

# TRAIL PURSUIT

**SNOWDONIA,  
23-25 JUNE 2023**

**PARTICIPANT EVENT  
INFORMATION**

In collaboration with



**Hey, we'd like to say a huge thank you for signing up to our  
Snowdonia event. We can't wait to share the adventure with you!  
Ed, Founder & the Trail Pursuit Team**

**EXPLORE RACE SPLASH**



# EVENT DETAILS

**Trail Pursuit & Strive Fest are collaborating to bring you a unique Adventure Fitness Festival.**

## Schedule:

### **Friday 23rd June**

Race Pack Collection	15:00-20:00
Expo, Speakers & Entertainment	15:00 - 21:00

### **Saturday 24th June**

Car park opens	06:30
Site opens	07:00
Race Pack Collection	07:00-09:00
Half Marathon	09:00
10k	10:00
Kids 1 mile Run	14:30

### **Sunday 25th June**

Guided Hikes, Yoga, Live Music, Sports Expo etc	08:00 – 17:00
Site closes	17:00

## Venue:

**Address:** Adventure Parc Snowdonia, Conwy Rd, Dolgarrog, Conwy, LL32 8QE

**While not part of this event, why not check out activities in Adventure Parc Snowdonia. With plenty of activities for all ages, it's a great addition to the weekend. \*book in advance\***

- Surfing in the man-made lagoon
- Indoor/Outdoor rock climbing
- Zip Line
- BMX Track
- Ninja Assault
- Open Water Swimming
- Paddleboarding
- Indoor Caving



# TRAIL PURSUIT



INHALE MOVE CHALLENGE



# TRAVEL & ACCOMMODATION:

## FESTIVAL ADDRESS

**Adventure Parc Snowdonia, Conwy Rd, Dolgarrog, Conwy,  
LL32 8QE**

## TRAVEL

**By Car:** Just off the B5106. Use Postcode LL32 8QE or 'Adventure Parc Snowdonia' in Sat Nav.

There is FREE Parking on-site.

**By Train:** Closest stop is Llandudno Junction (8 miles) - taxi or No 19 Bus goes past the site.

## ACCOMMODATION

**Camping, Campervans & Glamping is available onsite.**

**It is a basic campsite, so there are no hardstanding pitches or electricity. [Book yours here.](#)**

**There are portaloos in the camping field & there are toilets available in Adventure Parc Snowdonia during their opening hours 8am till 10pm & showers are available in the shower block in the main car park between the hours of 8am till 10pm.**

- Please collect your passes from Race Registration.**
- Campervans are on a hard-standing surface which isn't your typical grass terrain. You will each have 3m between you & direct access to toilets & showers in the Adventure Parc.**
- Glampers – you will be contacted by our partners ahead of the event. You will have access to Glamping from 15:00 on Friday 23<sup>rd</sup>.**

## ACCOMMODATION:

If camping is not your thing, there are Pods available through Adventure Parc Snowdonia or at Hilton Hotel next door. These would need to be booked in advance & paid to them directly.

**PODS** - <https://www.adventureparcsnowdonia.com/stay-pod-camping/>

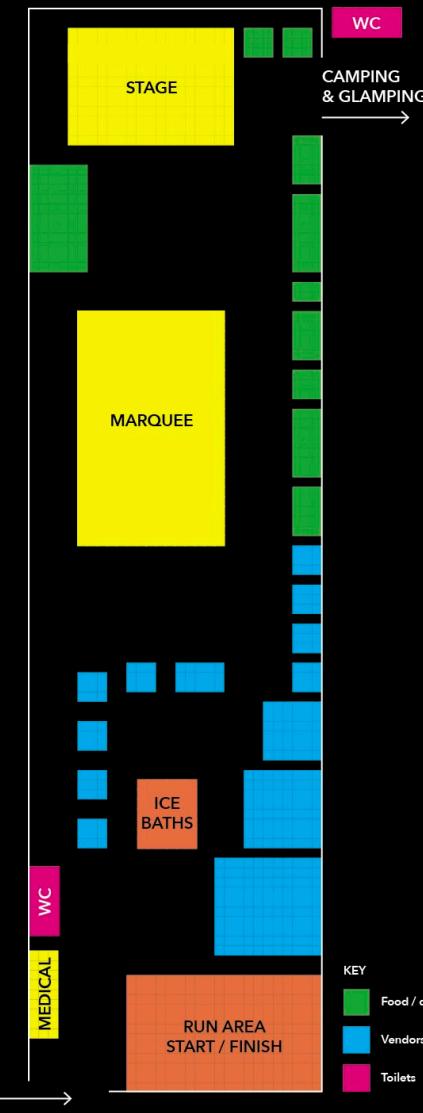
**HILTON HOTEL** - <https://www.hilton.com/en/hotels/vlymsgi-hilton-garden-inn-snowdonia/>



