



ULTRA-TRAIL
SNOWDONIA
ERYRI

BY **UTMB®**

RUNNER'S GUIDE

10 TO 12 MAY 2024

UTMB®
WORLD SERIES

HOKA
FLY HUMAN FLY

DAEIA

näak

SUUNTO

<https://snowdonia.utmb.world>



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**ULTRA-TRAIL
SNOWDONIA**
ERYRI
BY **UTMB®**

IT'S ON.

We are excited to be back to deliver the sixth edition of Ultra-Trail Snowdonia by UTMB®, one of the most anticipated events on the UTMB World Series.

Welcoming runners from over 65 countries, UTS has become a global gathering with international profile – something it set out to do those many years ago.

You are about to embark on one of the most challenging running events the UK has to offer. Whether you're competing in your first UTMB trail race, attempting your first ultra distance, or coming back for more (maybe with some unfinished business), we can't wait to see you on the start line! Time to lace up. It's on.

Eryri (Snowdonia), and especially the hiking trails around Yr Wyddfa (Snowdon), are very popular in spring. We all need to play our part to ensure this stunning landscape is a safe and enjoyable place for everyone to share.

Therefore, it's important we remain courteous to all trail users. We need you, our UTS runners, to be respectful to other visitors, people who live and work in Eryri, and your fellow competitors.

Please ensure you close all gates behind you, don't attempt to climb over stone walls or fences, and take your litter home or deposit it at an aid station.

If you're venturing into Eryri for the first, or 100th, time we hope you create many extraordinary memories. Take some time before or after your race to enjoy the local villages, attractions and cafes. You'll have earned the rest!

We're extremely grateful to the many people who make this unique event possible. This includes our World Series Partners, the local businesses and suppliers we work with, and the numerous land-owners who kindly grant us access to enjoy the incredible trails Eryri has to offer.

Special thanks to our incredible team of over 300 enthusiastic volunteers who will be with you at various points during the weekend supporting your efforts. Feel free to give them a high-five as you run or walk past!

Finally, a huge thank you to you, our UTS community.

Thank you for choosing to run with us. We hope you have a great experience. Best wishes for your final weeks of preparation.

We'll see you soon. *Welwn ni chi cyn bo hir.*

CROESO! WELCOME!



**HAYDEN ARROWSMITH
EVENT DIRECTOR**

GOOD LUCK TO ALL THE RUNNERS IN 2024!

Welcome to Llanberis, the heart of Eryri and with the most breathtaking views for you to enjoy whilst competing in May!

It's an honour to welcome athletes from across the world to the village of Llanberis, and I would like to wish all of you the best of luck whilst taking part in this iconic UTMB event.

Most importantly keep safe and look after each other on the footpaths of Yr Wyddfa.

Show your support towards our successful local businesses during your visit and enjoy spending time having a coffee or a snack after the event on the High Street where you can experience our Welsh history and culture amongst the residents.

I'm looking forward to seeing you all crossing the finishing line amongst your family and friends!

I hope that you have a lovely weekend here with us, which will lead for your return to compete again in 2025!



KIM JONES
COUNCILLOR FOR LLANBERIS / NANT PERIS

MEET YOUR EXTRAORDINARY



Uniting trail runners, both elite and amateur alike, through the leading international events in the most stunning locations, the UTMB® World Series gives all trail runners the chance to experience UTMB® adventure across the world, discovering cultures and sharing trails as they start their quest towards the UTMB® World Series Finals at the pinnacle Dacia UTMB® Mont-Blanc.

FINALS

The mythic Dacia 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 210 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 while showcasing the unique aspects that each race destination offers at 42 Events around the world. Begin your quest to Dacia 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.



Trail runners are also give 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. Your UTMB® Index is also used to define your start wave. There are over 5500 UTMB® Index races around the world where you can validate or help to improve your UTMB® Index.

DO YOU HAVE YOUR
MY UTMB ACCOUNT ?

THIS IS WHERE YOU CAN SEE IT ALL.



CHECK IT OUT AT
[UTMB.WORLD](https://www.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

- 17-18 FEB** Tarawera Ultra-Trail by UTMB®
New Zealand
- 16-19 MAY** Ultra-Trail Australia™ by UTMB®
Australia
- 28-30 NOV** Ultra-Trail Kosciuszko™ by UTMB®
Australia

EUROPE

- 22-24 MAR** Chianti Ultra Trail by UTMB®
Italy
- 04-07 APRIL** Istria 100™ by UTMB®
Croatia
- 10-12 MAY** Ultra-Trail Snowdonia by UTMB®
Wales
- 17-20 MAY** Trail Alsace Grand Est by UTMB®
France
- 01 JUNE** moZart 100™ by UTMB®
Austria
- 06-08 JUNE** Tenerife Bluetrail by UTMB®
Spain
- 14-16 JUNE** Trail du Saint-Jacques by UTMB®
France
- 14-16 JUNE** Trail 100 Andorra™ by UTMB®
Andorra
- 26-30 JUNE** La Sportiva® Laveredo Ultra Trail® by UTMB®
Italy

MAJOR

- 03-07 JULY** Val d'Aran by UTMB®
Spain
- 04-06 JULY** Restonica Trail by UTMB®
France
- 05-07 JULY** Trail Verblier Saint-Bernard by UTMB®
Switzerland
- 17-21 JULY** Eiger Ultra-Trail™ by UTMB®
Switzerland
- 01-03 AUG** KAT 100™ by UTMB®
Austria

FINALS

- 26 AUG 01 SEPT** Dacia UTMB® Mont-Blanc
France, Italy, Switzerland
- 12-15 SEPT** Wildstrubel by UTMB®
Switzerland
- 20-22 SEPT** Julian Alps Trail Run by UTMB®
Slovenia
- 03-06 OCT** Nice Côte d'Azur by UTMB®
France
- 01-02 NOV** Kullamannen™ by UTMB®
Sweden
- 01-03 NOV** Mallorca by UTMB®
Spain



THE AMERICAS

- 12-14 APRIL** Desert RATS Trail Running Festival™ by UTMB®
USA

MAJOR

- 26-27 APRIL** The Canyons Endurance Runs™ by UTMB®
USA
- 09-12 MAY** Valhøll Argentina by UTMB®
Argentina
- 29-30 JUNE** Western States® 100-Mile Endurance Run
USA
- 19-20 JULY** Speedgoat™ Mountain Races by UTMB®
USA
- 02-04 AUG** Quito Trail by UTMB®
Ecuador
- 19-22 SEPT** Paraty Brazil by UTMB®
Brazil
- 20-22 SEPT** Grindstone Trail Running Festival™ by UTMB®
USA
- 28-29 SEPT** Ultra Trail Whistler by UTMB®
Canada
- 11-12 OCT** Kodiak Ultra Marathons by UTMB®
USA
- 07-09 NOV** Puerto Vallarta México by UTMB®
Mexico

UTMB® WORLD SERIES

42 EVENTS
IN 2024

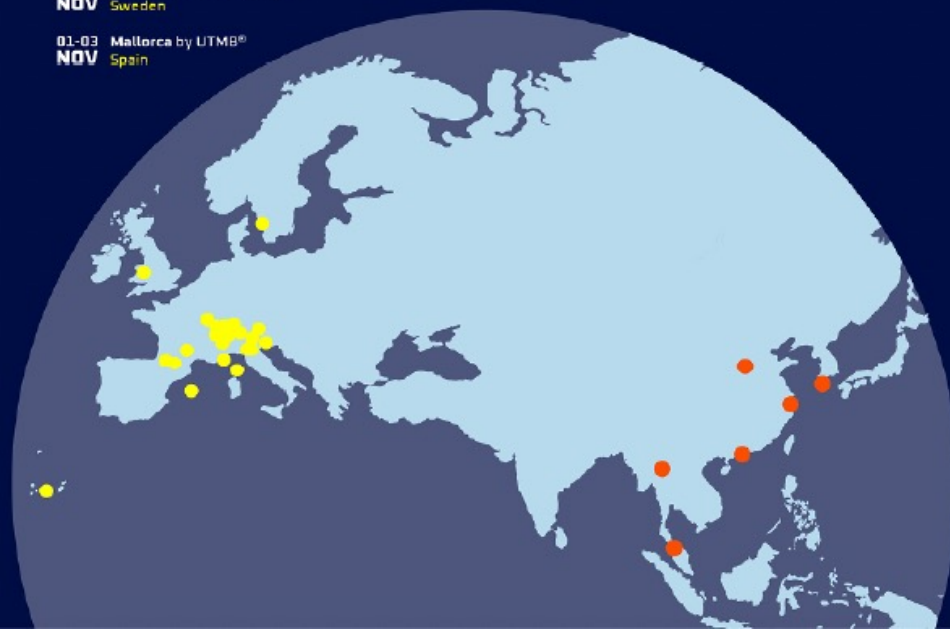
AFRICA

- 26-28 MAY** Mountain Ultra-Trail™ by UTMB®
South Africa
- 22-23 JUNE** Mauritius by UTMB®
Mauritius



ASIA

- 19-21 APRIL** Ultra-Trail Mount Yun by UTMB®
China
 - 03-05 MAY** Amazon Jungle Thailand by UTMB®
Thailand
 - 12-13 OCT** TransJeju by UTMB®
South Korea
 - 17-20 OCT** Ultra-Trail Ninghai by UTMB®
China
 - 08-10 NOV** TransLantau™ by UTMB®
Hong Kong, China
- MAJOR**
- 06-08 DEC** Doi Inthanon Thailand by UTMB®
Thailand





TO PARTICIPANT IN ULTRA-TRAIL SNOWDONIA BY UTMB IT IS ESSENTIAL YOU ARE COMMITTED TO THE FOLLOWING

- To be completely aware of the length and specificity of the event and to be perfectly prepared for it.
- To have acquired, previous to the race, a genuine capacity for personal autonomy in the mountains allowing for the management of challenges and difficulties expected by this type of event, and notably:
 - Know how to confront, without outside help, climatic conditions which could be very difficult to deal with at altitude (darkness, wind, cold, heat, fog, rain or snow).
 - Know how to manage, including when you are isolated, the physical or mental problems arising from a great fatigue, digestive problems, muscle or articular pains, small wounds, etc.
 - To be fully aware the organisation's role is not to help a runner manage these problems.
 - To be fully aware for such an activity in the mountains, security depends on the runner's capacity to adapt to these problems encountered or foreseen.
- To respect the nature, animals, people and communities of Snowdonia (Eryri), and to inform their spectators and supporters of the need to demonstrate this respect at all times.
- To respect the rules and regulations of the race.



ALL-OUT TRAIL POWER

TECTON X 2

Reach new peaks of performance
with propulsive carbon plates.

HOKA
FLY HUMAN FLY

FRIDAY 10 MAY

TIME	WHAT	LOCATION
08:00 – 12:45	UTS 100M and UTS 100K mandatory kit check and race bib collection	Registration Marquee
08:00 – 22:00	Ultra-Trail Village open	Cae'r Ddôl Event Field, Llanberis
13:00	UTS 100M race start	National Slate Museum, Llanberis
14:00 – 22:00	UTS 50K and ERYRI 25K mandatory kit check and race bib collection	Registration Marquee
18:00	ERYRI MINI (kid's race) race start	National Slate Museum, Llanberis



SATURDAY 11 MAY

TIME	WHAT	LOCATION
04:00	Hot drinks vendors open	Cae'r Ddôl Event Field, Llanberis
04:45 / 05:00	UTS 100K race start (2 waves)	National Slate Museum, Llanberis
07:30 / 07:45 / 08:00	UTS 50K race start (3 waves)	National Slate Museum, Llanberis
08:00 – 09:30	ERYRI 25K mandatory kit check and race bib collection	Registration Marquee
08:00 – 22:00	Ultra-Trail Village open	Cae'r Ddôl Event Field, Llanberis
09:45 / 10:00	ERYRI 25K race start (2 waves)	National Slate Museum, Llanberis
12:00	ERYRI 25K fastest finisher (estimated)	National Slate Museum, Llanberis
13:00	UTS 100M fastest finisher (estimated)	National Slate Museum, Llanberis
13:30	UTS 50K fastest finisher (estimated)	National Slate Museum, Llanberis
15:30	ERYRI 25K course close	National Slate Museum, Llanberis
16:00	Prize ceremony for UTS 50K and ERYRI 25K	Registration Marquee
18:00	UTS 100K fastest finisher (estimated)	National Slate Museum, Llanberis
22:00	UTS 50K course close	National Slate Museum, Llanberis

SUNDAY 12 MAY

TIME	WHAT	LOCATION
08:00	Catering and hot drinks vendors open	Ultra-Trail Village
13:00	UTS 100M and UTS 100K course close	National Slate Museum, Llanberis
13:30	Prize ceremony for UTS 100M and UTS 100K	Registration Marquee
14:00	Event close	National Slate Museum, Llanberis


DACIA




NEW DACIA JOGGER

Dacia official automotive
partner of UTMB® World Series



Range New Dacia Jogger : CO2 emission min / max (g/km) (WLTP procedure) : 106/130. Mixt consumption min / max (l/100km) (WLTP procedure) : 4,8/7,8.

