

TRAIL OUTLAWS URBAN TRAIL SERIES



DURHAM TRAIL 10

In association with:



RACE INFORMATION

Please read the pre-race information carefully. If you have any questions about the race, then please email info@trailoutlaws.com.

This is the 1st running of the Durham Trail 10, and we hope you will love the route as much as we do. We have worked very hard with all the local landowners, University and Durham Cathedral to bring the event to the calendar. We have been blown away at how well received it has been by you all.

So please help us celebrate the event by coming along with a huge smile and sense of adventure to enjoy the trails. We guarantee if it's your first trail run, it won't be your last!

RACE PARKING

There is sufficient parking at the race HQ at the Graham Sports Centre in Durham. Please park sensibly as to allow other vehicles to be able to park. We always have an issue with people wanting to park 10ft away from other cars which means we have less room. Think Asda carpark gaps and we will be able to park you all ☺

BEFORE THE RACE

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

Please wear appropriate footwear. Light trail shoes would be our recommendation.

CHECKPOINTS

There will be 2 water / sweet stations on route at mile 3 and 7. There will also be water, sweets and fizzy drinks at the end.

RACE START

Race Briefing 0955 hrs
Race Start 1000 hrs
Awards 1200 hrs
Race Finish 1300 hrs

The race start location:
The Graham Sports Centre at Maiden Castle, University of Durham, Durham, DH1 3SE
[Map for Sports Centre](#)

RACE FINISH

The race finishes at the same place as the race start above.

As you come into the finish you will be funnelled with barriers and cones to the marshals taking timings and scanning barcodes on numbers.

It is essential that you get scanned and have your number taken to appear in the results.

You must not fold your number over as we must be able to access your barcode quickly to get results as accurate as possible.

You will then be able to collect your awesome and huge Durham Trail 10 medal, Trail Outlaws Buff or Urban Trail Series Mug and your Durham Trail 10 Tech T.

RACE ROUTE

Please make sure you are familiar with the route, as shown on the attached map. The route will be fully signed with flags, signs and numerous marshals on route, but as with any trail running event navigating the route is the runner's responsibility. A map of route is attached below at the bottom of this document.

BUFFS & MUGS

Bufs and Mugs (we are not talking male models or idiots for you slang folk out there) will be available at the event finish.

RACE REGISTRATION

Race registration will take place on Sunday 13th May from 0815 – 0945 @ Graham Sports Centre Durham.

The Graham Sports Centre at Maiden Castle, University of Durham, Durham, DH1 3SE
[Map for Sports Centre](#)

At registration you will be given your race number.

This number must be pinned to the front of your top and visible throughout the event.

Our barcode timing system that reads the barcode on the race number when you finish relies on this number being visible so we can scan you at the finish. If we fail to scan you, you may not appear on the results.

T-SHIRTS

If you have pre ordered a Trail Outlaws Urban Trail Series T-shirt, this can be picked up at registration after you have collected your race number.

Please remember payment is £10 cash on day only.

After the event if you have not ordered a T-shirt we may still have a small selection available should you wish to buy, but this will be first come first served.

MEDICAL / FIRST AID

Full medical cover is provided by North East Rescue and Medical Services (NERAMS). They will be on hand at the race start/finish area for the duration of the event.

MUDDY SNEAKS

We have been asked by the University and Management Team at the Graham Sports Centre to tell you all about

We want to give a special thanks to Penny and Steve over at West Grange Farm (location of water station 2) who have been very supportive of the run since it's outset. Giving us use of their front yard to host the water station and back garden to literally run though on the route.

POLITE REMINDER

No headphones to be used or dogs to run during the event. This is in line with our UKA Athletics insurance and must be adhered to.

Once you complete the race you will receive the new awesome (even if we do say so ourselves) Durham Trail 10 medal. It's one of our best yet!
You will also get the brilliant Durham Trail 10 Tech – T as designed by competition winner Kate Mitchinson.

We are also giving you the choice of a Buff or Urban Trail Series Mug.
If you want both, you can either choose it at another race or either will be available to buy on the day for £5 (cash only).

We also have our brand new Purple Buffs for the first time at the Durham Trail 10.

tracking mud into the sports centre after the event.

No doubt you will get some mud on your sneaks on the course, after all it's a trail run. But when you finish and collect you medal etc, please either take your sneaks off, or change them before you head into the Graham sports Centre to grab some food / coffee or go to the toilet.

