



Branches & Bays 5K

16th August 2026

Thank you for entering the Branches and Bays 5K race

In association with:



IMPORTANT RACE INFORMATION

Please read the pre-race information carefully and fetch a copy with you on race day. If you have any questions about the race, then please contact info@trailoutlaws.com.

RACE INFORMATION

This is the 3rd running of the Branches and Bays 5k!

Please note that this race now starts and finishes at Noses Point.

This is one of our three County Durham Trail runs and takes place on the stunning North East coast.

We hope you enjoy running around it as much as we do.

RACE NUMBERS

Please note that race numbers will be given out at race registration on the day of the race.

Numbers must be clearly pinned to the front of your vest and or t-shirt.

Once you cross the finish line your time will be taken by our events team. Results will then be almost instantly uploaded to our website www.urbantrails.co.uk/results to find your time and position.

BEFORE THE RACE

Consider taking out personal insurance against accident or injury whilst participating in sporting activities. UKA and TRA membership include insurance.

Fetch appropriate footwear for the race conditions.

REGISTRATION / START / FINISH

Race registration:

Opens at 08:45 and closes 09:50.

Race start:

Briefing 10:10, Race Start 10:15.

Race Closes:

Last finisher 12:15

Prize Giving:

11:30-12:00

All runners must register before the race starts at the venue below.

Race Registration:

[Noses Point](#)

Seaham,
County Durham,
SR7 7PS

RACE PARKING

Event parking will be at [Spectrum Business Park](#) adjacent to Noses Point. Please do NOT park in the Noses Point car park.
Spectrum Business Park,
Seaham,
County Durham,
SR7 7TT

CHECKPOINTS

There is no CP on the 5K. However, there will be sweets and water and coke at the race finish.

TRAIL OUTLAWS TRADING POST

The TRAIL OUTLAWS TRADING POST will be located at race registration should you wish purchase our fabulous and highly sort after merchandise, including: Trail Outlaws Hoodies, vests, long sleeve tops, buffs, collapsible cups and many other items.

MEDICAL COVER

First Aid cover at the event is being provided by EMS Medical.

There will be First Aid responders and Paramedic located at the event CP and at the start/finish area.

Should you require First Aid at any other CP or location please contact Tim Bateson (07734309500) We will then arrange for First Aid at your location.

TOILETS

There are portaloos provided in the car park near the race registration area.

PRESENTATION

The winners presentation will be done on the day at the event. So if you think you are in with a chance please check the results once you finish and wait around to get your trophy.

CAN'T ATTEND/VIRTUAL OPTION

If you can no longer make the race,, then it is now too late to transfer to another person or event. (If you took out insurance you can make a claim with the insurance company)

However, you still get your race memento and medal by doing the event virtually. You simply need to run the equivalent distance within 6 weeks of the race and email evidence(Strava screenshot or similar) to admin@trailoutlaws.com and will post your medal and memento to you.

RACE ROUTE

The route will be marshalled, signed, taped and flagged!

We always spend a lot of time diligently marking out the course'.

Special Mention :

1: Hawthorn Hive (Bay) & Seaham Blast Beach (Bay), when you arrive on Hawthorn Hive and The Blast please run on the right side of the yellow flags as this is the correct race route, any short cutting will result in disqualification, and you will be watched from above on the cliff tops and on the Bays themselves. **It is vital for your own safety that you do not enter or run in the water at any point during the event. Any runner doing so will be disqualified.**

2: The Railway crossing at Hawthorn Meadow and the top of Hawthorn Hive steps.

We will have marshals in place and signing directing runner's away from the crossings. **At no point in the race does the route cross the railway crossings. And it is vital for your safety and your life, that you do not cross the railway**

There will be marshals and signs, but navigation of the course remains the responsibility of the runner. The route is very straight forward and well signed, but please keep your eyes open.

TRAIL ETIQUETTE

As trail runners we pride ourselves on respecting the trails.

We would ask you to do the same, please respect, be polite and give way to other users of the trails during the event.

Do not litter

Keep to the marked route.

During, before and after the event please be mindful that this is a small local community.

Earphones/Headphones are allowed. But you must remove at least one headphone at checkpoints.

FINAL WORD

That's all the what's, where's when's and stern stuff covered, now onto the fun part.

We are delighted how well received the event has been by you the runners.

We thank you for choosing to run on the trails with Trail Outlaws and we insist above all else that you bring along your smile and trail running spirit and enjoy your day with us.

As we love seeing you smiling (and suffering a little) on the trails along the way.

BRANCHES & BAYS 5K RACE ROUTE



TRAIL OUTLAWS TRADING POST

TRAIL OUTLAWS HOODIES £40



TRAIL OUTLAWS VESTS £15.00



TRAIL OUTLAWS LONG SLEEVE TOPS £20.00



TRAIL OUTLAWS ENAMEL CUP £9



RACE INFORMATION

RACE RULES [_urbantrails.co.uk/branches-and-bays](http://urbantrails.co.uk/branches-and-bays)

RACE ENTRIES/RESULTS [_www.trailoutlaws.com/results](http://www.trailoutlaws.com/results)

TERMS AND CONDITIONS [_www.trailoutlaws.com/tandc](http://www.trailoutlaws.com/tandc)

URBAN TRAILS WEBSITE www.urbantrails.co.uk

TRAIL OUTLAWS WEBSITE www.trailoutlaws.com