Dacia recommends  Castrol

   DACIA.COM



ULTRA-TRAIL VILLAGE

SNOWDONIA ERYRI

FROM FRIDAY 10 TO SATURDAY 11 MAY 2024

COME AND DISCOVER WHAT'S NEW IN TRAIL RUNNING AND PARTICIPATE IN SOME OF THE VILLAGE ACTIVITIES!

Organised outdoors in the heart of Llanberis - the Cae'r Ddôl Event Field - the Ultra-Trail Village is an unmissable event for all trail-running enthusiasts!

Test products, get involved in shake-out runs, and get some great products at special prices over event weekend!

The Ultra-Trail Village will be the main hub of UTS throughout the weekend with:

- Registration Marquee for your mandatory kit check and race bib collection
- UTMB World Series Merchandise
- UTMB World Series Partners
- Running and Lifestyle Exhibitors
- Sustainability 'Reuse & Repair' Area
- Food and Drink Vendors

Come and mingle with specialist running and lifestyle brands – both big or small, grab a bite from our local caterers, or make use of our repair services to give your shoes and kit that little bit of love so they last longer.





REUSE, REPAIR & RECYCLE

At this year's **Ultra-Trail Village**, we have partnered with a number of businesses who are all promoting and encouraging you to **reuse, repair and recycle** your shoes and kit.

PAIR UPS

Pair Ups will be offering you the chance to **repair your trainer uppers** FREE OF CHARGE to all runners and supporters (while supplies last).

Head to the Pair Ups tent, leave your shoes and pick them up when they're fixed on the Friday or Saturday. If you'd like to leave them for longer, then all they ask for is just the return postage and packaging (P&P) to send them back to your home.



SNOWDONIA GEAR REPAIR

The Snowdonia Gear Repair team will be available for **in-person-on-the-day repairs** to all runners and supporters and will include repairs such as:

- Heat Patches - £15
- Zip Slider Replacements – From £15
- Hand Stitching – From £10
- Seam Taping (per ½ metre) – £20

Larger repair jobs are also available where items can be left and posted back. This includes repairs to waterproof jackets, insulated down jackets, running vests and backpacks.

THE SNOWDONIA SOCIETY

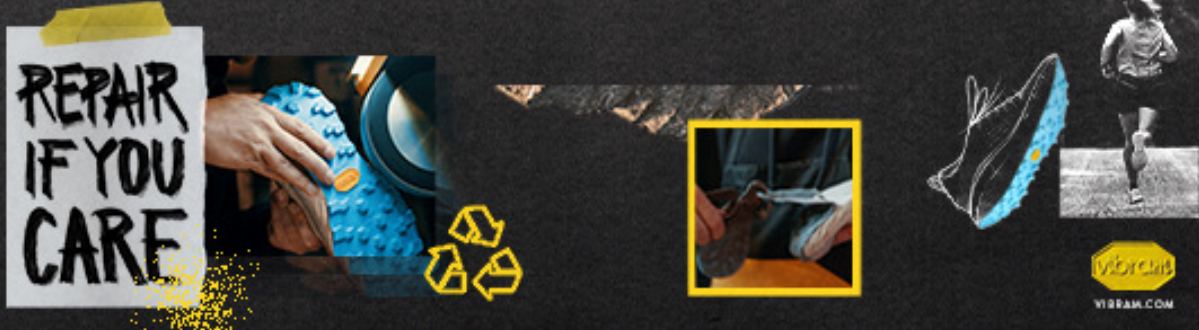
In 2024, UTS have offered runners the opportunity to run for a **good cause and raise funds** to support a local charity with a direct impact on our host mountain range – The Snowdonia Society.

The Snowdonia Society / Cymdeithas Eryri works to ensure that Snowdonia / Eryri is well-protected, well-managed and enjoyed by all through practical conservation and campaigning.

The Snowdonia Society will also be offering the opportunity to **purchase some pre-loved outdoor and running kit** at their stall during the weekend.

Proceeds from any sales will go conservation and campaigning work undertaken in Eryri.





VIBRAM

UTMB World Series Official Supplier's Vibram are offering you the opportunity to **resole your running shoes** before they are too worn out **FREE OF CHARGE**.

Register at the Vibram.testerplace.com ahead of the event to check the feasibility of your shoe resole. Shoes will be collected at the booth, resoled by the premium Vibram cobbler, The Key Cobbler, and shipped directly back home.

The service is completely free (postage & packaging applies), with limited spots: reserve your resoling appointment now vibram.testerplace.co

TREES NOT TEES

We are once again partnering with Trees Not Tees for the 2024 edition.

Thanks to all our runners of Ultra-Trail Snowdonia 2023 who planted 220 trees.

We are pleased that this has doubled in 2024 and at last count 460 trees will be planted as a result of runners opting to plant a tree instead of receiving a tee at registration!



JOGON

Do you have any unwanted running shoes that are past the state of repair?

Then drop off your unwanted shoes (pair them up and tie them together with the laces) in the designated Jogon boxes that will be near the Registration Marquee in the Ultra-Trail Village.

Jogon are doing great work and campaigning to remove 1 million shoes from landfill. With your help we can help them!



WWW.JOGONAGAIN.COM | REMOVING 1 MILLION PAIRS FROM LANDFILL



ULTRA-TRAIL[®]
VILLAGE

SNOWDONIA

2024 UTMB WORLD SERIES PARTNERS:

SUUNTO GPS Watch & Technical Partner



Technical Sports Nutrition & Hydration Partner

CAMELBAK Official Supplier of Hydration Packs, Filtration Systems & Sports Bottles



Official Soles Supplier

SHOKZ Official Headphone Supplier

ULTRA-TRAIL VILLAGE EXHIBITORS:

Altra – Running Footwear
Crib Goch Outdoor – Running and Outdoor Retailer
Fenixlight - Headtorches
Leki – Running Poles
ManCave – Personal Care Products
Dofos – Recovery Footwear
Run Weekends – Run Weekends/Run Retreats
Scarpa – Running Footwear
Torq - Nutrition

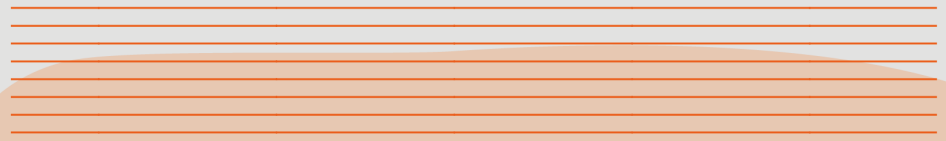
ULTRA-TRAIL VILLAGE CATERING & DRINKS VENDORS:

Burger Bay – Local Welsh Beef & Lamb Burgers
Coffee Bay – Local Coffees & Hot Drinks
Georgio's Homemade Ice Creams & Deserts
Pizza Llun – Pizzas (V)
Vegan Food Company – Vegan Food (V)





ULTRA-TRAIL VILLAGE



13 EXHIBITOR PARKING AREA

14 REGISTRATION

15 MERCHANDISE

12

16

19

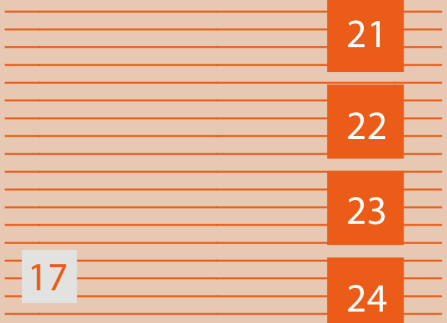
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29

ULTRA-TRAIL VILLAGE

- 1 NÄAK
- 2 SHOKZ
- 3 TORQ
- 4 ALTRA
- 5 OOFOS
- 6 CRIB GOCH OUTDOOR
- 7 LEKI
- 8 MANCAVE
- 9 LLANBERIS MOUNTAIN RESCUE TEAM
- 10 VEGAN HOUSE FOODS
- 11 BURGER BAY
- 12 GEORGIO'S ICE CREAM
- 13 EXHIBITOR PARKING AREA
- 14 REGISTRATION
- 15 MERCHANDISE
- 16 SEATING AREA
- 17 REUSE & RECYCLE AREA
- 18 INFO POINT
- 19 PIZZA LLUN
- 20 COFFEE BAY
- 21 SNOWDONIA GEAR REPAIR
- 22 SNOWDONIA SOCIETY
- 23 PAIR UPS
- 24 VIBRAM
- 25 RUN WEEKENDS
- 26 SCARPA
- 27 FENIXLIGHT
- 28 SUUNTO
- 29 CAMELBAK



ULTRA-TRAIL VILLAGE

ENTRANCE

CAMELBAK®

NEW APEX™ PRO VEST

REDEFINE LIMITS



VISIT [CAMELBAK.EU](https://www.camelbak.eu) FOR MORE INFORMATION

VENUE

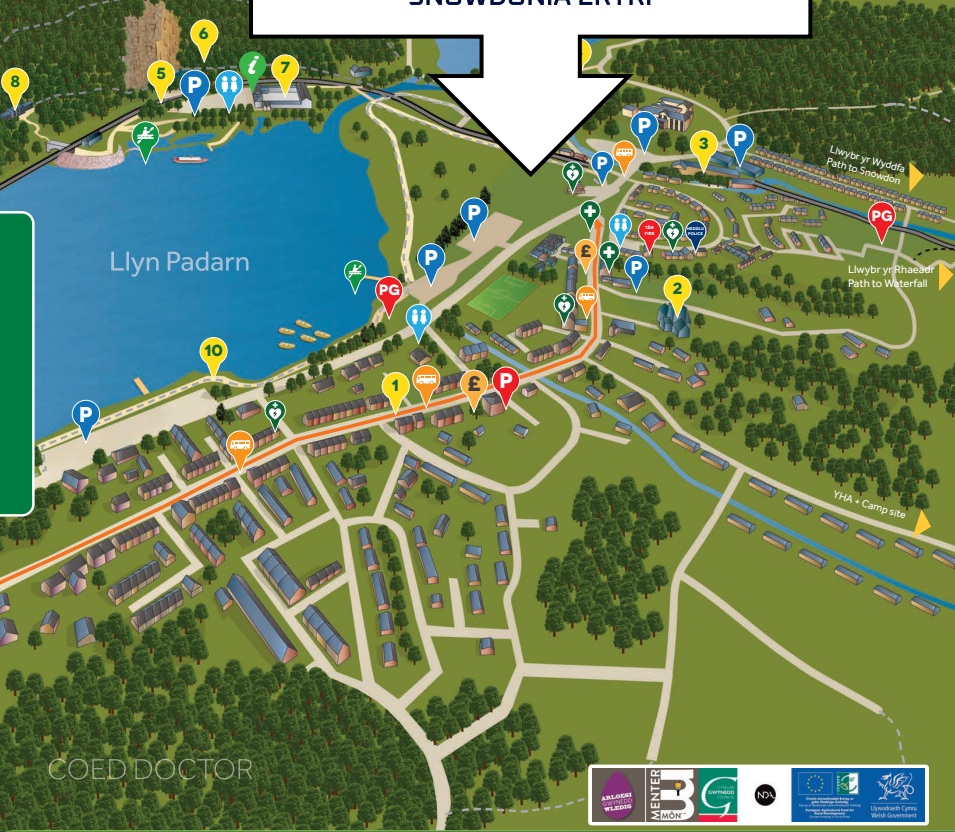
Ultra-Trail Snowdonia is hosted in Padarn Country Park in Llanberis. You'll first arrive at the Ultra-Trail Village, before walking a further 5-minutes to the National Slate Museum for the race start and finish lines.

Ultra-Trail Village – located in the Cae'r Ddôl Event Field, Llanberis

- Registration Marquee (for your mandatory kit check and race bib collection)
- UTMB World Series Merchandise and UTMB World Series Partners
- Running and Lifestyle Exhibitors
- Sustainability 'Reuse & Repair' Area
- Food and Drink Vendors
- Information Point and Toilets

Race start and finish – located at the National Slate Museum, Gilfach Ddu, Llanberis

- Start and finish line
- Spectator viewing area
- Medical point
- Bag drop
- Showers
- Finisher meal (ultra-distances only)
- Toilets



Allwedd / Key

- 1 Stryd Fawr / High Street
- 2 Eglwys St. Padarn / St. Padarn Church
- 3 Rheilffordd yr Wyddfa / Snowdon Mountain Railway
- 4 Castell Dolbadarn / Dolbadarn Castle
- 5 Rheilffordd Llyn Padarn / Llanberis Lake Railway
- 6 Parc Padarn Country Park and Gilfach Ddu
- 7 Amgueddfa Lechi Cymru / National Slate Museum
- 8 Ysbyty'r Chwael / Quarry Hospital
- 9 Y Glyn
- 10 Y Cleddyf - Llafn y Cewri / The Sword - Blade of the Giants

Allwedd / Key

Safe Bws Bus Stop	De-fib	Llwybr / Path
Parcio Parking	Maes Chwarae Play Area	Llwybr Beicio Cycle Route
Swyddfa'r Post Post Office	Meddydfa / Fferyllyfa Surgery / Chemist	Codi Arian ATM
Toiletau Toilets	Gweithgareddau Dŵr Water Activities	Nofio Swimming
	Maes Carafannau Caravan Park	



YMWADIAD - Ery gwaethpwyd pob ymdrech i sicrhau bod yr holl wybodaeth yn gywir, ided cyfraniad, cadw hon yn cael ei ychydwyd / ffordd yn gyflwr i'w gynnwys yn yr ystadegau. Nid ydy'r Ffath ffordd ond yn hysbysu'r ffordd i'w ffordd i'w gynnwys yn yr ystadegau yn ddistyllt o hawl trwy'r cyhoeddiad. Cadw'r pwb hysbysant 2013.
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PARKING

Llanberis, the host village for Ultra-Trail Snowdonia, can be a very popular tourist destination during the spring and summer months. If you are travelling to the event by car, it's important to plan your parking options in advance to avoid disappointment and any last-minute stresses.

