



Branches and Bays 10K 2023

Thank you for entering the Branches and Bays 10K race

In association with:


House of Healing
**SPORT & DEEP
TISSUE MASSAGE**
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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 6th running of the Branches and Bays 10k.

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 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.

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 08:30 and closes 09:50.

Race start:

Briefing 09:55, Race Start 10:00.

The start 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](#)

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 indoor and outdoor toilets at the Hawthorn Community Centre.

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.

FINAL WORD

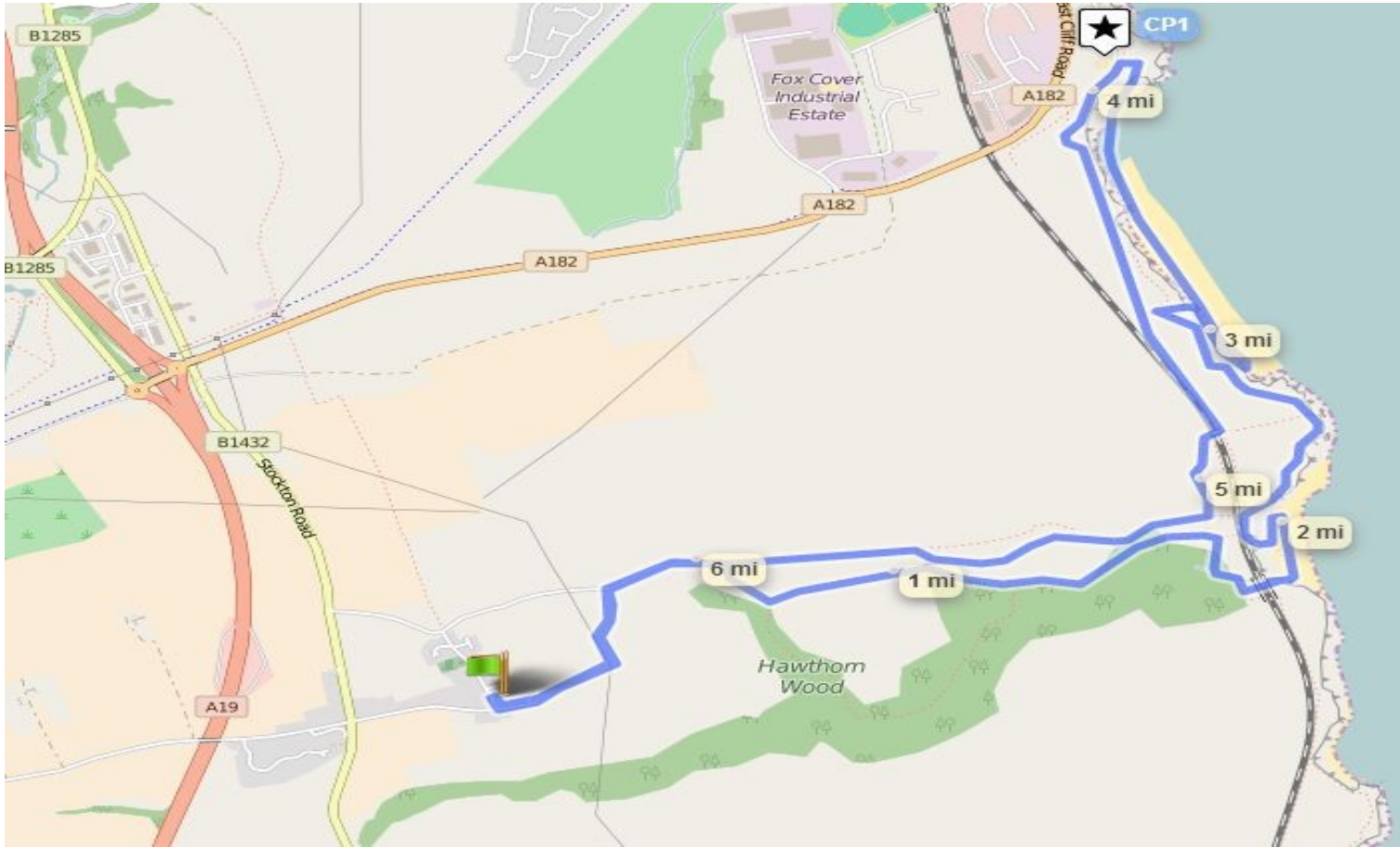
That's all the what's, where's when's and stern stuff covered, now onto the fun part.

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



WITH THANKS TO:



"Active Root are supporting the Durham Coastal Half Marathon this year!

"Their Sports Drinks will be at each of the aid stations and available to purchase at the finish.

"If you haven't tried Active Root yet then go here to get 3x sachets for just 99p: <https://activeroot.co.uk/pages/trail-outlaws>

"Or use the exclusive code: TRAILOUTLAWS15 to get 15% off your order."



Trail Outlaws would like to thank House of Healing Sports Massage for a great offer that they are sharing with us.

"We would like to offer a 50% discount for your participants on their initial consultation and treatment which would be £30 for 75 minutes and then £5 off their 1 hour next treatment."

"House of Healing provides a Sports and Deep Tissue Massage service using a range of methods that are bespoke to your needs. We understand that every body is different so our even though our focus is clinical, our approach is holistic. Our aim to support our clients with injury recovery and prevention, pain management as well as general physical and mental well-being."

<https://www.facebook.com/houseofhealingmassage/>

TRAIL OUTLAWS TRADING POST

TRAIL OUTLAWS HOODIES £40



2021 VERSION £30!

TRAIL OUTLAWS VESTS £15.00 WOMEN'S AND MEN'S FIT



TRAIL OUTLAWS LONG SLEEVE TOPS £20.00



TRAIL OUTLAWS ENAMEL CUP £9



RACE INFORMATION

RACE RULES <https://urbantrails.co.uk/branches-and-bays>

RACE ENTRIES/RESULTS <https://www.trailoutlaws.com/branches-and-bays-results-2022>

TERMS AND CONDITIONS www.trailoutlaws.com/tandc

URBAN TRAILS WEBSITE www.urbantrails.co.uk

TRAIL OUTLAWS WEBSITE www.trailoutlaws.com