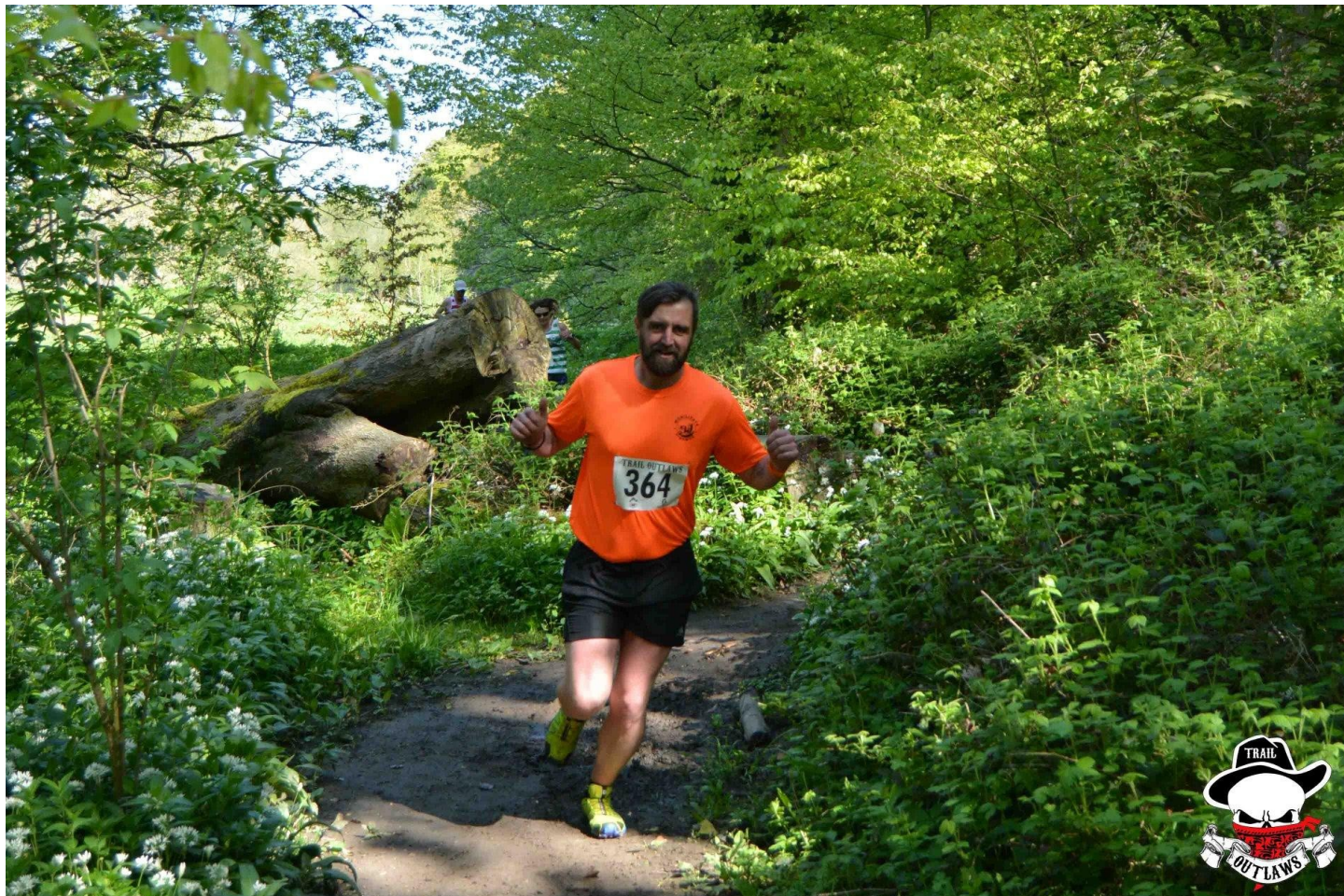


TRAIL OUTLAWS

URBAN TRAIL SERIES



DURHAM TRAIL 10M

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 year as you can imagine, we have had to change things to fall in line with current guidelines around COVID-19, so please read this document fully. As we will outline what changes to the event have had to be made.

With your co-operation we managed to run our first event in 18 months a week ago with huge success, and with your help we can emulate that success at Durham Trail 10 mile.

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 ;))

Face Coverings **MUST** be worn whilst on **DURHAM UNIVERSITY LAND, WHICH IS FROM THE CAR PARK UNTIL YOU START THE EVENT, AND UPON COMPLETION UNTIL YOU LEAVE THE CAR PARK.** This has been stipulated directly from the University for the approval of the event.

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.

RACE START

Race Start 08:30 – 10:30 hrs

Race Finish 13:30 hrs

We will be operating a continuous event start from 0830 to 1030.

This means that as you arrive to the start/finish area race ready, we will be asking you to start the run immediately.

There will be no waiting in the start / finish area before, during or after the run.

If you wish to run with others please arrive at the start area at the same time, race ready.