There are some local limitations imposed on car parking (especially overnight) for the public and event organisers. To reduce the pressures caused by the demand for additional car parking we would recommend the following options where possible:

- Use **public transport** to travel to Snowdonia and Llanberis.
- Car share with other participants travelling from near your hometown.
- Leave your vehicle at your accommodation in Llanberis and walk to the race start.

We appreciate these recommendations may not work for everyone. To help plan your visit, we have taken an additional step in 2024 to create extra car parking options for our participants.

Do not park in any residential area at any time during your visit and do not block access for residential properties or businesses. You should follow local parking and traffic restrictions and do not park illegally.

UTS 100M/UTS 100K/UTS 50K

With the support of a local landowner and the local council, we have secured additional car parking on the outskirts of Llanberis at **Nant Peris**. Participants can book their car parking online via your MyUTMB account.

There will be a **free return shuttle bus service** from near the car park to Registration in the **Ultra-Trail Village**. From Registration it's a further 5-minute walk to the race start and finish line.

To help plan your arrival, and ensure you reach the start line before your race, the shuttle bus timetable is listed below.

Day	Time	Shuttle Bus Frequency	Journey Time To / From Llanberis
Fri 10 May	08:00 - 13:00	Every 15 mins	10 mins
Fri 10 May	13:00 - 22:00	Every 20 mins	10 mins
Sat 11 May	02:30 - 07:30	Every 15 mins	10 mins
Sat 11 May	07:30 - 00:00	Every 30 mins	10 mins
Sun 12 May	00:00 - 15:00	Every 30 mins	10 mins

This car park will allow for overnight parking (unlike the pay-and-display car parks in Llanberis) for our UTS 100M, UTS 100K and UTS 50K participants.

For safety reasons, you will not be permitted to sleep in your vehicle overnight.

The car park will be open from 08:00 on Friday 10 May and close at 15:00 on Sunday 12 May 2024.

A UTS 100M and UTS 100K car park ticket is £45 for all three days. A UTS 50K car park ticket is £30 for Friday and Saturday. Once you have checked into the car park you will be issued with a vehicle pass which will allow you to enter the car park at multiple times throughout the weekend.

This price is competitive with similar car parking options in Llanberis and has the added convenience you will not have to move your car each day and purchase a new ticket.

Spaces for this overnight car park are limited. To secure space for your vehicle, please visit your [MyUTMB account](#) and click 'edit registration' to book your car park ticket online. Car park tickets are non-refundable.

ERYRI 25K

With less restrictions for daily car parking in Llanberis, we recommend ERYRI 25K participants make use of the many [pay-and-display car parks in the village](#). Some of these car parks are managed by the local council, while others are operated independently. Daily prices vary.

Useful websites to help plan your visit include:

- [Llanberis Development Group](#) (check out the car parking map at the bottom)
- [Parkopedia](#) (search for 'Llanberis, Gwynedd')
- [Snowdonia National Park Authority](#) for parking across Eryri

We recommend you arrive early to secure a convenient car parking option and avoid disappointment. If you are staying overnight in Llanberis, we encourage you to leave your vehicle at your accommodation and walk to the race start.



A man with a beard and a black cap is eating a red candy. He is wearing a white athletic shirt with a black grid pattern and a black backpack with two water bottles. He is also wearing a yellow Suunto watch on his left wrist. The background is a blurred outdoor setting with green trees.

SUUNTO

Adventure
Starts
HERE

Some people
choose
fine dining

NEW
SUUNTO RACE
the performance watch



THINGS TO DO

Whether you're visiting Eryri for a few days, or even for a few hours, there are plenty of things to see and do. If you're visiting just for one day, we'd highly recommend making the most of your time in Llanberis and visiting the attractions and shops right on the doorstep of the race start and finish. Why not try...

NATIONAL SLATE MUSUEM (FREE)

Open daily from 10:00 – 17:00

National Slate Museum is the iconic backdrop of your UTS race start. Located in the imposing Victorian workshops built in the shadow of Elidir mountain, site of the vast Dinorwig quarry, the National Slate Museum provides a glimpse of Wales' historic slate industry. With regular talks and demonstrations, including slate-splitting, you can get a real insight into quarry life – an essential part of the UTS experience!

ROPEWORKS ACTIVE

While you conquer each mile on the trails, why not give your family and friends an adventure of their own? Ropeworks Active are excited to offer a special opportunity for your support crew (i.e. your little ones) to experience the thrill of a ropes adventure! Whether you're looking to drop-off your kids from as young as 5 years old for a half-day adventure (10:00 – 13:00) or opting for a high or low ropes session yourself, there's something for everyone to enjoy. Your loved ones can swing through the treetops, conquer challenging obstacles, while having an exhilarating experience of their own (and all at a discounted rate).

So, why wait? Secure their spot on this adrenaline-filled escapade and let them embark on their own thrilling adventure while you tackle the trails. It's a win-win for everyone involved! Visit www.ropeworksactive.co.uk today and use the discount code 'Ultra10' to secure your spot!





AID STATIONS

Along each of the race routes there are specific locations where runners can get **food and drinks supplies**, take shelter and have some time out from the race. These aid stations provide basic food and drink for consuming while you stop and catch your breath, plus important toilet facilities too.

Your elapsed race time continues while you are at an aid station. Each aid station has a specific cut-off time which you need to avoid if you wish to continue in the race.

At UTS we supply drinking water, Coca-Cola and energy drink mixes for filling your water bottles or hydration packs. If you want to drink these straight from the serving container you'll need to use your personal reusable cup (part of the mandatory kit list for the UTS 100M, UTS 100K and UTS 50K races).

Undertaking a race such as UTS assumes a **level of autonomy and self-sufficiency** with respect to your own fuelling and hydration. While the event provides supplies at aid station, these are to supplement your own nutrition and planning. You should not be over-reliant on the food at aid stations.

Every runner must make sure, when leaving the aid station, they have the necessary quantity of snacks and fluids to keep them going until the next aid station.

AID STATION INFORMATION

WHAT'S ON THE MENU?

There are **three types of aid station** along the race routes. Please refer to each of the race route profiles on the UTS website for more information, including what type of aid station is at each location.



DRINKS ONLY

This is the first aid station on all routes and offers:
Drinking water, Nääk Energy drink mix, orange squash and Coca-Cola.



FOOD & DRINK

In addition to the above drinks, these aid stations also offer: Hot drinks (tea / coffee / hot chocolate / salted soup) and biscuits. Sandwiches (white bread, wholemeal bread, gluten free bread, cheese, pickle, peanut butter, raspberry jam), crisps, peanuts, fruit (bananas, oranges). Betws Garmon also offers three-bean (vegan) thick soup



HOT FOOD

In addition to the above, these aid stations also offer:
Vegetable chilli and rice, pizza (Capel Curig only), vegetable soup (Betws Garmon only). If you want to enjoy hot food, you **MUST** bring your own bowl or plate. These will not be provided.

Please note: these options are correct at the time of publication. All food options are subject to change.

TYPES OF NAÄK PRODUCTS ON EACH RACE ROUTE / FINISH

Race	Drinks Mix	Bars	Waffles	Purees	Soup
UTS 100M	Y	Y	Y	Y	Y
UTS 100K	Y	Y	Y	Y	Y
UTS 50K	Y	Y	Y	Y	Y
ERYRI 25K	Y	-	Y	-	-

IMPORTANT CHANGE TO AS3 ON UTS 100M & UTS 100K ROUTE

Due to localised farming conditions and access restrictions we have had to remove **Aid Station 3 at Tal y Braich** as you leave the Carneddau mountain range.

This has been replaced by a **temporary water station** at the north of the **Llyn Cowlyd Reservoir**. Please see the updated route profile on the website for the change in route details as well as the water station location.

IMPORTANT: This temporary water station is unsheltered with no toilet facilities and no emergency DNF bus option. Participants considering retiring in this section will have to continue to AS4 or make a decision to withdraw from the race at AS2 before running into the Carneddau mountain range.

AS3 food supplies have been split to both AS2 Glan Dena and AS4 Capel Curig to ensure more supplies are available at these aid stations. It is important you plan accordingly for this change in your training and race preparation. It is recommended you stop at AS2 to ensure you fully fill your drink bottles before departing.



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FACILITIES AND SUPPLIES FOR FEMALE PARTICIPANTS

FEMALE ONLY TOILETS are available at the Start / Finish area and at all aid stations where toilet facilities are available. **Female period products** are also available at aid stations (usually inside the female only toilets). Please ask an Event Team volunteer at the aid station if you are not able to locate any products, or they need replenishing.

PERSONAL ASSISTANT 'SUPPORT' – UTS 100M AND UTS 100K

A personal assistant (also known as 'support crew') is only permitted at specific aid stations. The locations where a personal assistant can support a runner are detailed on the profile of each race on the UTS website.

- Pen-y-Pass – **X NO ASSISTANCE PERMITTED**
- Glan Dena (Mountaineering Hut) – **✓ ASSISTANCE PERMITTED**
- Llyn Cowlyd Reservoir – **X NO ASSISTANCE PERMITTED**
- Capel Curig – **X NO ASSISTANCE PERMITTED** (UTS 100K DROP BAG)
- Dolwyddelan (Village Pavilion) – **✓ ASSISTANCE PERMITTED (UTS 100M ONLY)**
- Blaenau Ffestiniog (Tŷ Coffi Antur Stiniog) – **✓ ASSISTANCE PERMITTED (UTS 100M ONLY)**
- Croesor – **X NO ASSISTANCE PERMITTED** (UTS 100M DROP BAG)
- Gwastadannas – **X NO ASSISTANCE PERMITTED**
- Beddgelert (Community Hall) – **✓ ASSISTANCE PERMITTED (UTS 100M ONLY)**
- Rhyd-Ddu (Outdoor Centre) – **✓ ASSISTANCE PERMITTED (UTS 100M ONLY)**
- Bron-y-Fedw (Uchaf Farm) – **✓ ASSISTANCE PERMITTED**
- Betws Garmon – **X NO ASSISTANCE PERMITTED**

You must only be assisted **by one person at one time** and only in the aid station areas designated for this purpose. UTS 100M and UTS 100K runners will receive **1 x 'Support Crew' wristband** in your registration pack after you have completed your mandatory kit check. This wristband allows your personal assistant access into the aid station with one bag of **MAXIMUM 30 litre capacity**. Anyone attempting to enter an aid station without a 'Support Crew' wristband will be refused access and asked to leave.

No additional "media" access or requests will be granted to any participants other than the 1 x 'Support Crew' wristband. Only official members of the UTS Media Team with appropriate media accreditation passes will be allowed to enter aid stations.

THERE IS STRICTLY NO PERSONAL ASSISTANTS ALLOWED AT UTS 50K OR ERYRI 25K AID STATIONS

AID STATION INFORMATION

DROP BAGS FOR UTS 100M AND UTS 100K

UTS 100M and UTS 100K participants will receive a **UTMB World Series drop bag** (branded drawstring bag) with your race bib. The capacity of the bag is approximately 30 litres. **This is the only bag which is permitted as a drop bag.** After using the bag this year at UTS 2024, it can be reused at all UTMB World Series events. They are designed to be reusable for many events. If you already have a bag from last year, or another UTMB World Series event, please bring this with you so it can be reused once more.

After filling your drop bag with items of your choice (remember – poles are not allowed in the drop bag) and closing it, you should then place your drop bag at the designated location near the race start. This will be signed and easily visible before you start your race. Please ensure you put your drop bag number card, found in your race pack, into the plastic window on the bag before depositing it.

UTS 100M PARTICIPANTS – drop bags will be transported to **AS07 Croesor** approx. 87km into the race.

UTS 100K PARTICIPANTS – drop bags will be transported to **AS04 Capel Curig** approx. 51km into the race.