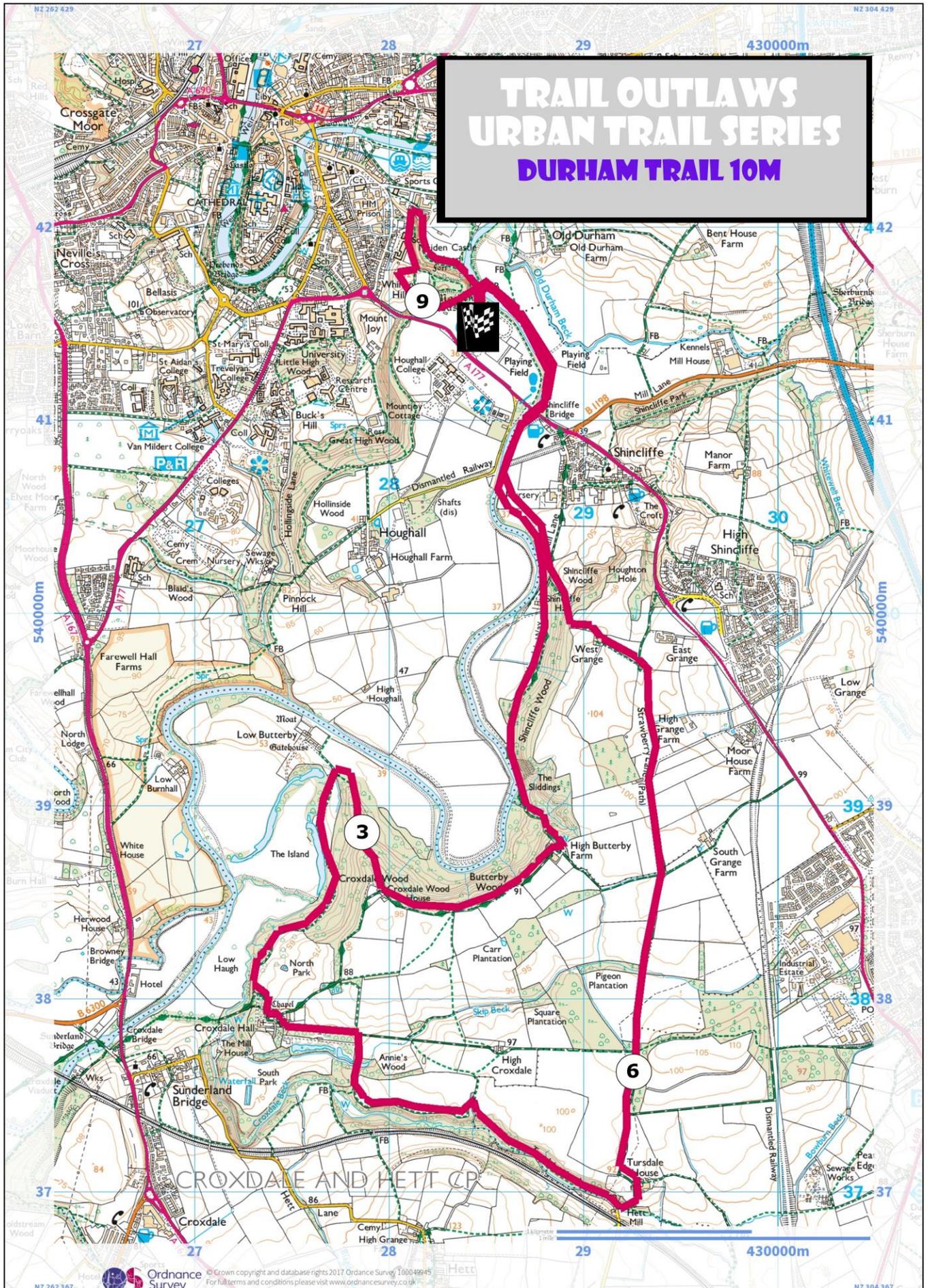
FINALLY

We are really looking forward to meeting you all at Durham. There is always a great atmosphere at trail races, which is often greatly enhanced by our race marshals/volunteers. The marshals are there to cheer you on and stop you going the wrong way. So please thank the marshals and give them a high five on the way round. Come rain or shine bring your trail spirit and smile with you.



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Opening Hours:

Mon - Wed: 10.00 - 17.30

Thu: 10.00 - 19.00

Fri: 10.00 - 17.30

Sat: 9.00 - 17.30

Sun: Closed

52 Low Friar Street,
Newcastle Upon Tyne
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ON OUR UPCOMING EVENTS AND MUCH MORE



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OUR STORE

Stocking only specialist running brands and equipment, Northern Runner is Newcastle's premier runner's shop. With a dedicated staff of active runners providing expert advice and assistance. We also offer gait analysis, the most accurate way of fitting shoes for running. We operate from our city centre location on Low Friar Street and from our online shop offering UK and international shipping on running shoes, clothing and accessories.

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TERMS AND CONDITIONS <http://www.trailoutlaws.com/tandc.php>

URBAN TRAILS WEBSITE www.urbantrails.co.uk

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