# VENUE MAP:



# Festival village map



# ESSENTIAL RACE INFO

## Bag Drop

**No bag drop will be available. Please travel light & store any items in your car or tent/campervan.**

## Toilets & Showers

**There are toilets & showers in the Adventure Parc Snowdonia building (8am to 10pm) as well as Portaloos onsite. There are NO toilets on the routes.**

## Dogs

**While we love dogs & they are more than welcome in the venue/festival, due to the high stiles & narrow paths, dogs are NOT allowed to take part in either race.**

## Video Race Briefing

**You have been sent a video race briefing. This goes into the routes in more detail, including any sections to take care. Please watch before arriving:**

[https://www.youtube.com/watch?v=FXzYsW\\_Y-w](https://www.youtube.com/watch?v=FXzYsW_Y-w)



# ESSENTIAL RACE INFO

## Cut Offs

We want you to have an incredible adventure & for this reason we have generous cut off times.

**Half Marathon - 5 hours**

**10k - 3 hours**

## GPS Tracking:

**GPS Tracking will be provided from Open Tracking. This allows us to 'dot watch' you on the route for both safety & accurate timing. The tracker will be tapped to the shoulder of your hydration vest when you register.**

**There will be posters with QR codes around Registration, Start/Finish area which will send you to the website from friends & family to track you during the race & your results once you've finished.**

## Route Marking:

- The routes will be fully signed and there will be volunteer stewards out on the course to assist you. In addition, there will be flags on the route every few hundred meters to assist in staying on course.**
- We also advised that you have a GPS device (watch or garmin) with the GPX files loaded onto them and/or a map. GPX files can be downloaded here:**

<https://www.trailpursuit.com/routes-snowdonia>

# ESSENTIAL RACE INFO

## Race Pack Collection:

**Race packs can be collected from the Registration Tent on Friday 23rd June 15:00 – 20:00 or the morning of the event Saturday 24th June 07:00 - 09:00**

**We highly recommend picking up your pack on the Friday to save any queues on race day.**

## Inside your race pack you will find:

- **Race Number & pins**
- **Schedule/Info Sheet**
- **GPS Tracker (this will be taped onto the shoulder of your hydration pack)**



## Kit Checks:

**Kit checks for mandatory kit (on next page) will take place when you register, so please bring along your kit bag. We would recommend bringing bright & wet condition kit with you when you register to have it checked. There will be a notice informing you of expected weather/kit for race day in the tent.**

**An X mark will be made on your race bib showing that your kit has been checked.**

**Our volunteers will be checking for this mark on race morning.**

**We will also do a number of spot checks to ensure you have packed all of your mandatory kit. Remember it's for your own safety!**

# MANDATORY KIT – HALF MARATHON & 10K

## Mandatory Kit:

**All runners in the Half Marathon & 10K must have the mandatory kit outlined below. Please ensure you have this on the day, it's for your own safety!**

### Bright Conditions

- Whistle
- Fully charged mobile phone
- High energy snacks
- 1000ml minimum liquid
- Personal cup or bottle
- Windproof jacket
- Spare base layer
- Hat or Buff & Gloves

### Wet / Harsh Conditions

(above plus below)

- Waterproof jacket (taped seams)
- Waterproof trousers (taped seams)

**PLEASE BRING YOUR FULL KIT TO REGISTRATION WHERE IT WILL BE CHECKED & A MARK MADE ON YOUR RACE NUMBER. THIS WILL BE CHECKED AS YOU ENTER THE START AREA.**



