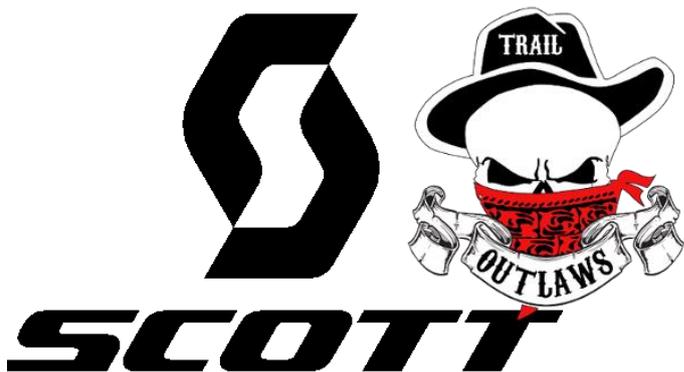




Urban Trail Series

Durham Trail 10

In association with:



<p>RACE INFORMATION</p> <p>Please read the pre-race information carefully. If you have any questions about the race, then please email info@trailoutlaws.com.</p> <p>This is the 2nd running of the Durham Trail 10, and we hope you will love the route as much as we do.</p> <p>Most important of all, please bring with you a smile and adventurous trail spirit. After all we do this for fun :)</p> <p>RACE PARKING</p> <p>There is sufficient parking at the race HQ at the Graham Sports Centre in Durham and at the East Durham College Houghall Campus over the road. 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 🚗 Please also do not park on the grass within the Houghall College grounds.</p> <p>BEFORE THE RACE</p> <p>Consider taking out personal insurance against accident or injury whilst participating in sporting activities UKA and TRA membership include insurance.</p> <p>Please wear appropriate footwear. Light trail shoes would be our recommendation.</p> <p>CHECKPOINTS</p> <p>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.</p> <p>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 through on the route.</p>	<p>RACE START</p> <p>Race Briefing 0955 hrs Race Start 1000 hrs Awards 1200 hrs Race Finish 1300 hrs</p> <p>The race start location: The Graham Sports Centre at Maiden Castle, University of Durham, Durham, DH1 3SE Map for Sports Centre</p> <p>RACE FINISH</p> <p>The race finishes at the same place as the race start above.</p> <p>Upon getting to the finish, you need to have your timing band read by our timing system. We will have volunteers on hand to advise and show you how to do this upon finishing. Please ensure you get your band scanned, as if you don't you will fail to appear on the online results.</p> <p>You will then be able to collect your awesome and huge Durham Trail 10 medal, Urban Trail Series Mug and your Durham Trail 10 Tech T.</p> <p>RACE ROUTE</p> <p>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.</p>	<p>RACE REGISTRATION</p> <p>Race registration will take place on Sunday 13th May from 0815 – 0945 @ Graham Sports Centre Durham.</p> <p>The Graham Sports Centre at Maiden Castle, University of Durham, Durham, DH1 3SE Map for Sports Centre</p> <p>RACE NUMBERS / WRIST BANDS</p> <p>PLEASE NOTE PHOTOGRAPHIC ID is required when picking up your race number. This could be work pass, driving license, etc.</p> <p>Please note that race numbers and wrist bands will be given out at race registration on the day of the race.</p> <p>MEDICAL / FIRST AID</p> <p>First Aid cover at the event is being provided by AED Medical.</p> <p>There will be First Aid responders and Paramedic located at the event finish area should anyone require first aid / medical assistance at the event.</p> <p>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.</p> <p>MUDDY SNEAKS</p> <p>We have been asked by the University and Management Team at the Graham Sports Centre to tell you all about tracking mud into the sports centre after the event.</p> <p>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 your 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.</p>
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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.

SCOTT RUNNING EXCLUSIVE

SCOTT Sports are launching their new headline trail running trainer this year at the Durham Trail 10. This will be the only trail event in Europe the new trainer is being launched. There will some demo stock of the new trainer for you to try or buy, just head over to the SCOTT tent at the event HQ to find out more. You won't miss the new trainer that's for sure!

<https://www.scott-sports.com/gb/en/kinabalu-rc>

RACE DAY SHOP

The Urban Trail League shop will be located at race registration should you wish purchase extra merchandise Trail Outlaws Hoodies, long sleeve tops, buffs and many other items.

All 2018 will be getting sold off at £5, so bring along some cash you could also grab yourself a bargain.