The race bibs will have chip timing attached so your times will be recorded accurately no matter what time you arrive to start. Please **DO NOT** remove this chip as it will cease to work and your time will not be recorded.

Once you approach the start gantry you must continue through and begin the event as the chip timing will register you as starting and this will be unable to be adjusted or rectified on the day or at a later date.

The event this year will be operating as a time trial style event with the guidance on mass starts not being allowed and the practicalities of administering and policing 400 runners in 6 runner waves is not feasible at this event.

The race start location:

**The Graham Sports Centre at Maiden Castle,
University of Durham,
Durham,
DH1 3SE**

[Map for Sports Centre](#)

RACE REGISTRATION

Registration will take place on **Sunday 9th May between 08:30-10:30.**

You must collect your own number. Registration will take place at the same location as previous years, at The Graham Sports Centre adjacent to the Start / Finish area.

We ask that you come straight to registration race ready. You will not be required to show ID to collect your number at this event.

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.

This is always our busiest time, so please plan what time you want to arrive and start the event, by yourself or with friends as per current outdoor gathering guidelines.

Once you have collected your number, you will be required to make your way straight to the start / finish area, ready to start your run as soon as you arrive.

You must not congregate at the registration area, start/finish area. There will be no race briefing prior to starting this year.

URBAN TRAIL SERIES T-SHIRTS

If you entered the Urban Trail Series as part of the Season Ticket offer and did not manage to collect your T-shirt at Washington Trail 10k, they will be available to collect at the Race Shop that will be operating at the event.

MEDICAL / FIRST AID

Full medical cover is provided by AED Medical Services.

They will be on hand at the race start/finish area for the duration of the event.

RACE PARKING

There is limited 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 car park gaps and we will be able to get the majority of you in this car park

Once the car park is full you will be required to park elsewhere and make your way on foot to the event. When doing so PLEASE park considerably and responsibly to the local area and residents.

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.

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.

STAFF AND MARSHALS

Just like yourself, the staff and marshals at the event will have some trepidation and anxiety regarding the event given the past 12 months. Please respect all staff and marshals during the event and their personal space.

RACE FINISH

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

As per the start of the event, once you have finished we will kindly ask that you collect your medal and your event T-shirt and vacate the start / finish area.

Medals and your event T-shirt will be on a marshal manned table after you finish for you to collect your own. We will not be handing out anything to runners in person at the finish of the event.

On this occasion we cannot have runners waiting for friends, family etc in this area unfortunately. There will be no official prize giving at the event this year. This will be done remotely after the event has taken place.

CHECK POINTS & REFRESHMENTS

Due to current guidelines there will be no official Check Points this year.

There will also be no refreshments available during the course of the event.

If you require any refreshments i.e. water. Then these must be brought and carried by yourself during the event.

We will be offering single use bottles of water to take away, upon completion of the event at the finish area. This has been done to reduce the risk of any cross contamination.

It is a 10 mile event and if the weather is particularly hot we do advise you have some water and sustenance with you, or at the very least in your car directly after the event.

RACE DAY SHOP

We will be operating a reduced stock Trail Outlaws Shop at the event. 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 £35

Bufs £5

Draw String Kits Bags £5

Water Bottles £5

RACE ROUTE

This year we have had to make some quite significant changes to the race route due to Landowner disputes.

However not to worry, it is a much better route in keeping with the Urban Trails theme, and rumour has it that it may be (definitely is) tougher than previous years. Makes it more of an achievement though ;)

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.

TOILETS

There will be no indoor toilet facilities at the event at the Graham Sports Centre as per previous years. We have hired portaloos that will be situated at the Graham Sports Centre car park

SPECTATORS

There are no spectators allowed at the event this year as per current event guidance.

This means that anyone in the start/finish area that is not beginning or finishing their run will be asked to vacate the start/finish area.

This is also to protect the volunteers who will be marshalling the event.

RACE DAY PARTNERS

We would like to thank all our race day partners. See the full list on the next page including exclusive offers that are available to you.

HAPPY STUFF

Last weekend we were able to host our first event in 18 months at Washington Trail 10k, and we have to say that we were thrilled with how it went. We all had a great and safe time, and importantly we all enjoyed a great running event.

The fact that we are now able to host our next event of 2021, is all down to you the runners. You have steadied the course, stuck with us, and now we are able to run again.

We cannot begin to describe how much this means to us as a team/company, and also more broadly as part of the running community.

Thank you from the bottom of our hearts, it truly does mean the world. And we could see last weekend that it also meant the same to you.

For the time being, we are not able to have our usual group style event. But we proved last weekend that, we can still make the event as fun, accepting and safe as we usually do.

So let's get ready to come and run again on the trails and pick up our medals, chat to our friends as we hit the trails and see those familiar faces.

We may have to hold off on the high fives and hugs for the time being, but there will still be no shortage of applause and encouragement from our awesome marshals and fellow runners.