**THE WEATHER FORECAST WILL BE CHECKED & YOU WILL BE INFORMED AT REGISTRATION IF WET KIT IS NEEDED FOR SATURDAY.**

# ESSENTIAL RACE INFO



## Racing Instructions

- **They are mix-terrain routes of road, gravel paths, rocky terrain, grass & dirt tracks. Some sections are narrow, may be slippy underfoot or have shrubbery alongside. Please take care & slow down if necessary. We would rather you walk tough sections and finish a few minutes slower, than get injured.**
- **Please respect the countryside. Help us look after it by closing gates behind you and leaving no litter whatsoever. If a marshal sees you drop litter on purpose, you may be DQ**
- **Some sections of the route are narrow. If a faster runner is behind you & lets you know, please step to the side and let them pass.**
- **There are a few sections that have you running on the roads for a short distance. These roads are open to vehicles, so please keep to the side & take care.**
- **You DO NOT have priority over cars when crossing a road. Marshals will be on hand at junctions, but they will not be stopping traffic. Please look carefully & cross when safe to do so.**
- **Please respect, assist & look out for other runners.**

**Emergency Event Phone Number: 07918 935279**

**Please make a note of this phone number or add to your phone. If you need to get in touch, request help/medical instance or tell us you have dropped out of the event please use this number first.**

**Medical Phone Number: 07759 641233**

**If you need medical attention while you are on the course, but not with a marshal & cannot get through to Event Control, please phone the below number for the Event Medical Team. They are a fully stocked ambulance with paramedics roaming on course and can reach all locations.**

## MEDICAL:



**There will be a medical team (Tactical Medical Rescue) onsite for the duration of the event. They can be found in the main festival site.**

**During the races, there will be an additional 4x4 Medical Ambulance that can reach all areas of the route. They are fully stocked with all medical equipment and paramedics.**

**We recommend you bring your own basic first aid supplies for taping up blisters or covering small cuts.**

### WHAT 3 WORDS:

**We recommend that all runners download the App What 3 Words (or use it in browser) and get to know how it works.. Every 3 metre square of the world has been given a unique combination of three words.**

**If you need any assistance while on route, it enables us to know your exact location to reach you quicker.**

**<https://what3words.com/pretty.needed.chill>**



## THE START:

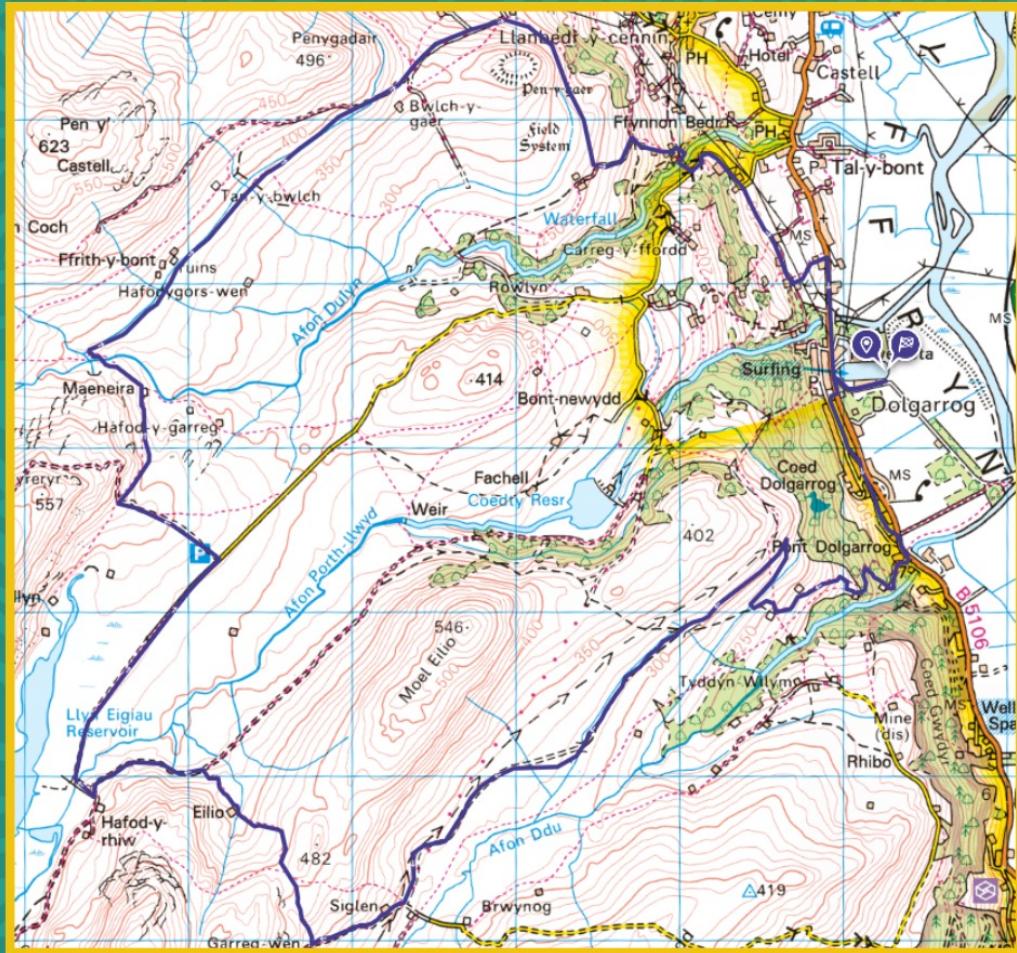
**Please arrive to the start area 15 minutes before your race begins.**

