



Branches and Bays 10k

Thank you for entering the Branches and Bays 10K 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 5th running of the Branches and Bays 10k and this year will be our first event with a group start since before the pandemic began.

This is one of our 3 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.

COVID-19 GUIDANCE

There is a full list of guidance that we ask all runners to abide by later in this document. Please make yourselves familiar with this. We ask that all runners attending the event abide by the guidance that we have to impose.

This is being done for your safety and the safety of our staff and volunteers. It is also being done to ensure the event is not seen in a negative light by the authorities and local residents. After all, it just takes one poorly timed photo on social media to bring the house down!

We will have several hand sanitizer stations at event registration and at the start/finish area. Please sanitize your hands before picking up your number prior to the event, and upon completion prior to picking up your medal (just don't mistake this for the water we will be giving out ;))

It is your responsibility to ensure that you have your covering with you. Please carry it during the event also (it does not have to be worn).

Spitting and snot rocketing must not be done at race registration, start /finish area. This will result in immediate disqualification.

Please do not congregate in large groups prior to event, during or immediately after the event. If you have any symptoms please do not attend the event. If you develop symptoms at the event please use your face covering and seek help and advice from our medical team.

See Appendix for further information.

REGISTRATION / START / FINISH

Race registration:

Opens at 08:30 and closes 09:50.

Race start:

Briefing 09:55, Race Start 10:00.

For the first time since the pandemic we are going back to the event format of a group start. This will take place on the road outside the Stapylton Arms Pub in Hawthorn Village Green, directly opposite to the registration area.

You will then run down the road through the village before turning along the lane towards Hawthorn Dene itself.

Race Closes:

Last finisher 12:00

Prize Giving:

11:30-12:00

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

Race Registration:

**Hawthorn Community Centre,
Village Green,
Hawthorn,
County Durham,
SR7 8SG**

[Map for Hawthorn Community Centre](#)

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.

CHECKPOINTS

There is one checkpoint at the 4 mile point of the race at Nose's Point that you will pass through on the course. This will have water, and sweets. There are further sets of marshals on the course to point you in the right direction and cheer you on.

There will also be sweets and water and coke at the race finish.

RACE PARKING

Event parking will be on the lane leading to Hawthorn Dene and in the Old Rectory Field provided for use of the event only, please use the North entrance to Hawthorn village that will be signed with big Trail Outlaws flags and follow the marshals instructions. Do **NOT** use the cross roads southern entrance. The areas where we are allowed to park for the event are marked on the attached map. This has to be strictly adhered to, to ensure the successful running of the event. This parking has been agreed with the Durham County Council and the local village. We will have parking clearly marked with yellow Correx signs and marshals to guide you. Failure to do so could jeopardise your place in the event. You must park at these locations and **not in the village itself**. It is approximately a 4-5 minute walk from the furthest point you will park from the race HQ. The parking map attached shows in yellow the lane for parking, please park on the right side of the lane as you drive in from the road.

MEDICAL COVER

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

There will be First Aid responders and Paramedic located at the event finish and at the CP at Nose Point.

Should you get into difficulty on the course please alert another runner or marshal who will be able to pass on any information and alert us for help.

TOILETS

There are no indoor toilets at the start or finish of the event. We have some portable toilets at the start and finish for your convenience. This is being done to reduce the chances of cross contamination to any Village Community Centre users this year.

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 tie will be taken automatically via the chip on your race number.

Results will then be almost instantly uploaded to our website www.urbantrails.co.uk/results to find your time and position.

RACE ROUTE

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

We always spend a lot of time diligently marking out the 10k 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.

We will be walking through and around the village of Hawthorn early on a Sunday morning, please keep any noise to an absolute minimum until after the event starts.

During, before and after the event please be mindful that this is a small local community and large groups of runners may cause distress given the past 18 months to some residents, please be respectful and mindful of this when in the Village itself. We are here for our event, but this is their home.

POLITE REMINDER

No headphones to be used or dogs to run during the event. This is in line with our insurance and must be adhered to. At our last event unfortunately several runners were disqualified by our race referee for not adhering to these rules.

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.

RACE DAY SHOP

We will be operating a reduced stock Trail Outlaws Shop at the event finish line. Please bring cash if you would like to purchase any of the Hoodies, Buffs or Draw String Kit Bags that will be on offer.