Once the aid station (where drop bags are available) has closed, the drop bags will be returned to Llanberis. They will be available for collection from near the finish line outside the National Slate Museum. For our faster runners, we unfortunately cannot guarantee your drop bag will arrive before you do at the finish line.

Drop bags must be collected at the event. The drop bag services closes 2 hours after your race cut-off time.

UTS 50K BAGS

UTS 50K PARTICIPANTS will be able to store 1 x small bag (MAXIMUM 30 litres) near the finish in the bag drop marquee. Bags larger than 30 litres will not be accepted. **Suitcases, holdalls or tents will not be stored. You must attach the bag tag found in your race pack to your bag.**

THERE IS NO DROP BAG SERVICE FOR PARTICIPANTS IN THE ERYRI 25K



SPECTATING – UTS 100M, UTS 100K AND UTS 50K

We know many of our participants will travel with friends and family who want to experience the event as a spectator, specifically trying to catch a glimpse of their runner on the course. There are many vantage points along the trails in Eryri where you can hike to get a good view of the action. While we encourage you to enjoy spectating the race, please remember this is a competition and **you should not interfere with the participants or offer any additional support other than encouragement, cheering and clapping!**

Due to the remote locations of our aid stations, we have to be very selective of which locations are suitable for spectators to gather outside. We are restricted by either road access, nearby residences, or simply a lack of space to accommodate anyone other than the runners themselves. Below is a list of aid stations where you can, and where you must not, arrive to spectate. If you arrive at an aid station where spectating is forbidden, you will be asked to leave and your participant may be penalised. This is a risk to the event.

Remember: spectators are not allowed into aid stations. You must always remain outside the venue.

- **Pen-y-Pass – X SPECTATING FORBIDDEN**
- **Glan Dena (Mountaineering Hut) postcode LL24 0EU – ✓ SPECTATING ALLOWED**
Do not drive into the aid station. There is public car parking available on the side of the A5 road. This is a busy road and you are encouraged to take care when parking and exiting your vehicle. Do not park on the double yellow lines – your vehicle may be towed away.
- **Llyn Cowlyd Reservoir – X SPECTATING FORBIDDEN**
- **Capel Curig – X SPECTATING FORBIDDEN**
- **Dolwyddelan (Village Pavilion) – ✓ SPECTATING ALLOWED**
Do not drive into the aid station. There is free car parking available on the nearby village streets as you approach the pavilion. Please ensure you do not block any residential properties and exit your vehicle quietly (if arriving and spectating during the night).
- **Blaenau Ffestiniog (Tŷ Coffi Antur Stiniog) postcode LL41 3ES – ✓ SPECTATING ALLOWED**
There is a public pay-and-display car park located at the rear of the aid station.
- **Croesor – X SPECTATING FORBIDDEN**
- **Gwastadannas – X SPECTATING FORBIDDEN**
- **Beddgelert (Community Hall) postcode LL55 4UY – ✓ SPECTATING ALLOWED**
There is a public pay-and-display car park located in the centre of Beddgelert village.
- **Rhyd-Ddu (Outdoor Centre) postcode LL54 6TL – ✓ SPECTATING ALLOWED**
Do not drive into the aid station. There is a public pay-and-display car park located nearby.
- **Bron-y-Fedw (Uchaf Farm) LL54 7YS – ✓ SPECTATING ALLOWED**
There will be spectator car parking available in the large field near the aid station marquee. Take care when entering and exiting the field onto the main road.
- **Betws Garmon – X SPECTATING FORBIDDEN**

THERE IS STRICTLY NO SPECTATING AT THE ERYRI 25K AID STATION



REGISTRATION for all races takes place in the Registration Marquee in the Ultra-Trail Village.

RACE	REGISTRATION TIMES
UTS 100M	Friday 08:00 – 12:45
UTS 100K	Friday 08:00 – 12:45
UTS 50K	Friday 14:00 – 22:00
ERYRI 25K	Friday 14:00 – 22:00 and Saturday 08:00 – 09:30

PLEASE NOTE: THERE IS NO EARLY MORNING REGISTRATION ON SATURDAY FOR THE UTS 100K AND UTS 50K RACES. PARTICIPANTS MUST REGISTER BEFORE FRIDAY 22:00 IN ORDER TO RACE ON SATURDAY.

To help us issue your race bib smoothly we ask you to come prepared and to arrive early. Due to the number of participants in each race there may be queues expected at busy times. We encourage you to arrive at registration early, with all of your mandatory kit ready, and not leave it to the last minute.

Your registration process will involve:

- ID check** – you will receive an ID e-mail before the event. Please have this available on your phone.
- Mandatory kit check** – you must be prepared to present all equipment and clothing before proceeding. If you do not have a mandatory item you will be asked to exit the queue and not collect your race pack.
- Race pack collection** – including your race bib, drop bag (UTS 100M and UTS 100K) and course map.
- Welcome gift collection** – event t-shirt or Buff (ERYRI 25K only) if applicable.
- GPS tracker fitted** – only applicable for UTS 100M and UTS 100K.
- Profile photo taken** – to be displayed alongside your timing profile.

The following races will be implementing a wave start structure in 2024

- **UTS 100K** Wave 1 (04:45) / Wave 2 (05:00)
- **UTS 50K** Wave 1 (07:30) / Wave 2 (07:45) / Wave 3 (08:00)
- **ERYRI 25K** Wave 1 (09:45) / Wave 2 (10:00)

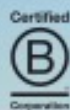
Following runners' feedback after last year's event, we have taken action to better your race experience. The introduction of start waves will help to improve the start line positioning and reduced congestion during the first sections of trail. This will allow you to better establish your pace amongst the other participants and helps with our efforts to prevent any congestion points on the first ascent of Yr Wyddfa (Snowdon).

Your wave start time will be **automatically allocated to you in April** and will be based on your **UTMB Index**. Participants with a higher UTMB Index will start in the earlier waves. Participants without a UTMB Index will start in the final wave.

These wave start times for participants will be fixed - we cannot accept requests to move people between different start waves.

Cut-off times along the course will remain unchanged. These timings are calculated on the final wave start. Therefore, no participant is disadvantaged by being in a wave start. All participants will receive the **maximum amount of time** to complete the course as determined in the event rules.





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RACE RULES AND 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**

UTS 100M: Around 168km in distance with 9,500 metres elevation gain, starting from Llanberis, in semi-autonomy. Approximately 300 participants.

100K **M**

UTS 100K: Around 103km in distance with 6,400 metres elevation gain, starting from Llanberis, in semi-autonomy. Approximately 700 participants.

50K **M**

UTS 50K: Around 55km in distance with 3,300 metres elevation gain, starting from Llanberis, in semi-autonomy. Approximately 1,200 participants.

20K **M**

ERYRI 25K: Around 25km in distance with 1,300 metres elevation gain, starting from Llanberis, in semi-autonomy. Approximately 800 participants.



RACE BIBS

Race bibs are given to each participant once we have confirmed your race entry (ID check) and you have successfully presented all of your mandatory kit to be checked. **No mandatory kit = no race bib.**

The race bib **must be worn** on the chest or stomach and must remain permanently and completely visible during the whole race. The race bib must be always placed on top of all clothing and must not be placed on the leg or race pack. We recommend using a race belt for ease of race bib position.

The participant's name and partner logos must not be altered or hidden. The race bib is your access to the race start, aid stations, medical points, showers, drop bag collection, and DNF repatriation service.



CUT-OFF TIMES

Cut-off times are calculated to allow participants to reach the finish in the maximum amount of time allowed and are indicated on the course profile and course information on the website.

The cut-off time indicated for an aid station is the **latest time** a participant must leave the venue. Anyone who has not left an aid station by this time will be withdrawn from the race immediately.



MEDICAL

There are several locations along the route(s) where emergency medical staff are positioned. Route medical staff are in contact with the Medical Team near the race finish in Llanberis.

Medical staff are available to assist any person with a medical concern by using the resources of the event, or by liaising with the emergency services.

It is up to a participant in trouble, or seriously hurt, to call for help as follows:

- Informing staff on arrival at an aid station.
- Informing emergency medical staff on route.
- By calling the Event Control emergency phone.
- By asking another participant to call the Event Control emergency phone.
- By using the SOS function on the LiveTrail app.
- By using the SOS function on the GPS tracker (UTS 100M and UTS 100K only)
- By using your headtorch and whistle to attract attention.

Every runner must give assistance to any person they see in danger and alert the organisers.

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



WAYMARKING

Ultra-Trail Snowdonia is a waymarked course. All race routes will be identified by a series of small, high-visibility, waymarkings along the course for you to follow. These are either flags placed into the ground, tape attached to tree branches or rocks, or directional arrows on gates, stiles or signposts.

Waymarkers are positioned approximately every 50m. However, on long stretches of continuous trail the spacing may be increased. Likewise, on shorter more technical stretches of trail, waymarking may be more frequent.

- For **obvious, well-defined, sections of trail** markers will be placed approx. every 100m.
- For **non-obvious, difficult and technical sections of trail** markers will be placed approx. every 25m.
- For **junctions or sharp turns** markers will be positioned in proximity of each other. Typically three markers close together on approach and three after the turn. This may be complemented with a directional arrow.

Waymarkers are made from high contrast red and white fabric. They include reflective material to ensure they are visible at night and reflect your headtorch light. To protect the environment we do not use paint on the trails.

IMPORTANT: If you can no longer see any waymarkers ahead of you, or have not seen a waymarker for a considerable distance, we recommend you stop running and consult your race map. You may have missed a junction or turn. We recommend you download the race GPX file from the UTS website prior to the event and use this to support the course waymarking. **Final race GPX files will be made available the week before the event.**



WITHDRAWING FROM THE RACE

During the race you may become injured or unable to continue. If you need to withdraw from the race, you must make your way to the nearest aid station. This may be the aid station you had previously visited on the course.

Participants can only withdraw from the race at an aid station. This is for safety reasons so we know who has withdrawn from the race, and subsequently who is still competing. You cannot voluntarily withdraw from the race at any other location unless you're severely injured and extracted by our Medical Team.

Upon withdrawing from the race you will have the barcode taken from your race bib and your GPS tracker removed (UTS 100M and UTS 100K only). You will be allowed access to the aid station facilities. You must keep your race bib displayed as this provides you with access to medical services and transport to the race finish.

We can transport withdrawn participants to the race finish in Llanberis by our Transport Team volunteers. Depending on the demand for transport, it could be several hours before you are driven back to Llanberis. If you have withdrawn at an aid station where spectating or personal assistance is permitted, it may be quicker for a family member or friend to collect you.

For safety reasons, all runners who withdraw from the race are not allowed to continue along the course.





MANDATORY KIT

To ensure the safety and the smooth running of the event, **each participant must carry with them all the items listed in the mandatory kit 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. Organised random checks may be carried out during the race. A penalty up to disqualification will be applied to runners who do not have any of the mandatory kit items with them when inspected.

All clothing must be the correct size for the participant and without having been modified in any way after leaving the factory. You carry this equipment in a pack which must be tagged during registration when race bibs are distribution. This tag is not interchangeable during the race.

Due to the lengthy duration of the event, participants may need to consider and plan how to ensure their electronic devices have adequate battery life to function throughout the whole race. This may mean choosing equipment which can be charged on-the-go or carrying additional batteries.

UTS 100M and UTS 100K runners: please consider using the drop bag facility to recharge electronic devices.

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 do decide to use poles, it is forbidden to start without poles and then recuperate them during the race. No poles are allowed to be stored in the drop bags. The use of poles will be forbidden in certain zones along the route marked by specific signs, for noise, safety or environmental

LIVETRAIL APP

The LiveTrail app is used to monitor the progress of the races and provides you with valuable race information. The app can also be used on your phone to alert the organisers if you need emergency medical assistance.

In the event of an emergency, the LiveTrail app allows you to send directly to the organisers a SOS message via SMS text. This gives your precise GPS position. If you get into difficulty and need emergency medical assistance, you are still expected to phone Event Control and make us aware of your current situation.

It is mandatory to have a working and charged mobile telephone that works in the UK.

Under no circumstances should you put your mobile phone in airplane mode. We need to be able to contact you before, during and after your race.

For participants who will spend more than 15 hours on the course (i.e. UTS 100M and UTS 100K participants), you are advised to bring an additional external battery to keep your phone charged.

Check the emergency contact number you provided with your registration is the number of the person you want to be alerted if you are involved in a medical incident.

IMPORTANT: Please check that you have filled in your mobile phone number in your UTMB account.



Scan the QR code to download the LiveTrail app prior to the race

EVENT CONTROL EMERGENCY NUMBER

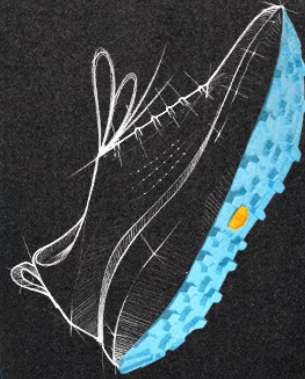
[This will be e-mailed to participants before the event]

**EMERGENCY NUMBER
112 UK**

Before the start of your race, don't forget to add these emergency numbers into your mobile phone



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IF YOU
CARE



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TESTER



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BIOSECURITY IN THE FORESTS

To prevent the spreading of tree diseases through the forests of Eryri, we need all participants to take preventative measures before you travel. You must arrive at the event with clean footwear, clothing and poles. Thoroughly clean mud and dirt accumulated from previous running and training sessions from the soles of your shoes and tips of your poles. We need you to help us “Leave the forest in the forest”.