- Your Mandatory Kit Mark on your race bib (checked at registration) will be checked by a volunteer before you enter the start chute. Please ensure that you have not removed any items.**
- There will be a short 5 minute race briefing & warm up before the race sets off - please pay attention**
- You will be placed in waves of 15-20 people, setting off every few minutes.**
- If you are a faster runner please head to the start of your wave.**



# RACE ROUTE MAP: HALF MARATHON

TRAIL  
PURSUIT



**HALF MARATHON**  
21KM  
620M ELEVATION GAIN

TRAIL  
PURSUIT  
SNOWDONIA

**Saturday 24<sup>th</sup> June**

**Start Time: 09:00**

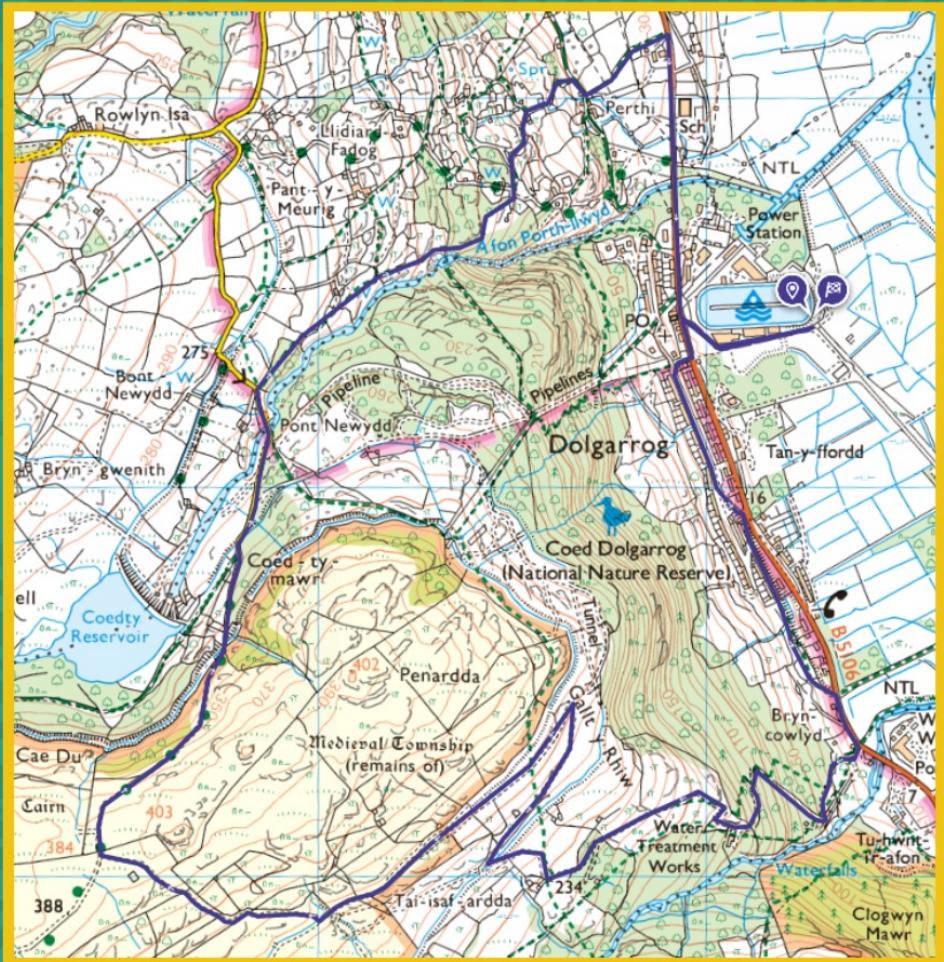
**21km**

**620m elevation gain**

**[CLICK HERE TO VIEW ON GOOGLE MAPS](#)**

**[CLICK HERE TO DOWNLOAD THE GPX ROUTE](#)**

# RACE ROUTE MAP: 10KM



**TRAIL 10K**

**10KM**

**420M ELEVATION GAIN**

**TRAIL  
PURSUIT**  
**SNOWDONIA**

**Saturday 24<sup>th</sup> June**

**Start Time: 10:00**

**10km**

**420m elevation gain**

**[CLICK HERE TO VIEW ON GOOGLE MAPS](#)**

**[CLICK HERE TO DOWNLOAD GPX ROUTE](#)**

# FEED STATIONS

**There are 3 feed stations on the Half Marathon route & 1 feed station on the 10k route which will be manned by our volunteers & stocked full of energy food and water.**

## AID STATION 1 : 4.5km in - Half Marathon & 10km

- //prowl.browsers.shunted

## AID STATION 2 : 11.7km in - Half Marathon

- //warbler.bounty.catapult

## AID STATION 3: 16.2km in - Half Marathon

- //setting.powder.demotion

**All Aid Stations will stock the following:**

- Water
- Styrkr Powder
- Styrkr Gels
- Banana
- Sweets

## Station Rules

- If the feed station is busy, please queue up.
- Put litter in bins provided or take it with you
- Leave the feed station or move away once you have been served

**Be prepared, you MUST have a collapsible cup/bottle/hydration pack to refill and carry water. There will be NO cups at the feed stations.**

The Styrkr logo consists of the word "STYRKR" in a large, bold, black, sans-serif font. A registered trademark symbol (®) is located in the top right corner of the letter "R".

STYRKR®

**A big thank you to our nutrition sponsor Styrkr for supplying our aid station nutrition.**

<https://styrkr.com/>