Hoodies £30

Bufs £5

Draw String Kits Bags £5

Water Bottles £5

FINAL WORD

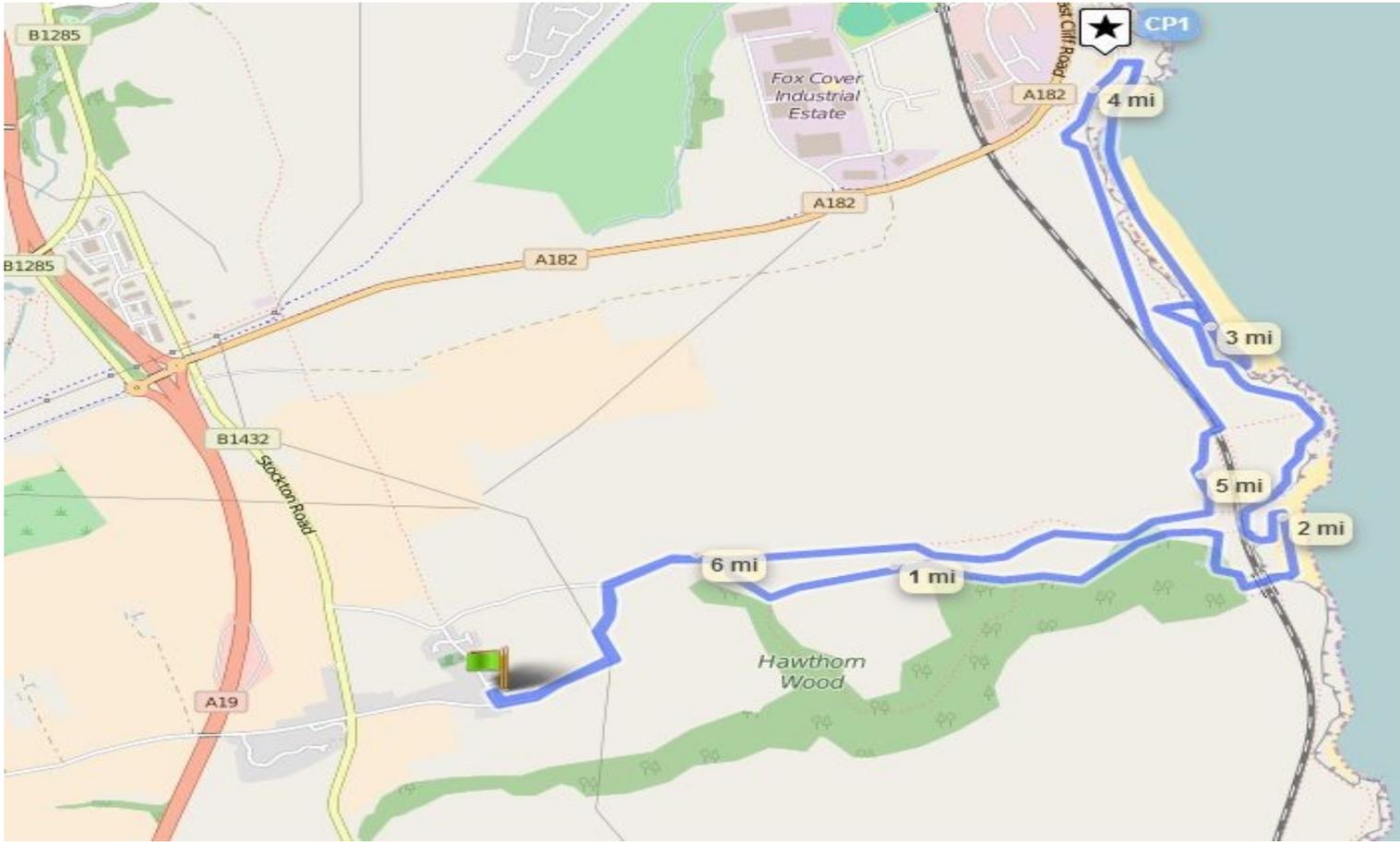
That's all the what's, where's when's and stern stuff covered, now onto the fun part.

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.

RACE ROUTE



PARKING



Race Rules :-

Trail Outlaws website- www.trailoutlaws.com

Urban Trail website – www.urbantrails.co.uk

WITH THANKS TO:



TRAIL OUTLAWS TRADING POST

TRAIL OUTLAWS HOODIES £30



JUNIOR SIZE £20

TRAIL OUTLAWS LONG SLEEVE £15





TRAIL OUTLAWS

Participant Code of Conduct Appendix

Please ensure that you read and observe this code of conduct to ensure a safe and enjoyable event for everyone.

- Runners should not turn up at the event if you are showing any symptoms of covid-19 as outlined by the NHS
- Come ready to run - minimise your interaction with race staff, volunteers and participants by being as self-sufficient as possible
- Come alone if you can
- Under no circumstances swap your number or give your place to another participant
- Be respectful to volunteers and participants
- Observe social distancing wherever possible
- Carefully consider your travel plans, avoiding public transport if at all possible
- Leave more time than you normally would to get to and from the event
- Please dispose of rubbish responsibly
- Be aware of your personal hygiene e.g. avoid spitting and nasal clearance
- Be mindful of your surroundings and impact on other participants, spectators, volunteers and the public. Don't run with or carry children in the race
- Bring your own hand sanitizer and face mask
- If you experience COVID symptoms soon after the event, then please make this known through the government's Track & Trace system