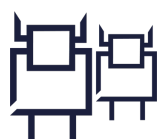
REDUCED PLASTIC AT AID STATIONS

To reduce unnecessary waste there will be **no single use plastic (such as cutlery, cups or bowls) available at aid stations**. You need to bring your own utensils if you wish to eat hot meals or drinks at the aid stations.

Littering is strictly forbidden. Participants must keep rubbish and wrappers (including gels, plastics, paper and organic waste) until they can deposit them responsibly in the bin at an aid station. Participants will be issued with a small, reusable waste bag at registration to store all your waste items while on the trails.

Please separate your rubbish at the aid stations so we can ensure the correct items are recycled. Organic waste such as leftover bars, fruit skins etc. should be disposed in the appropriate bins.

RESPECT FOR THE NATURAL PROTECTED AREAS



LIVESTOCK AND ANIMALS

You are recommended to stay as far away from livestock as possible while passing through farmland. Do not interfere with, or attempt to touch, sheep, lambs or cattle. This is for the welfare of the animals and your own safety. Do not approach any livestock in distress.



GATES AND FENCES

You **must** close all gates behind you. Even if another participant is approaching, it is vital gates are closed to protect livestock from mixing. You will be penalised if caught leaving a gate open.



STAY TO WAYMARKED PATHS

We are privileged to run through sensitive National Nature Reserves. These will be signposted at the entry and exit. You must follow the waymarking accurately to prevent damage to the flora and fauna. You **must** remain on the chosen path.



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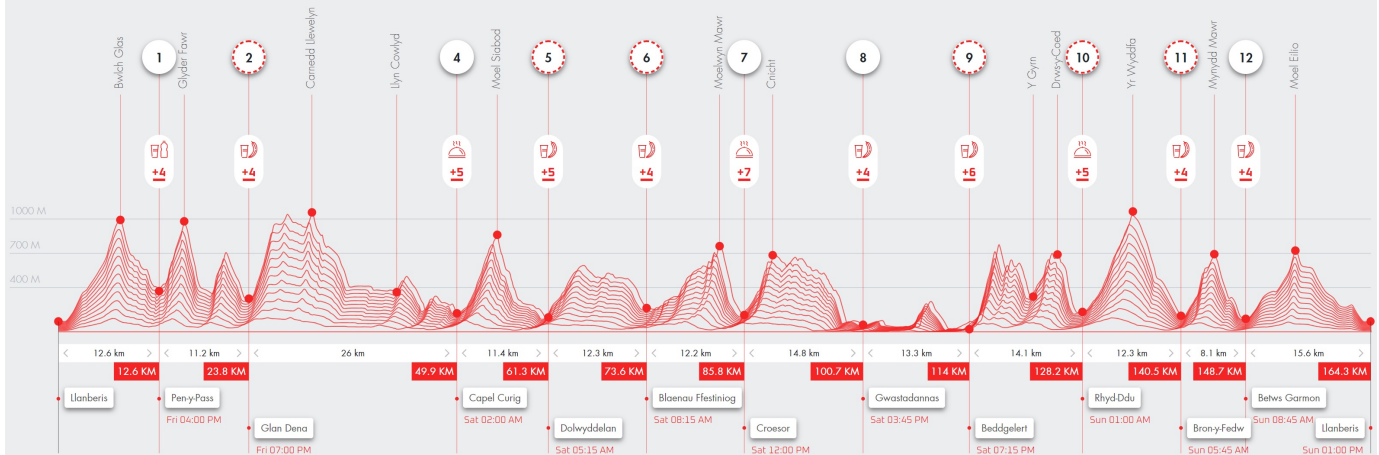




100M

**RUNNING STONES
4
UTMB**

DISTANCE 168 KM	ELEVATION GAIN 9500 M+	START DATE 10 MAY 2024	START TIME 13.00	MAX ALLOWED TIME 48 HOURS
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THE RACE

Starting on the Friday, UTS 100M is the ultimate grand tour of Eryri/Snowdonia. It really is 'Beautiful beyond belief. Savage beyond reason.'

The race boasts stunning mountain views and technical, challenging trails in equal abundance.

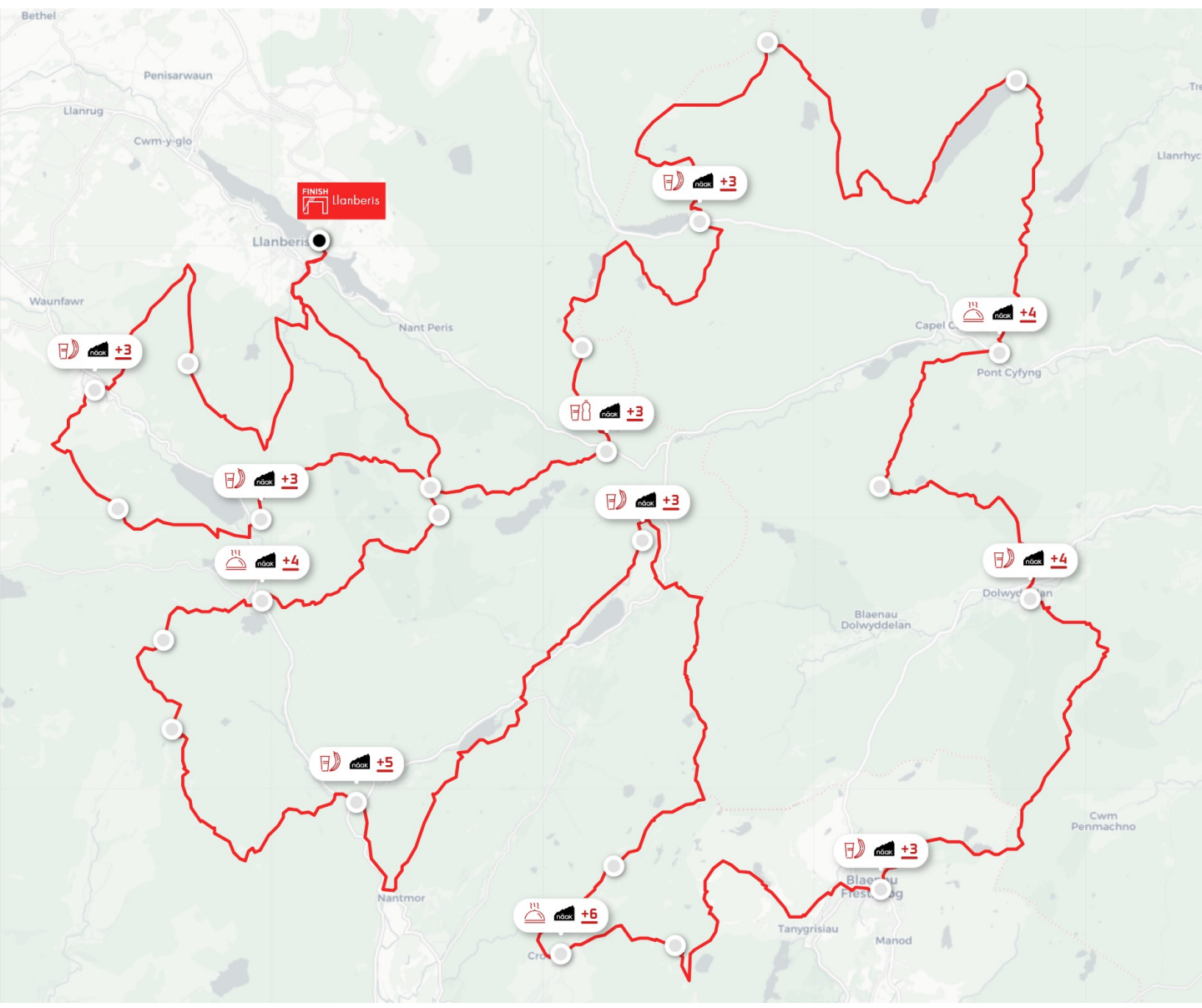


	Distance (km)	Interval (km)	Elevation (m+)	Fastest *	Slowest	Cut Off
Llanberis	0	0	0	Fri 13:00	Fri 13:00	
Bwlch Glas (Finger Stone)	7.7	7.7	890	Fri 13:56	Fri 14:58	
Pen-y-Pass	12.6	4.7	897	Fri 14:17	Fri 15:44	Fri 16:00
Glyder Fawr	15.7	3.0	1,521	Fri 14:52	Fri 16:58	
Glan Dena	23.8	8.0	1,905	Fri 15:50	Fri 18:54	Fri 19:00
Carnedd Llewelyn	31.7	7.8	2,806	Fri 17:00	Fri 21:28	
Llyn Cowlyd	42.3	10.6	2,887	Fri 17:55	Fri 23:31	
Capel Curig	49.9	7.5	3,168	Fri 18:47	Sat 01:25	Sat 02:00
Moel Siabod	54.9	5.0	3,861	Fri 19:43	Sat 03:15	
Dolwyddelan	61.3	6.3	3,861	Fri 20:25	Sat 04:33	Sat 05:15
Blaenau Ffestiniog	73.6	12.2	4,370	Fri 21:58	Sat 07:37	Sat 08:15
Moelwyn Mawr	82.8	9.1	4,977	Fri 23:13	Sat 10:21	
Croesor	85.8	3.0	4,977	Fri 23:38	Sat 11:15	Sat 12:00
Cnicht	89.4	3.5	5,502	Sat 00:25	Sat 12:56	
Gwastadannas Farm	100.7	11.3	5,670	Sat 01:39	Sat 15:46	Sat 15:45
Beddgelert	114.0	13.2	6,006	Sat 03:07	Sat 18:58	Sat 19:15
Y Gyrn	122.0	7.9	6,903	Sat 04:42	Sat 22:33	
Mynydd Drws-y-Coed	125.1	3.0	7,339	Sat 05:23	Sun 00:03	
Rhyd-Ddu	128.2	3.1	7,347	Sat 05:45	Sun 00:52	Sun 01:00
Yr Wyddfa / Snowdon	134.5	6.1	8,229	Sat 07:06	Sun 03:53	
Bron-y-Fedw	140.5	6.0	8,242	Sat 07:51	Sun 05:27	Sun 05:45
Mynydd Mawr	144.7	4.1	8,787	Sat 08:43	Sun 07:15	
Betws Garmon	148.7	3.9	8,796	Sat 09:13	Sun 08:17	Sun 08:45
Moel Eilio	154.9	6.1	9,394	Sat 10:19	Sun 10:35	
Llanberis	164.3	9.4	9,556	Sat 11:29	Sun 12:59	Sun 13:00

* The timings provided above for the fastest arrivals at aid stations are calculated using a World Series algorithm.

These are optimistic for the challenge and terrain of Eryri. Therefore, based on previous editions of the event, we anticipate the fastest finisher will arrive in Llanberis at 13:00 on Saturday 11 May.

MAP



CLOTHING

- **Suitable trail-running footwear.** Road-running or barefoot style shoes are not acceptable
- **Waterproof jacket with fitted integrated hood and sealed/taped seams.** The jacket must be made of a waterproof (minimum recommended 10,000 Schmerber) and breathable (RET recommended inferior to 13) membrane. The jacket must not have sections of fabric which are not waterproof, but air vents fitted by the manufacturer are accepted
- **Warm second layer** with long sleeves (cotton excluded) of a weight of minimum 180g (men's size medium) OR a combination of a long-sleeved warm layer weighing at least 100g (men's size medium) and a windproof jacket. The windproof jacket does not replace the mandatory waterproof jacket, and vice versa
- **Long-legged trousers or race leggings** or the combination of leggings and socks that cover the legs completely. These can be carried in the running pack.
- **Waterproof over-trousers with sealed / taped seams.** These do not replace the long-legged trousers or race leggings.
- **Warm & waterproof gloves.** A combination of separate warm gloves (or mittens) and waterproof outer gloves is acceptable
- **Warm beanie hat**
- **Cap, bandana or Buff**

Snowdonia National Park is a stunning location for trail-running. However, the weather in upland areas and mountain peaks can change within hours. Even in the month of May the region can experience significant fluctuations of both hot and cold temperatures with heavy rain, hail and even snow forecast!

This creates challenging, and potentially dangerous, conditions if you are not fully prepared. The weather can change without warning. If you are involved in an incident, suffer an injury, or need to remain on the mountain for several hours, your clothing and equipment must allow you to remain safe until further assistance arrives.

It is essential you carry the mandatory kit required for your competition at all times. Your clothing and equipment must be suitable for all types of conditions and for the duration of your race (i.e. up to two nights outdoors on the mountains for the UTS 100M). We recommend you test using your kit in different weather conditions before arriving at the event to ensure it is suitable for you.

