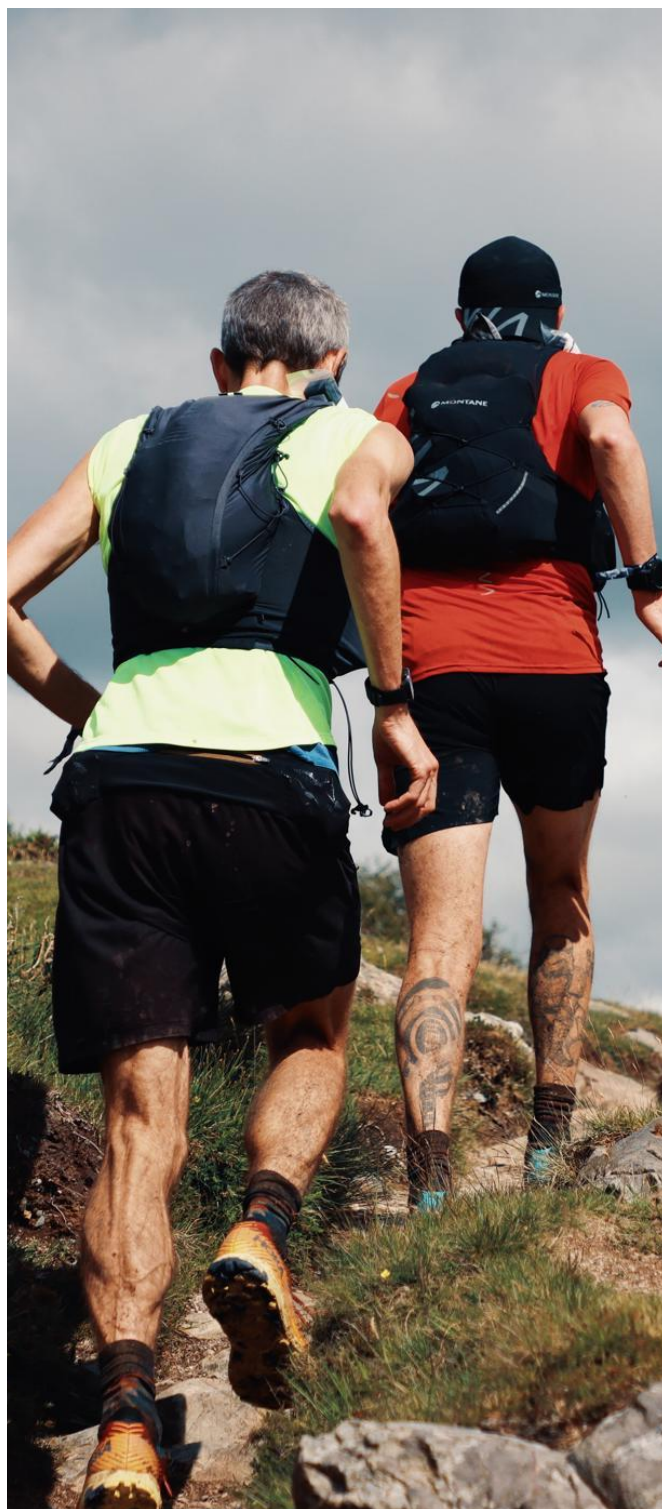
Time	Event	Location
17.00 - 17.45	Bib distribution	Catering Marquee
18.00	KIDS 2.1km Race	Start/Finish

\*If your children would like to take part, head to the catering marquee on Friday 12<sup>th</sup> from 17:00 to pick up a race bib!

All children under 14 years old must be accompanied by an adult on the race.



# HOW TO FOLLOW



© David Miller



Follow the races LIVE, including GPS tracking (100K & 100M only) over at <https://live.utmb.world/uts/2023>



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Ultra-Trail Snowdonia  
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