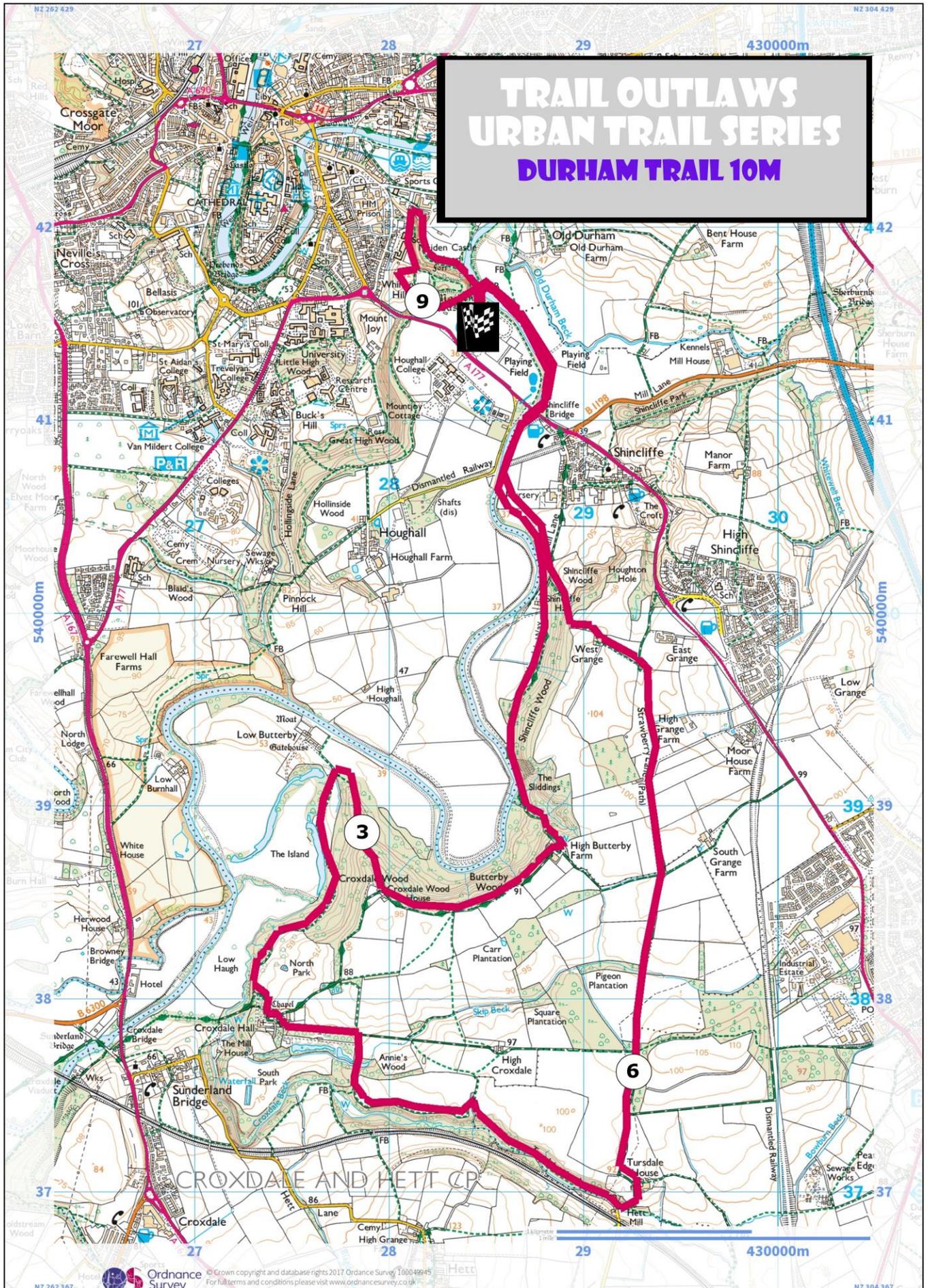
FINALLY

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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Beautiful Trail Runs

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PENSRAW HALF MARATHON**

**18TH AUGUST
BRANCHES & BAYS 10K**

**6TH OCTOBER
PENSRAW 10K**

FOLLOW US FOR RACE PHOTOS, UPDATES & INFORMATION ON OUR UPCOMING EVENTS AND MUCH MORE



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TRAIL OUTLAWS HOODIES £30



TRAIL OUTLAWS T-SHIRT £10



TRAIL OUTLAWS LONG SLEEVE £15
NEW for 2019!



OTHER UTS RACES

PENSHAW HALF MARATHON [_www.urbantrails.co.uk/penshaw-hm](http://www.urbantrails.co.uk/penshaw-hm)

BRANCHES & BAYS 10K [_www.urbantrails.co.uk/branches-and-bays](http://www.urbantrails.co.uk/branches-and-bays)

PENSHAW 10K [_www.urbantrails.co.uk/penshaw-10k](http://www.urbantrails.co.uk/penshaw-10k)

RACE INFORMATION

RACE ENTRIES/RESULTS [_urbantrails.co.uk/durham-results-2019.php](http://urbantrails.co.uk/durham-results-2019.php)

RACE RULES [_www.urbantrails.co.uk/durham](http://www.urbantrails.co.uk/durham)

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

URBAN TRAILS WEBSITE [_www.urbantrails.co.uk](http://www.urbantrails.co.uk)

TRAIL OUTLAWS WEBSITE [_ww.trailoutlaws.com](http://ww.trailoutlaws.com)