## FINISH AREA / RESULTS / PRIZES

Race photographer Ryan will be on the finish line & Rich will be out on the course, so make sure you smile!

When you cross under the finish line gantry, please collect your medal/goodies and move through the finish area as quickly as possible. There is plenty of space to the side of the gantry to get additional water, relax, recover and cheer other runners through the finish line.

There will be posters with QR codes around Registration, Start/Finish area which will send you to the website for friends & family to track you during the race & for your results once you've finished.

There are prizes for 1st, 2nd & 3rd Male & Female for each race. Listen out for the MC to announce when this will be.



Tag us in your Medal Photos @trail\_pursuit

# ESSENTIAL CAMPING INFO

**Please note this is a basic campsite, there is no electric hook up or hard standing pitches. NO FIREPITS ALLOWED. Dogs are welcome at the venue, please ensure that you clean up after them and keep under control.**

**On arrival, collect your wristbands and then please follow the signs for either Camping/Glamping/Campervan (whichever you booked)**

## Drinking Water:

- There is drinking water available by the Festival Gate Entrance (next to the dis-used train line)
- Bottles can be filled inside Adventure Parc Snowdonia during opening hours (8am until 10pm)

## Toilets

- There are toilets available within Adventure Parc Snowdonia during opening hours (8am until 10pm)
- There will be portaloos & urinals on site

## Showers:

- There is a Male & Female Shower & Changing Block (bright red) in the venue car park
- This will be open from 8am until 10pm



# ESSENTIAL FESTIVAL INFO - STRIVE FEST

After you cross that finish line, celebrate with Strive Fest!



## FRIDAY 23RD

Camping Open	14:00
Adventure Fitness Snowdonia Reg Open	14:00
Trail Pursuit Race Reg Open	15:00 - 20:00
Sports Expo & Food & Drink Traders Open	15:00
Thrudark & REORG Athlete & Ambassador Talks	19:00 - 20:00
Live Music	20:00 - 21:00

**ACTIVITY:**  
Yoga  
Adventure Fitness Snowdonia  
BJJ  
Trail Races  
Spartan Talks  
Guided Hikes  
AFS Water Event

**LOCATION:**  
Tipi  
Adventure Fitness Area  
Tipi  
Festival arena  
Deka arena  
Main stage  
Festival marquee  
Lagoon