Your mandatory kit (including the hot or cold weather kit if required) will be checked before you are issued with your race bib. If you do not have an item of mandatory kit, you will not receive your race bib.

MANDATORY KIT (UTS 100M)

EQUIPMENT

- **Running pack** to carry mandatory kit throughout the race
- **Smartphone** with Live Trail application installed & activated. 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.
- **Reusable cup (150ml minimum)**. This must be suitable for consuming hot drinks or soup. Bottles or flasks with lids are not acceptable
- **Reusable plate or bowl and cutlery**. Eating utensils will not be provided at the aid stations
- **Capacity to carry a minimum of 1.5 litres of fluid**. At the departure of some aid stations it will be mandatory to leave with 1.5 litres of fluids depending on the sections to be covered or weather conditions
- **2 x fully functioning head or hand torches & spare batteries**. Each torch must have a spare set of batteries. Powerbanks are permitted as a spare battery. However each torch must have their own powerbank/set of batteries. Both torches are recommended to have a minimum 200 lumens brightness
- **Survival / emergency bivvy bag**. These must have a minimum dimension of 2.0m x 0.9m. A survival blanket or foil blanket is not acceptable.
- **Emergency food reserve**. Recommendation of minimum 800kcal.
- **Self-adhesive elasticated bandage**. Minimum dimensions 100cm x 6cm
- **Whistle**
- **Compass**
- **Personal ID**
- **Map of the route**. This will be supplied at registration in your race pack.

RECOMMENDED

- **Spare warm clothing**. Useful in case of cold or wet weather or in the case of injury
- **Synthetic insulation mid-layer or gilet**. To keep warm while resting at aid stations
- **Waterproof bag**
- **Personal first aid kit**. Including a minimum of blister plasters, cleansing wipes, dressings, paracetamol and personal medications
- **Poles**
- **Additional spare warm hat and gloves**
- **Anti-chafing cream or Vaseline**
- **GPS Watch**
- **Safety scissors**
- **Small sewing kit**
- **£40 cash**
- **Full change of clothes**

RACE CATEGORY

100M 



MANDATORY KIT (UTS 100M)

HOT WEATHER KIT (Additional Items)

- **Sunglasses.** It is possible to use the same glasses for both the hot weather kit and cold weather kit if they are glasses with photochromic lenses
- **Saharan cap.** Or any headwear combination which completely covers the head and nape of neck.
- **Sunscreen.** Recommended minimum SPF 50
- **Capacity to carry a minimum of 2.0 litres of fluid.** This is an additional 0.5 litres capacity added to the mandatory 1.5 litres.

COLD WEATHER KIT (Additional Items)

- **Protective eyewear.** It is possible to use the same glasses for both the hot weather kit and cold weather kit if they are glasses with photochromic lenses
- **Third warm layer.** An intermediary layer between the second layer and waterproof jacket. It is recommended that this is a high-loft jacket or smock featuring synthetic insulation (e.g Primaloft or Polartec garments)
- **Sturdy and closed-toe trail-running shoes.** Minimalist and ultra-lightweight shoes are no longer allowed.

The hot weather and cold weather mandatory kits are an essential part of your preparation.

The weather in Eryri / Snowdonia can change very quickly. It can be difficult to forecast the weather conditions accurately in the weeks before the event. Each participant must be prepared to have with them these additional items for their race.

You will need to have these items for the mandatory kit check (if either the hot weather or cold weather mandatory kit is implemented). Therefore, it is important you bring these items with you to the event. If you do not have these items when asked you will not receive your race bib.

RACE CATEGORY

100M M





100K **M**

RUNNING STONES
3
UTMB

DISTANCE 103 KM	ELEVATION GAIN 6400 M+	START DATE 11 MAY 2024	START TIME 04.45 / 05.00	MAX ALLOWED TIME 32 HOURS
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THE RACE

Starting on the Saturday morning, UTS 100K covers the best of the mountainous areas of Northern Eryri / Snowdonia.

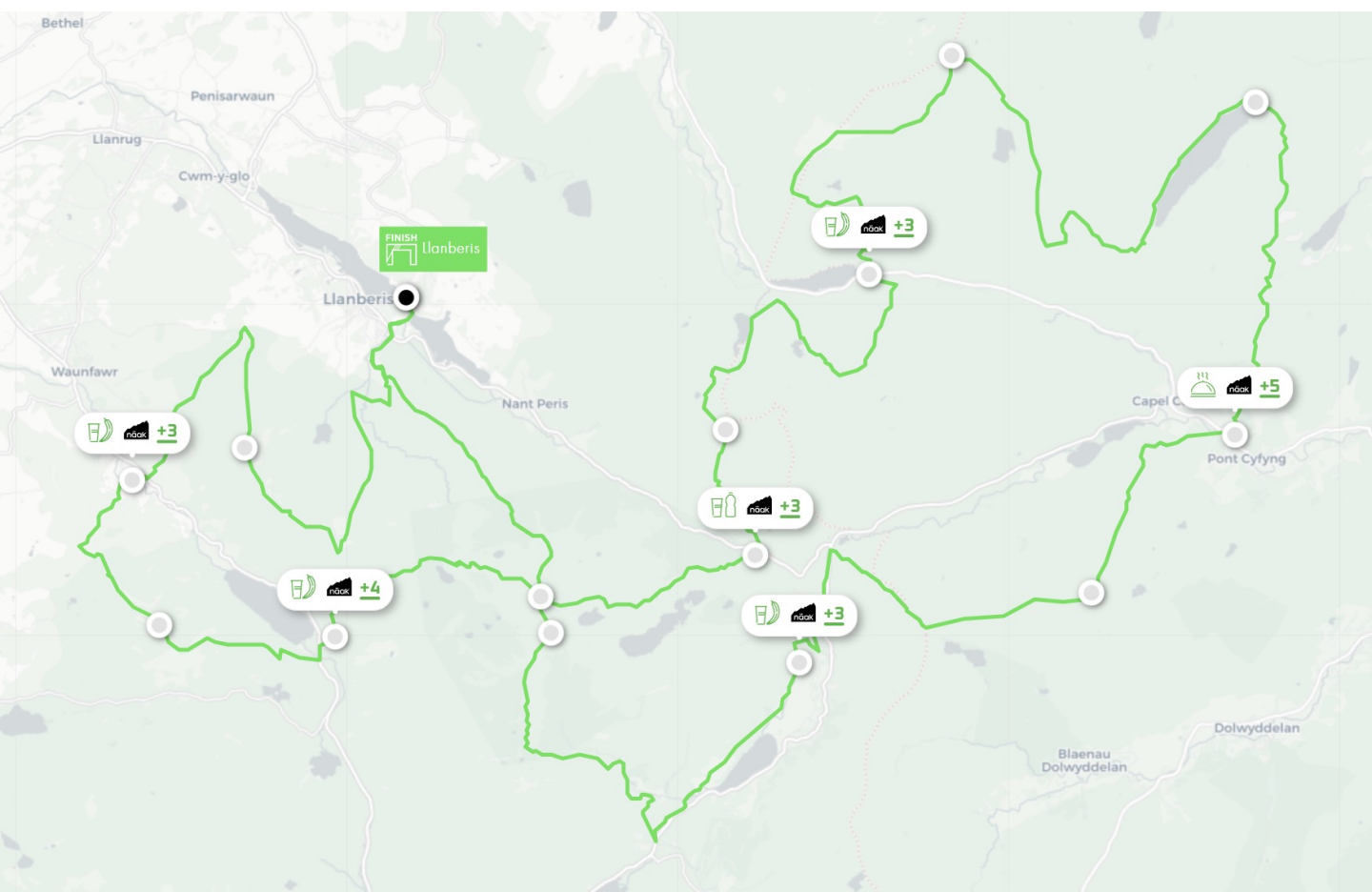
The route takes in countless trails, technical ridges and epic views over the 103km.



	Distance (km)	Interval (km)	Elevation (m+)	Fastest	Slowest	Cut Off
Llanberis	0	0	0	Sat 04:45	Sat 05:00	
Bwlch Glas (Finger Stone)	7.7	7.7	888	Sat 05:34	Sat 07:02	
Pen-y-Pass	12.6	4.7	933	Sat 05:57	Sat 07:55	Sat 08:15
Glyder Fawr	15.7	15.7	1,560	Sat 06:31	Sat 09:15	
Glan Dena	23.8	8.1	1,953	Sat 07:25	Sat 11:33	Sat 12:15
Carnedd Llewelyn	31.7	7.8	2,892	Sat 08:35	Sat 14:24	
Llyn Cowlyd	42.3	10.5	3,006	Sat 09:38	Sat 15:42	
Capel Curig	49.8	7.5	3,300	Sat 10:29	Sat 18:48	Sat 20:00
Moel Siabod	54.7	4.8	3,983	Sat 11:25	Sat 21:07	
Gwastadannas Farm	63.0	8.2	4,027	Sat 12:10	Sat 23:03	Sat 23:45
Yr Wyddfya / Snowdon	73.9	10.8	5,134	Sat 13:50	Sun 03:23	
Bron-y-Fedw	79.9	5.9	5,148	Sat 14:29	Sun 05:03	Sun 05:30
Myndd Mawr	84.0	4.1	5,704	Sat 15:14	Sun 06:59	
Betws Garmon	88.1	3.8	5,715	Sat 15:41	Sun 08:03	Sun 08:30
Moel Eilio	94.3	6.2	6,329	Sat 16:40	Sun 10:27	
Llanberis	103.7	9.4	6,503	Sat 17:43	Sun 12:56	Sun 13:00



MAP



CLOTHING

- **Suitable trail-running footwear.** Road-running or barefoot style shoes are not acceptable
- **Waterproof jacket with fitted integrated hood and sealed/taped seams.** The jacket must be made of a waterproof (minimum recommended 10,000 Schmerber) and breathable (RET recommended inferior to 13) membrane. The jacket must not have sections of fabric which are not waterproof, but air vents fitted by the manufacturer are accepted
- **Warm second layer** with long sleeves (cotton excluded) of a weight of minimum 180g (men's size medium) OR a combination of a long-sleeved warm layer weighing at least 100g (men's size medium) and a windproof jacket. The windproof jacket does not replace the mandatory waterproof jacket, and vice versa
- **Long-legged trousers or race leggings** or the combination of leggings and socks that cover the legs completely. These can be carried in the running pack.
- **Waterproof over-trousers with sealed/taped seams.** These do not replace the long-legged trousers or race leggings.
- **Warm & waterproof gloves.** A combination of separate warm gloves (or mittens) and waterproof outer gloves is acceptable
- **Warm beanie hat**
- **Cap, bandana or Buff**

Snowdonia National Park is a stunning location for trail-running. However, the weather in upland areas and mountain peaks can change within hours. Even in the month of May the region can experience significant fluctuations of both hot and cold temperatures with heavy rain, hail and even snow forecast!

This creates challenging, and potentially dangerous, conditions if you are not fully prepared. The weather can change without warning. If you are involved in an incident, suffer an injury, or need to remain on the mountain for several hours, your clothing and equipment must allow you to remain safe until further assistance arrives.

It is essential you carry the mandatory kit required for your competition at all times. Your clothing and equipment must be suitable for all types of conditions and for the duration of your race (i.e. up to two nights outdoors on the mountains for the UTS 100M). We recommend you test using your kit in different weather conditions before arriving at the event to ensure it is suitable for you.

Your mandatory kit (including the hot or cold weather kit if required) will be checked before you are issued with your race bib. If you do not have an item of mandatory kit, you will not receive your race bib.

RACE CATEGORY

100K M



MANDATORY KIT (UTS 100K)

EQUIPMENT

- **Running pack** to carry mandatory kit throughout the race
- **Smartphone** with Live Trail application installed & activated. 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.
- **Reusable cup (150ml minimum)**. This must be suitable for consuming hot drinks or soup. Bottles or flasks with lids are not acceptable
- **Reusable plate or bowl and cutlery**. Eating utensils will not be provided at the aid stations
- **Capacity to carry a minimum of 1.5 litres of fluid**. At the departure of some aid stations it will be mandatory to leave with 1.5 litres of fluids depending on the sections to be covered or weather conditions
- **2 x fully functioning head or hand torches & spare batteries**. Each torch must have a spare set of batteries. Powerbanks are permitted as a spare battery. However each torch must have their own powerbank/set of batteries. Both torches are recommended to have a minimum 200 lumens brightness
- **Survival / emergency bivvy bag**. These must have a minimum dimension of 2.0m x 0.9m. A survival blanket or foil blanket is not acceptable.
- **Emergency food reserve**. Recommendation of minimum 800kcal.
- **Self-adhesive elasticated bandage**. Minimum dimensions 100cm x 6cm
- **Whistle**
- **Compass**
- **Personal ID**
- **Map of the route**. This will be supplied at registration in your race pack.