WITH THANKS TO:



DURHAM
CATHEDRAL
THE SHRINE OF ST CUTHBERT

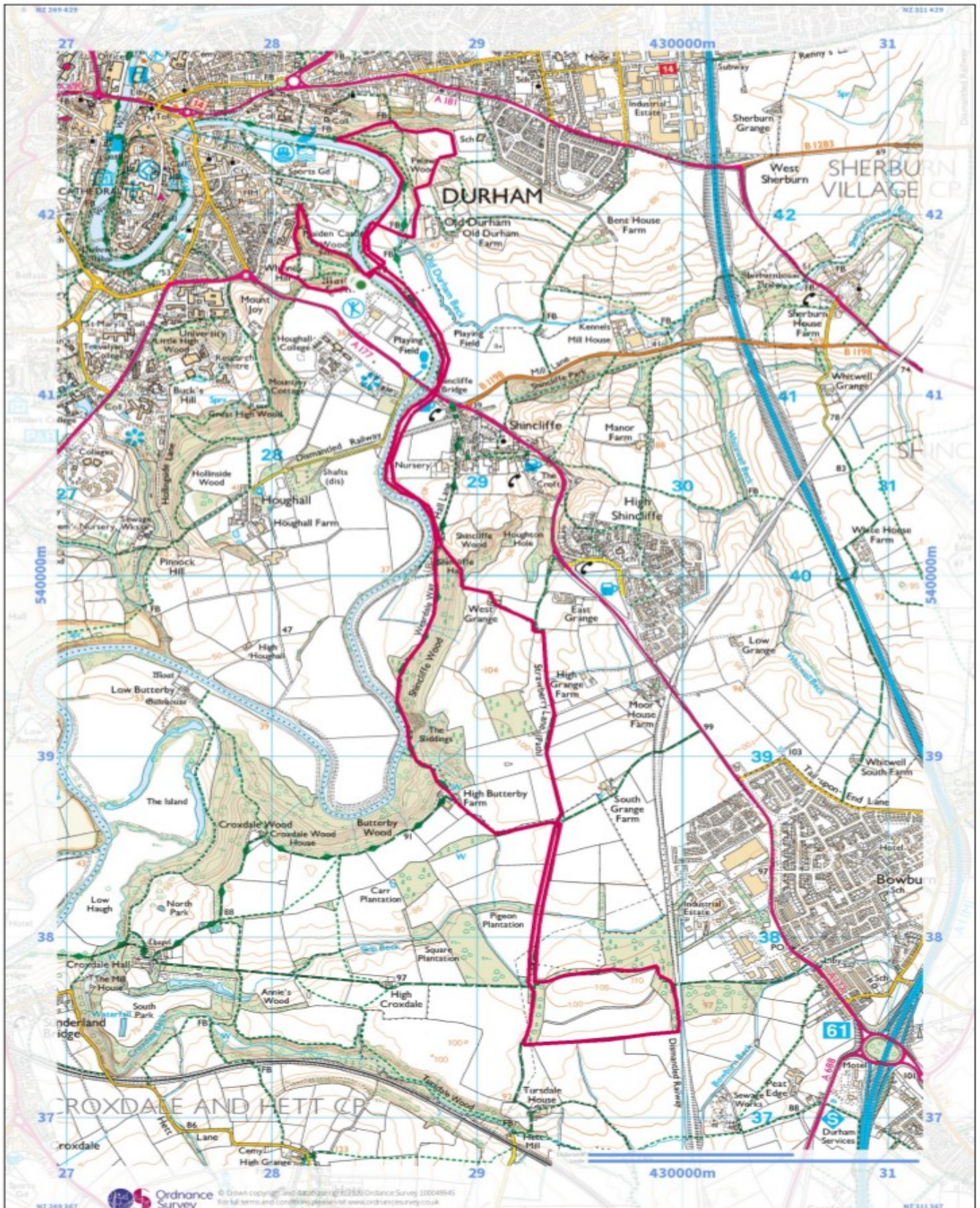


Durham
University

DURHAM TRAIL 10M - ROUTE

28/01/2020

Durham Trail 10 new V1.1



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165TH AUGUST
BRANCHES & BAYS 10K

3RD OCTOBER
PENSHAW 10K

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



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Cumbria 26th September
**RAF SPADEADAM
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Roxburghshire 17th October
**DEVILS FOOT
HALF MARATHON**

Northumberland 21st November
**WOOLER TRAIL
HALF MARATHON**



TRAILOUTLAWS





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
- Be prepared to bring your own water and food and carry it with you during the race and 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 Tack & Trace system

PENSHAW HALF MARATHON www.urbantrails.co.uk/penshaw-hm

BRANCHES & BAYS 10K www.urbantrails.co.uk/branches-and-bays

PENSHAW 10K www.urbantrails.co.uk/penshaw-10k

RACE INFORMATION

RACE ENTRIES/RESULTS urbantrails.co.uk/durham-results-2021.php

RACE RULES www.urbantrails.co.uk/durham

URBAN TRAILS WEBSITE www.urbantrails.co.uk

TRAIL OUTLAWS WEBSITE www.trailoutlaws.com