## SATURDAY 24TH

Yoga	07:00 - 07:45
Yoga	08:00 - 08:45
Adventure Fitness Snowdonia	09:00 - 18:00
Trail Pursuit Race Reg Open	07:00 - 09:00
Trail Half Marathon	09:00
Trail 10K	10:00
BJJ	10:00 - 12:00
Spartan Deka	10:00 - 14:00
Optimal Nutrition Talk	11:00 - 12:00
Live Music	12:00 - 22:45
BJJ Intro For Newcomers	12:00 - 13:00
Yoga	13:00 - 14:00
BJJ	14:00 - 16:00
Kids 1 Mile	14:30 - 16:30
2hr Guided Hike	14:30 - 16:30
Adventure Fitness Snowdonia Water Event	16:00 - 18:00
Yoga	16:30 - 17:15
Yoga	17:30 - 18:15
Bar Last Orders	22:30

## SUNDAY 25TH

Yoga	07:00 - 07:45
Yoga	08:00 - 09:00
Adventure Fitness Snowdonia Water Event	08:00 - 10:00
Adventure Fitness Snowdonia	08:00 - 16:30
Intro To Navigation Talk	09:00 - 10:00
BJJ	10:00 - 12:00
3hr Guided Hike	10:00 - 13:00
Spartan Deka	10:00 - 14:00
S&C For Runners Talk	10:30 - 11:30
Live Music	11:30 - 15:30
BJJ Intro For Newcomers	12:00 - 13:00
Yoga	13:00 - 14:00
BJJ	14:00 - 16:00
Yoga	16:00 - 17:00
Festival Closes	17:00



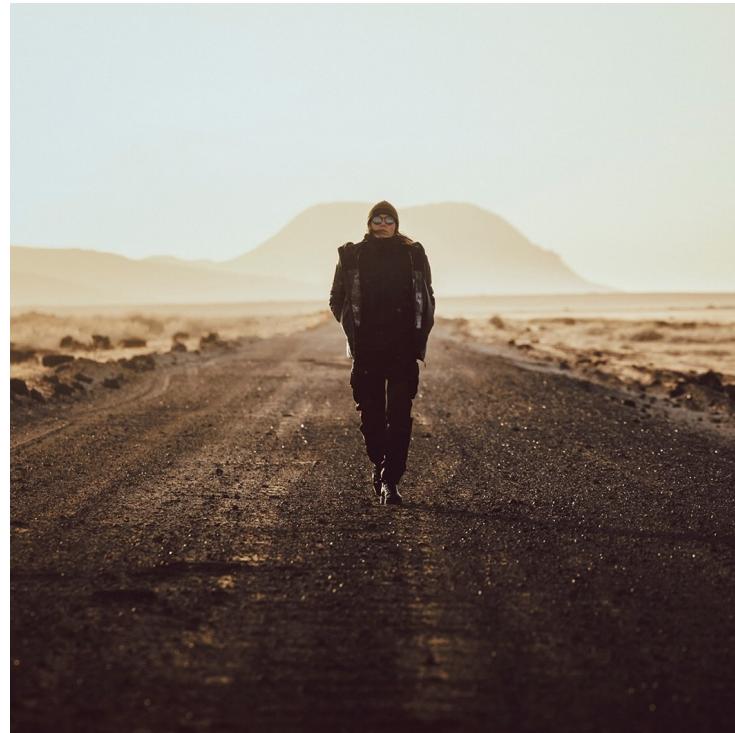
# **YOGA, TALKS & LIVE MUSIC**

**TRAIL  
PURSUIT**

**After your race enjoy a number of festivities!**



**Yoga sessions with Jess.  
First-come first serve, feel free  
to bring your own mat, though  
we will have some available!**



**Athlete talks by  
Thrudark & friends**



**Live music! Acoustic  
acts, bands & DJs!**

## EXTRAS!

In addition to Yoga, Athlete Talks, Sports Expo, Music & Food, we also have extras that you can book on to.