RECOMMENDED

- **Spare warm clothing**. Useful in case of cold or wet weather or in the case of injury
- **Synthetic insulation mid-layer or gilet**. To keep warm while resting at aid stations
- **Waterproof bag**
- **Personal first aid kit**. Including a minimum of blister plasters, cleansing wipes, dressings, paracetamol and personal medications
- **Poles**
- **Additional spare warm hat & gloves**
- **Anti-chafing cream or Vaseline**
- **GPS Watch**
- **Safety scissors**
- **Small sewing kit**
- **£40 cash**
- **Full change of clothes**

RACE CATEGORY

100K M



HOT WEATHER KIT (Additional Items)

- **Sunglasses.** It is possible to use the same glasses for both the hot weather kit and cold weather kit if they are glasses with photochromic lenses
- **Saharan cap.** Or any headwear combination which completely covers the head and nape of neck.
- **Sunscreen.** Recommended minimum SPF 50
- **Capacity to carry a minimum of 2.0 litres of fluid.** This is an additional 0.5 litres capacity added to the mandatory 1.5 litres.

COLD WEATHER KIT (Additional Items)

- **Protective eyewear.** It is possible to use the same glasses for both the hot weather kit and cold weather kit if they are glasses with photochromic lenses
- **Third warm layer.** An intermediary layer between the second layer and waterproof jacket. It is recommended that this is a high-loft jacket or smock featuring synthetic insulation (e.g Primaloft or Polartec garments)
- **Sturdy and closed-toe trail-running shoes.** Minimalist and ultra-lightweight shoes are no longer allowed.

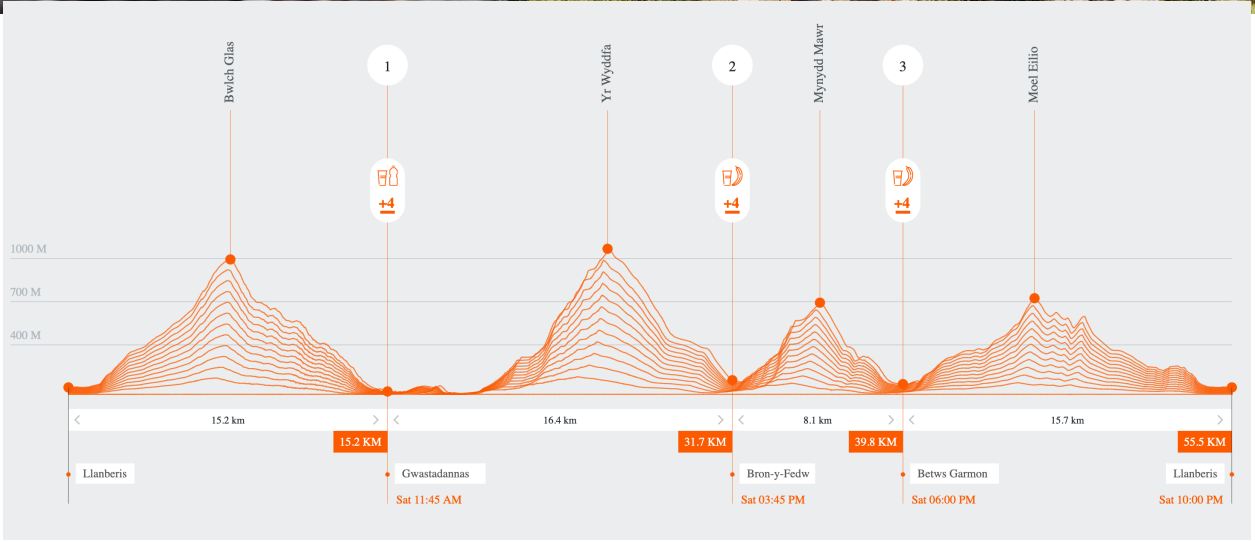
The hot weather and cold weather mandatory kits are an essential part of your preparation.

The weather in Eryri / Snowdonia can change very quickly. It can be difficult to forecast the weather conditions accurately in the weeks before the event. Each participant must be prepared to have with them these additional items for their race.

You will need to have these items for the mandatory kit check (if either the hot weather or cold weather mandatory kit is implemented). Therefore, it is important you bring these items with you to the event. If you do not have these items when asked you will not receive your race bib.



DISTANCE	ELEVATION GAIN	START DATE	START TIME	MAX ALLOWED TIME
55 KM	3300 M+	11 MAY 2024	07.30 / 07.45 / 08.00	14 HOURS



THE RACE

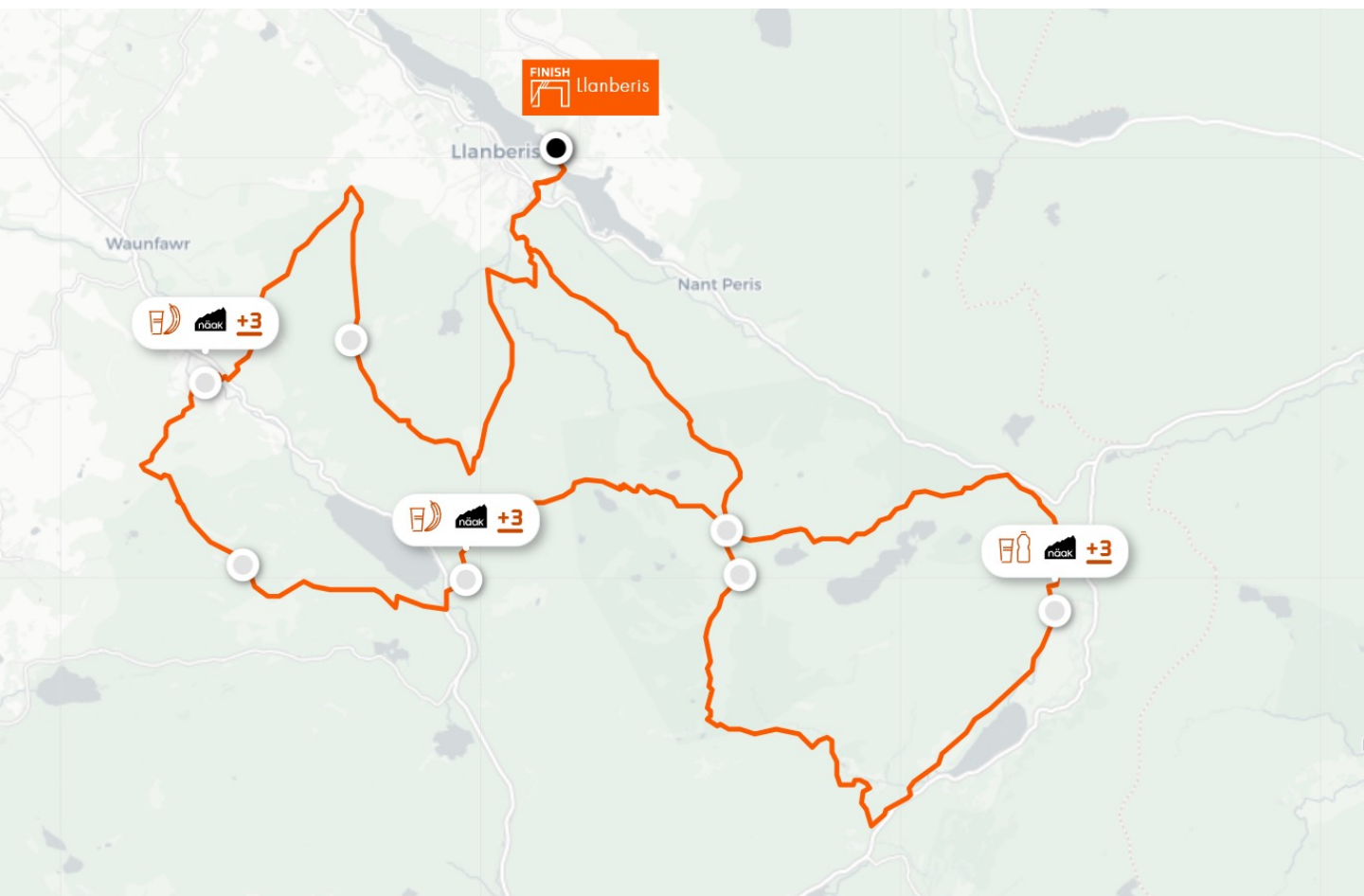
UTS 50K acts as the perfect stepping stone into Alpine-scale mountain ultrarunning.

The route takes in several technical mountain trails around the Snowdon Massif.



	Distance (km)	Interval (km)	Elevation (m+)	Fastest	Slowest	Cut Off
Llanberis	0	0	0	Sat 07:30	Sat 08:00	
Bwlch Glas (Finger Stone)	7.7	7.7	892	Sat 08:13	Sat 09:54	
Gwastadannas Farm	15.2	7.4	933	Sat 08:44	Sat 11:21	Sat 11:45
Yr Wyddfa / Snowdon	25.7	10.4	2,032	Sat 09:55	Sat 14:20	
Bron-y-Fedw	31.7	5.9	2,032	Sat 10:23	Sat 15:30	Sat 15:45
Mynydd Mawr	35.8	4.1	2,588	Sat 10:58	Sat 17:02	
Betws Garmon	39.8	3.9	2,600	Sat 11:18	Sat 17:56	Sat 18:00
Moel Eilio	45.1	6.2	3,213	Sat 12:05	Sat 19:53	
Llanberis	55.5	9.4	3,388	Sat 12:59	Sat 21:58	Sat 22:00

MAP



CLOTHING

- **Suitable trail-running footwear.** Road-running or barefoot style shoes are not acceptable
- **Waterproof jacket with fitted integrated hood and sealed/taped seams.** The jacket must be made of a waterproof (minimum recommended 10,000 Schmerber) and breathable (RET recommended inferior to 13) membrane. The jacket must not have sections of fabric which are not waterproof, but air vents fitted by the manufacturer are accepted
- **Long-legged trousers or race leggings** or the combination of leggings and socks that cover the legs completely. These can be carried in the running pack.
- **Waterproof over-trousers with sealed/taped seams.** These do not replace the long-legged trousers or race leggings.
- **Warm & waterproof gloves.** A combination of separate warm gloves (or mittens) and waterproof outer gloves is acceptable
- **Warm beanie hat**

Snowdonia National Park is a stunning location for trail-running. However, the weather in upland areas and mountain peaks can change within hours. Even in the month of May the region can experience significant fluctuations of both hot and cold temperatures with heavy rain, hail and even snow forecast!

This creates challenging, and potentially dangerous, conditions if you are not fully prepared. The weather can change without warning. If you are involved in an incident, suffer an injury, or need to remain on the mountain for several hours, your clothing and equipment must allow you to remain safe until further assistance arrives.

It is essential you carry the mandatory kit required for your competition at all times. Your clothing and equipment must be suitable for all types of conditions and for the duration of your race (i.e. up to two nights outdoors on the mountains for the UTS 100M). We recommend you test using your kit in different weather conditions before arriving at the event to ensure it is suitable for you.

Your mandatory kit (including the hot or cold weather kit if required) will be checked before you are issued with your race bib. If you do not have an item of mandatory kit, you will not receive your race bib.

RACE CATEGORY

50K M



EQUIPMENT

- **Running pack** to carry mandatory kit throughout the race
- **Smartphone** with Live Trail application installed & activated. 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.
- **Reusable cup (150ml minimum).** This must be suitable for consuming hot drinks or soup. Bottles or flasks with lids are not acceptable
- **Capacity to carry a minimum of 1.0 litres of fluid.** At the departure of some aid stations it will be mandatory to leave with 1.0 litres of fluids depending on the sections to be covered or weather conditions
- **1 x fully functioning head or hand torches & spare batteries.** The torch must have a spare set of batteries. Powerbanks are permitted as a spare battery. The torch must have a minimum 200 lumens brightness
- **Survival / emergency bivvy bag.** These must have a minimum dimension of 2.0m x 0.9m. A survival blanket or foil blanket is not acceptable.
- **Emergency food reserve.** Recommendation of minimum 800kcal.
- **Self-adhesive elasticated bandage.** Minimum dimensions 100cm x 6cm
- **Whistle**
- **Compass**
- **Personal ID**
- **Map of the route.** This will be supplied at registration in your race pack.

RECOMMENDED

- **Warm second layer** with long sleeves (cotton excluded) of a weight of minimum 180g (men's size medium) OR a combination of a long-sleeved warm layer weighing at least 100g (men's size medium) and a windproof jacket. The windproof jacket does not replace the mandatory waterproof jacket, and vice versa
- **Cap, bandana or Buff**
- **Spare warm clothing.** Useful in case of cold or wet weather or in the case of injury
- **Synthetic insulation mid-layer or gilet.** To keep warm while resting at aid stations
- **Waterproof bag**
- **Personal first aid kit.** Including a minimum of blister plasters, cleansing wipes, dressings, paracetamol and personal medications
- **Poles**
- **Additional spare warm hat & gloves**

RACE CATEGORY

50K M



MANDATORY KIT (UTS 50K)

HOT WEATHER KIT (Additional Items)

- **Sunglasses.** It is possible to use the same glasses for both the hot weather kit and cold weather kit if they are glasses with photochromic lenses
- **Saharan cap.** Or any headwear combination which completely covers the head and nape of neck.
- **Sunscreen.** Recommended minimum SPF 50
- **Capacity to carry a minimum of 2.0 litres of fluid.** This is an additional 1.0 litres capacity added to the mandatory 1.0 litres.

