

# MARATHON CREULON

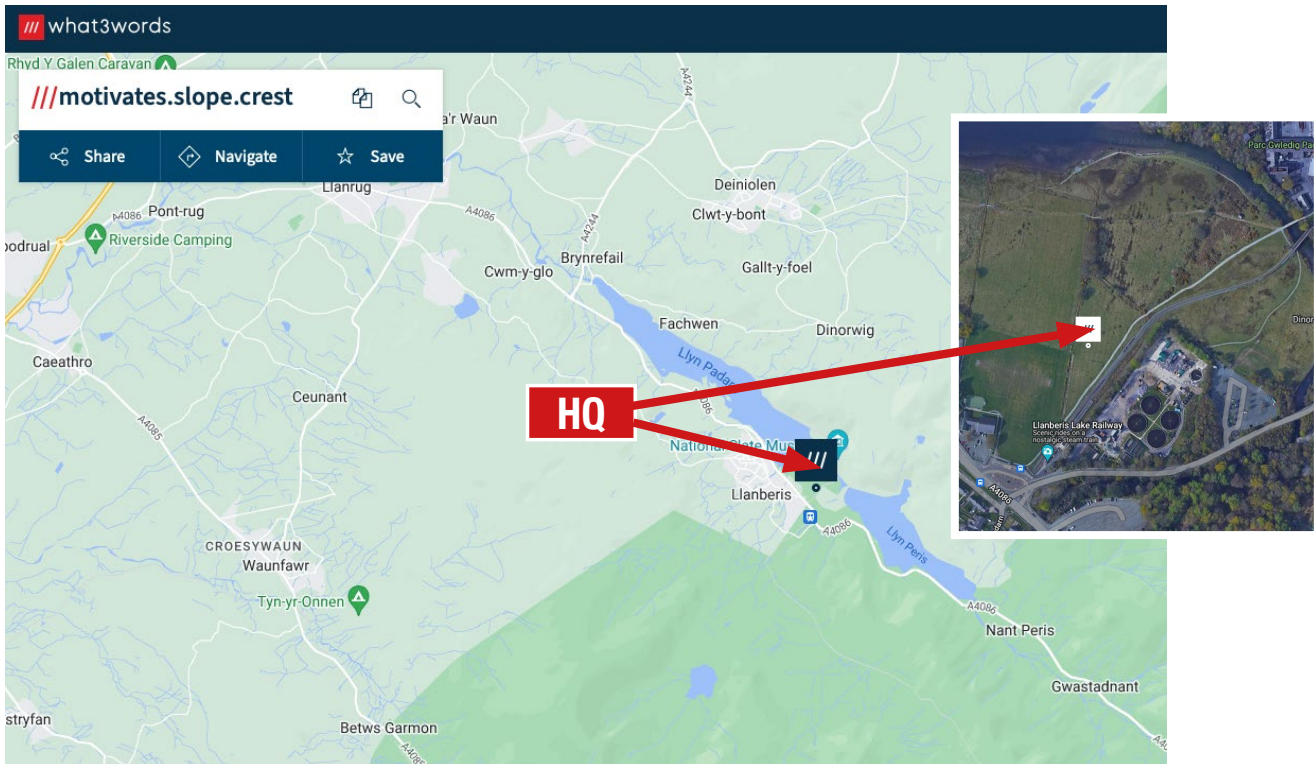


## Competitor's Information Pack

*September 9th 2023*

## Event location:

**Event HQ:** Llanberis Event Field, which is next to the community field.  
<https://what3words.com/motivates.slope.crest>



## Registrations / Briefings:

**Registration:** Saturday Sept 9th 09:00 - 10:15

**At registration you will be given...**

1. Race number to be displayed on the front
2. Timing chip (worn on your ankle)
3. Brutal buff

**Briefing:** Saturday Sept 9th 10:15 - this will be on the start line, by the gantry. Please be ready to start your race after the briefing.

## Race start times:

**Both events:** Saturday Sept 9th 10:30

## Event timing:

Live timing for all the races will be available throughout the event, the link will be available a week before the race.

**Please ensure you are wearing your ankle timing chip for the entire event. Laps completed without it, will not count.**

If you retire from the event, you must return the chip to the staff before leaving the event.

## Number of laps:

The marathon runners will complete three laps of the lake before going up Yr Wyddfa. The half marathon runners will complete one lake lap before heading up the mountain.

**You will be required to take mandatory kit up the mountain for your safety.**

## Trophies:

There will be trophies given to the first, second and third male and female in both events.

## Cut offs:

Marathon - 10 hours

Half - 5 hours

## Parking:

**Please see here for parking information:** <https://www.brutalevents.co.uk/brutal-weekend-parking>

## Run course:



**Route:** <https://ridewithgps.com/routes/3738063>

## Run course info:

The run course is a 5.2 mile lap around the lake on a mix of paths, road and trail. Trail shoes are advised, but you should bring a few extra pairs, which might include road shoes. The conditions will be very weather dependant!

Be aware you will on open roads that are not closed to traffic sometimes, so you need to be aware of other road users. You can use earphones, but please remove them when you are on the steep climb which is an open road. Also, the road section that leads to the mountain section.

Once you have either completed one or three laps of the lake, you will head up to Snowdon. You will need your mandatory kit for this.

The main aid station will be in the main marquee on the event field. But there is also another aid station about halfway around the lap. There are toilets at both locations.

We will explain how the timing system works during your briefing.

## Kit list:

**You only need to carry these items when you head up the mountain and not on the lake lap section.**

- Issued map (waterproof pouch / bag needed)
- Compass
- Whistle
- Waterproof coat
- Waterproof trousers
- Extra warm clothes
- Gloves
- Hat
- Nutrition
- A fully charged working mobile phone (water proofed) with emergency number in
- Survival foil blanket
- More than 400ml of water or other drink
- Blister kit

## HQ facilities:

**There will be the following facilities available for athletes and crew to use during the event in the main event marquee:**

- Kettle / Toaster / Microwave / Gas cookers
- Sports drinks (Torq - [www.torqfitness.co.uk](http://www.torqfitness.co.uk)), water, coke, squash, tea and coffee
- Snack food (bread / toast, jam, butter, bananas, biscuits, jelly babies, chocolate and flapjack etc.)
- Power to charge lights and phones
- Toilets on-site
- Burger van on-site Friday PM to Sunday PM

## Medic / Massage:

There will be a medic on-site for 24 hours for the duration of the event to help with any medical issues / blisters etc you have.

Sports massage will be available at on Saturday only.

## Local services:

There are a variety of shops in the village of Llanberis, which is very close to the HQ field.