



Entry Criteria and Kit List

Is Ultra Trail Wales for me?

At 50 miles and over 12,000ft of accent across some of Wales' most arduous terrain, **Ultra Trail Wales** is a serious challenge.

The event will be well marked, the event will be well marshalled, runners will be electronically tracked, the event will have major aid stations and regular check points for runners, the event will be covered by experienced mountain rescue teams, who know the mountains and are ready to help if called upon.

We are encouraging entries from runners who want to challenge themselves, and we are putting this event out there for runners to take personal responsibility and understand what they are taking on.

We are encouraging entries from experienced and competent trail and mountain runners, with experience of at least one trail marathon and / or an equivalent long-distance mountain race completion in the last 12 months.

Runners should also be aware of the cut off times on race route page. These aren't draconian, but meant to help guide entrants – and we say if you run the flat and downs and walk the ups, you should be okay!

As organisers we will ensure that Ultra Trail Wales is as safe as possible for all competitors but without undermining the nature of the race. Those undertaking the event should be clear that on the higher reaches of the mountains there is an element of risk of injury whilst participating in this event.

Depending on the weather at that time of year parts of the Ultra Trail Wales route could be subject to rapidly changing conditions. Equally, heat could be a factor, as much of the route is uncovered and unsheltered terrain. For this reason, competitors must be capable dealing with running the route in all but the most serious weather conditions.

The route is at times very rough underfoot and the descents off Cader Idris (mile 10) and Diffwys (mile 25) in particular are steep and require good descending technique.

Please be aware of all of the above before registering for the Ultra Trail Wales event.

UTW Kit List

- Shoes should have a minimum 5mm grip
 - Full waterproof body cover
 - Thermal layers suitable for the conditions on the day
 - Hat and Gloves (buff or similar acceptable)
 - Survival/Space Blanket
 - Head torch / spare batteries if required
 - Mobile phone (fully charged)
 - Compass
 - Whistle
 - Watch
 - Map (provided)
 - Emergency food of 400 kcals
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- Basic first aid kit in a waterproof container (e.g Lifesystems Nano to include)
 - 1 x Sun Cream Sachet – 7.5g – Mountain SPF50 Formula
 - 5 x Sterile Non-Woven Swabs (Gauze swabs) (5cm x 5cm)
 - 2 x Alcohol-free cleansing wipes
 - 1 x Zinc Oxide Tape (2.50cm x 2m)
 - Dressings
 - 1 x Sterile Low Adherent Dressing (10cm x 10cm)
 - 1 x Pack of Assorted Plasters
 - 1 x Sterile Blister Plaster
 - 1 x Elasticated Cohesive Bandage (5cm x 4.5m)