RECOMMENDED (CONTINUED...)

- **Anti-chafing cream or Vaseline**
- **GPS Watch**
- **Safety scissors**
- **Small sewing kit**
- **£40 cash**

COLD WEATHER KIT (Additional Items)

- **Warm second layer** with long sleeves (cotton excluded) of a weight of minimum 180g (men's size medium) OR a combination of a long-sleeved warm layer weighing at least 100g (men's size medium) and a windproof jacket. The windproof jacket does not replace the mandatory waterproof jacket, and vice versa
- **Third warm layer.** An intermediary layer between the second layer and waterproof jacket. It is recommended that this is a high-loft jacket or smock featuring synthetic insulation (e.g Primaloft or Polartec garments)

RACE CATEGORY

50K M



ULTRA-TRAIL
SNOWDONIA
ERYRI

BY **UTMB**

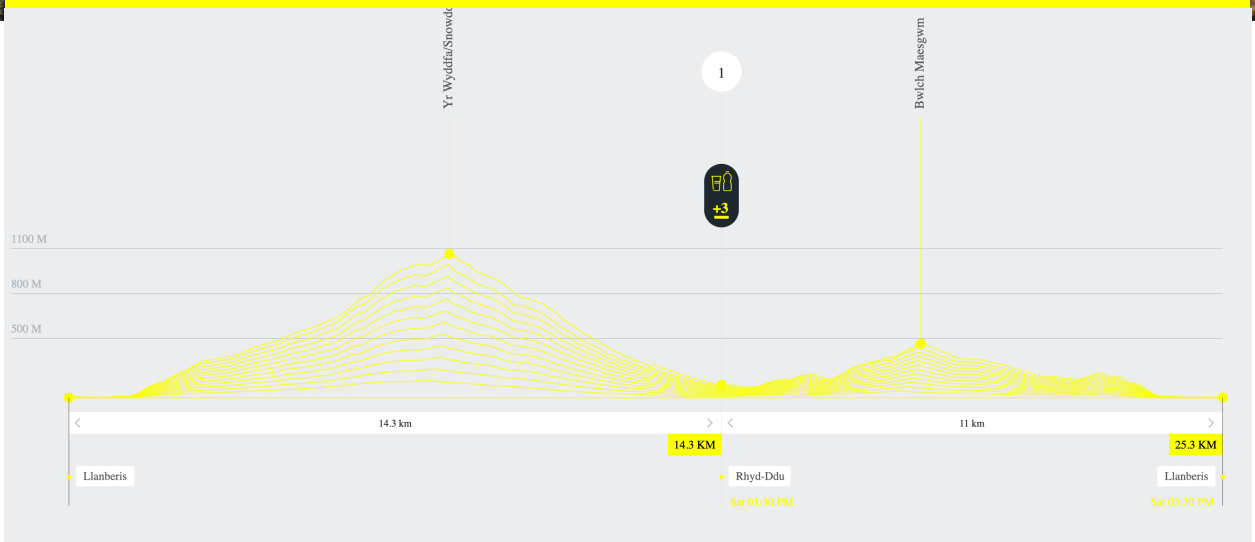
ERYRI 25K



20K M

RUNNING STONE
1
UTMB

DISTANCE	ELEVATION GAIN	START DATE	START TIME	MAX ALLOWED TIME
25 KM	1300 M+	11 MAY 2024	09.45 / 10.00	5 HOURS 30 MINS



THE RACE

The 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.



	Distance (km)	Interval (km)	Elevation (m+)	Fastest	Slowest	Cut Off
Llanberis	0	0	0	Sat 09:45	Sat 10:00	
Yr Wyddfa / Snowdon	8.3	8.3	978	Sat 10:32	Sat 12:10	
Rhyd-Ddu	14.3	5.9	992	Sat 10:56	Sat 13:14	Sat 13:30
Bwlch Maesgym	18.7	4.3	1321	Sat 11:19	Sat 14:19	
Llanberis	25.3	6.6	1372	Sat 11:45	Sat 15:29	Sat 15:30

MAP



MANDATORY KIT (ERYRI 25K)

- **Suitable trail-running footwear.** Road-running or barefoot style shoes are not acceptable
- **Waterproof jacket with fitted integrated hood and sealed/taped seams.** The jacket must be made of a waterproof (minimum recommended 10,000 Schmerber) and breathable (RET recommended inferior to 13) membrane. The jacket must not have sections of fabric which are not waterproof, but air vents fitted by the manufacturer are accepted
- **Smartphone** with Live Trail application installed & activated. 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.
- **Capacity to carry a minimum of 0.5 litres of fluid.** At the departure of some aid stations it will be mandatory to leave with 0.5 litres of fluids depending on the sections to be covered or weather conditions
- **Survival / emergency bivvy bag.** These must have a minimum dimension of 2.0m x 0.9m. A survival blanket or foil blanket is not acceptable.
- **Emergency food reserve.** Recommendation of minimum 800kcal.
- **Whistle**
- **Personal ID**

HOT WEATHER KIT (Additional Items)

- **Sunglasses.** It is possible to use the same glasses for both the hot weather kit and cold weather kit if they are glasses with photochromic lenses
- **Saharan cap.** Or any headwear combination which completely covers the head and nape of neck.
- **Capacity to carry a minimum of 1.0 litres of fluid.** This is an additional 0.5 litres capacity added to the mandatory 0.5 litres.

Snowdonia National Park is a stunning location for trail-running. However, the weather in upland areas and mountain peaks can change within hours. Even in the month of May the region can experience significant fluctuations of both hot and cold temperatures with heavy rain, hail and even snow forecast!

This creates challenging, and potentially dangerous, conditions if you are not fully prepared. The weather can change without warning. If you are involved in an incident, suffer an injury, or need to remain on the mountain for several hours, your clothing and equipment must allow you to remain safe until further assistance arrives.

It is essential you carry the mandatory kit required for your competition at all times. Your clothing and equipment must be suitable for all types of conditions and for the duration of your race (i.e. up to two nights outdoors on the mountains for the UTS 100M). We recommend you test using your kit in different weather conditions before arriving at the event to ensure it is suitable for you.

Your mandatory kit (including the hot or cold weather kit if required) will be checked before you are issued with your race bib. If you do not have an item of mandatory kit, you will not receive your race bib.

RACE CATEGORY

20K M



MANDATORY KIT (ERYRI 25K)

COLD WEATHER KIT (Additional Items)

- **Warm second layer** with long sleeves (cotton excluded) of a weight of minimum 180g (men's size medium) OR a combination of a long-sleeved warm layer weighing at least 100g (men's size medium) and a windproof jacket. The windproof jacket does not replace the mandatory waterproof jacket, and vice versa
- **Long-legged trousers or race leggings** or the combination of leggings and socks that cover the legs completely. These can be carried in the running pack.
- **Warm & waterproof gloves.** A combination of separate warm gloves (or mittens) and waterproof outer gloves is acceptable
- **Warm beanie hat**

RECOMMENDED

- **Warm second layer** with long sleeves (cotton excluded) of a weight of minimum 180g (men's size medium) OR a combination of a long-sleeved warm layer weighing at least 100g (men's size medium) and a windproof jacket. The windproof jacket does not replace the mandatory waterproof jacket, and vice versa
- **Cap, bandana or Buff**
- **Warm & waterproof gloves**
- **Warm beanie hat**
- **Cap, bandana or Buff**
- **Reuseable cup (150ml minimum)**
- **Capacity to carry a minimum of 1.0 litres of fluid.** This is an additional 0.5 litres capacity added to the mandatory 0.5 litres.
- **Personal first aid kit.** Including a minimum of blister plasters, cleansing wipes, dressings, paracetamol and personal medications
- **Anti-chafing cream or Vaseline**
- **GPS Watch**
- **£20 cash**

RACE CATEGORY

20K M





The weather in Eryri / Snowdonia can change very quickly and sometimes with dramatic effect and consequences. This can mean the difference between summiting the highest peaks on the course or having to avoid areas with additional risk to ensure the health and safety of our participants, volunteers and staff.

The Ultra-Trail Snowdonia Race Committee, consisting of the **Event Director, Route Director and Clinical Director**, monitor the local weather forecast closely in the weeks and days before the event.

Using the latest and most accurate weather reports, we may need to implement essential changes to the race routes.

Each UTS race has an alternative, lower level, route designed as contingency should the forecast weather conditions make the original routes unsafe to use.

Known as **Bad Weather Routes (BWR)**, these will be used if there is any concern or warning the weather during the event will create dangerous conditions on the trails. Such examples of adverse weather could be high winds, snow, thunderstorms and lightning.

Bad Weather Routes have been designed to **meet the same UTMB World Series race standards**.

They will:

- Remain within the **same Race Category** as the original routes i.e. 100M, 100K, 50K, 20K.
- Award the **same number of Running Stones** to finishers as the original routes i.e. 4, 3, 2, 1 respectively.

ADVERSE WEATHER

Given the duration of the UTS 100M and UTS 100K races, in the scenario of bad weather being forecast, it may be necessary all Bad Weather Routes will be implemented.

The route used for a race must be the same for all participants to ensure fairness. For example; if adverse weather is only forecast for Sunday morning, the Bad Weather Route will need to be used from the beginning of the race on Friday or Saturday.

There will be no mid-race amendments to the routes once the race has started.

Due to sudden changes in weather conditions, some participants may not experience any adverse weather depending on where they are on the course at a particular time. Contrary, some participants may experience persistent poor weather.

Safety of participants is our priority. Only in the most extreme scenario would the event be cancelled.

If the Bad Weather Routes are implemented, the decision will be communicated to participants **at least 24 hours before the race start.**

If additional **hot weather or cold weather mandatory kit items** are required to be carried by the participant, this decision will also be communicated **at least 24 hours before the race start.**

Day	Time	Route decision communicated	Kit decision communicated
Thurs 9 May	Before 13:00	UTS 100M	UTS 100M
Fri 10 May	Before 05:00	UTS 100K	UTS 100K
	Before 08:00	UTS 50K	UTS 50K
	Before 10:00	ERYRI 25K	ERYRI 25K

Each Bad Weather Route will be available to download from the UTS website as a GPX file (if implemented).

Participants will receive a notification from the LiveTrail app informing them of the final route decision (original or bad weather route) and if hot weather or cold weather mandatory kit items are needed in addition to the existing normal mandatory kit.

Therefore, it is essential you download the LiveTrail app to your mobile phone and that your mobile phone number is correct on your MyUTMB profile and that you have allowed notifications.

IN ASSOCIATION WITH

ERYRI MINI KIDS RACE

TRAIL FAM



FRIDAY 10 MAY 2024

18.00

NATIONAL SLATE MUSEUM, LLANBERIS

Race bibs collection: From the Info Point in the Ultra-Trail Village (collect before 17:45).

Route: A marshalled 2.0km loop through Padarn Country Park.

Ages: For children between 3 - 16 years old.

Price: Free Entry

All children must be registered before Friday 10 May 2024 using the QR Code below.

**CALLING ALL FUTURE
ULTRA-TRAIL SNOWDONIA STARS!**



SCAN ME



FOLLOW THE RACE



Follow the races LIVE, including GPS tracking (100M & 100K only) over at <https://live.utmb.world/uts/2024>



@UltraTrailSnowdonia



@ultratrailsnowdonia



Ultra-Trail Snowdonia by
UTMB Runners

UTMB®

LIVE ▶

THE REAL TIME TRACKING INTERFACE DURING THE EVENT

Enjoy high-quality live coverage, follow your favorite runners and access advanced statistics.



FOLLOW THE UTMB® WORLD SERIES EVENTS LIVE

[LIVE.UTMB.WORLD](https://live.utmb.world)



VOLUNTEER AT UTS 2025!

Hosting an event the size of Ultra-Trail Snowdonia wouldn't be possible without the enthusiasm and energy of our incredible Event Team volunteers.

We have over 300 volunteers at UTS in 2024!

Whether they are helping at an aid station, awarding medals at the finish line, marking the courses, or driving participants back to Llanberis, each one of our volunteers play an essential part in making UTS a success. Runners tell us how valuable the volunteers were to their own event experience!

Volunteering is the perfect way to support the event and see what goes on behind the scenes. You get a unique and up-close experience of the races and are in the middle of all the action.

We're always looking for more volunteers to join our team. Whether you're a 2024 participant, an experienced trail runner, a first timer at UTS, or someone who enjoys giving something back, you'd be welcome to join us for next year's event. No previous experience is necessary.

Whether you can join us for one day, two days, all three days or more, your contribution will be appreciated!

Check the UTS website later this summer for details of how you can join us in 2025!





CONTACT:

snowdonia@info.utmb.world

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