**4 BJJ Seminars with some of the UK's Black Belts. 100% of ticket prices go to REORG Charity.**

[BOOK HERE](#)



**FREE guided hikes with Mountain Leader, Ben Turner**

[BOOK HERE](#)



**Book your Ice Bath Experience, harnessing the power of breath & ice with Andy.**

[BOOK HERE](#)

## VOLUNTEERING



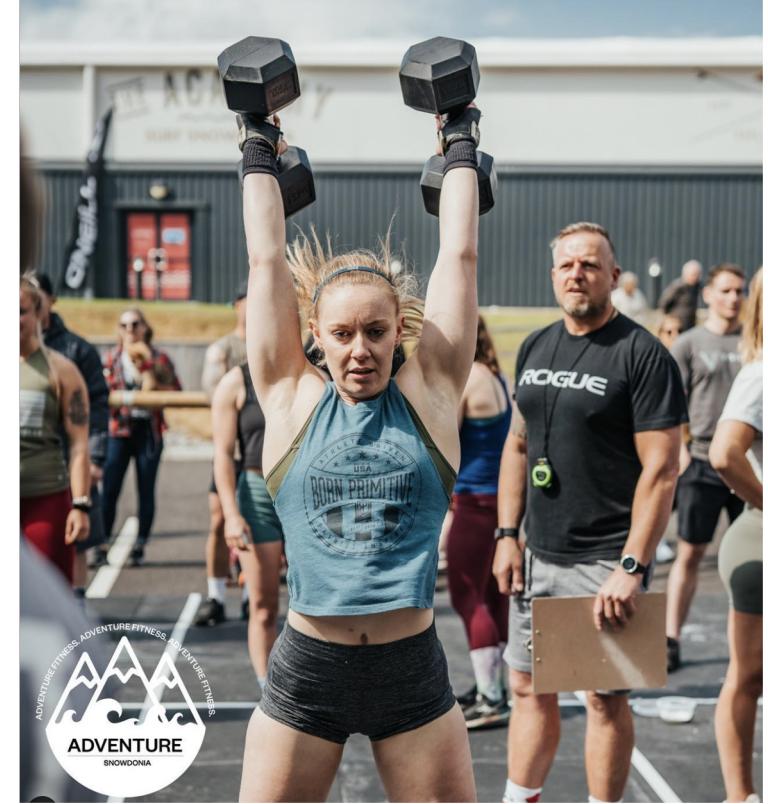
**Bringing along friends or family  
who aren't running or competing?  
Why not volunteer for a few hours?**

**Being part of the volunteer team is  
an amazing way to be involved in  
the events and meet others,  
without having to take part!**

**Whether it's handing out  
wristbands, directing runners on  
the route, counting reps in the  
Adventure Fitness competition or  
handing out medals at the finish  
line, volunteers really make the  
event & we couldn't do it without  
them!**

**As a thank you, we offer FREE  
entries into other events & full  
festival access when you're not  
working!**

**To be involved in the Trail Running  
side of the event on Friday or  
Saturday [REGISTER HERE](#)**



**To be involved in the Adventure  
Fitness Competition on Saturday  
or Sunday [REGISTER HERE](#)**

## VENDORS

Check out the incredible vendors who will be serving up tasty food & drink over the event.



Namthip Thai Meals



**JUBEL**  
The Après Beer.



Craftily Brewed  
Alcohol Free Drynks  
Since 2017



# SPONSORS & PARTNERS

TRAIL  
PURSUIT

We are very thankful to our sponsors & partners who are supporting this event!  
Explore the events village to discover their innovative products.



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THRUDARK

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PONNEK

REAL.MEAL



ND:R



# TRAIL PURSUIT: CORNWALL – 5 AUG 2023



**Ready for another adventure? Why not join us on 5th August in Cornwall!!?**

**Join us as we venture to St Agnes, Cornwall for a unique trail race experience that's sure to be unforgettable. In support of the National Trust Charity in helping to preserve & restore local environments for everyone to enjoy.**

**Explore breathtaking coastal trails!  
Choose from Trail Half Marathon, 10K, 5K & Kids 1 mile distances.  
All levels welcome!**

**After the race enjoy:**

- 🧘 Vinyasa flow yoga
- 🏊 Sea swims & surf!
- 🎤 Inspiring athlete speakers
- ❄️ Ice bath experience
- 🌈 Celebrate with day festival vibes!

**Location: Newdowns Farm, Beacon Dr, St Agnes TR5 0NU**

**For more info: [www.trailpursuit.com/products/trail-pursuit-cornwall](http://www.trailpursuit.com/products/trail-pursuit-cornwall)**

**Use 'TPRUNNER' for 10% Off at checkout!**

**To Volunteer: <https://forms.gle/VqZhyK1oTduUVULj9>**

# TRAIL PURSUIT

SNOWDONIA,  
**23-25 JUNE 2023**

**GOOD LUCK!!**

In collaboration with

