

TRAIL OUTLAWS 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>So please help us celebrate the event by coming along with a huge smile and sense of adventure to enjoy the trails.</p> <p>We guarantee if it's your first trail run, it won't be your last!</p> <p>RACE PARKING</p> <p>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 ☺</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 a water /active root/sweets station on route at mile 3 and 4 miles that you pass through. There will also be water and a sweet station that you pass through at 7 and 9 miles.</p> <p>There will also be water and active root at drinks at the end.</p> <p>POLITE REMINDER</p> <p>No headphones to be used or dogs to run during the event.</p> <p>Please be courteous to other users of the paths.</p>	<p>RACE START</p> <p>Race Briefing 09:55 hrs Race Start 10:00 hrs Awards 12:00 hrs Race Finish 13:00 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>As you come into the finish you will be funnelled with barriers and cones to the marshals taking timings and for the chip reader to pick up your number.</p> <p>You will then be able to collect your awesome Durham Trail 10 medal and your Durham Trail 10 Tech t-shirt.</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 NUMBERS</p> <p>Please note that race numbers will be given out at race registration on the day of the race. The foam tag on the back of the bib is for the race timing. So please do not remove this tag.</p> <p>This number must be pinned to the front of your top and visible throughout the event.</p>	<p>RACE REGISTRATION</p> <p>Race registration will take place on Sunday 15th May from 08:15 – 09:45 @ 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>At registration you will be given your race number.</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>TOILETS</p> <p>Please use the portaloos in the car park. Indoor toilets at the university can only be used if you are visiting the cafe.</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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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.

Have a great time, run with a smile on your face and we are sure you will agree, trail running is the best kind of running ☺

WITH THANKS TO:



Thanks to Active Root who are providing winners awards and age category wards.

Find out more about sports nutrition that's easy to stomach at their website.

<https://activeroot.co.uk/>



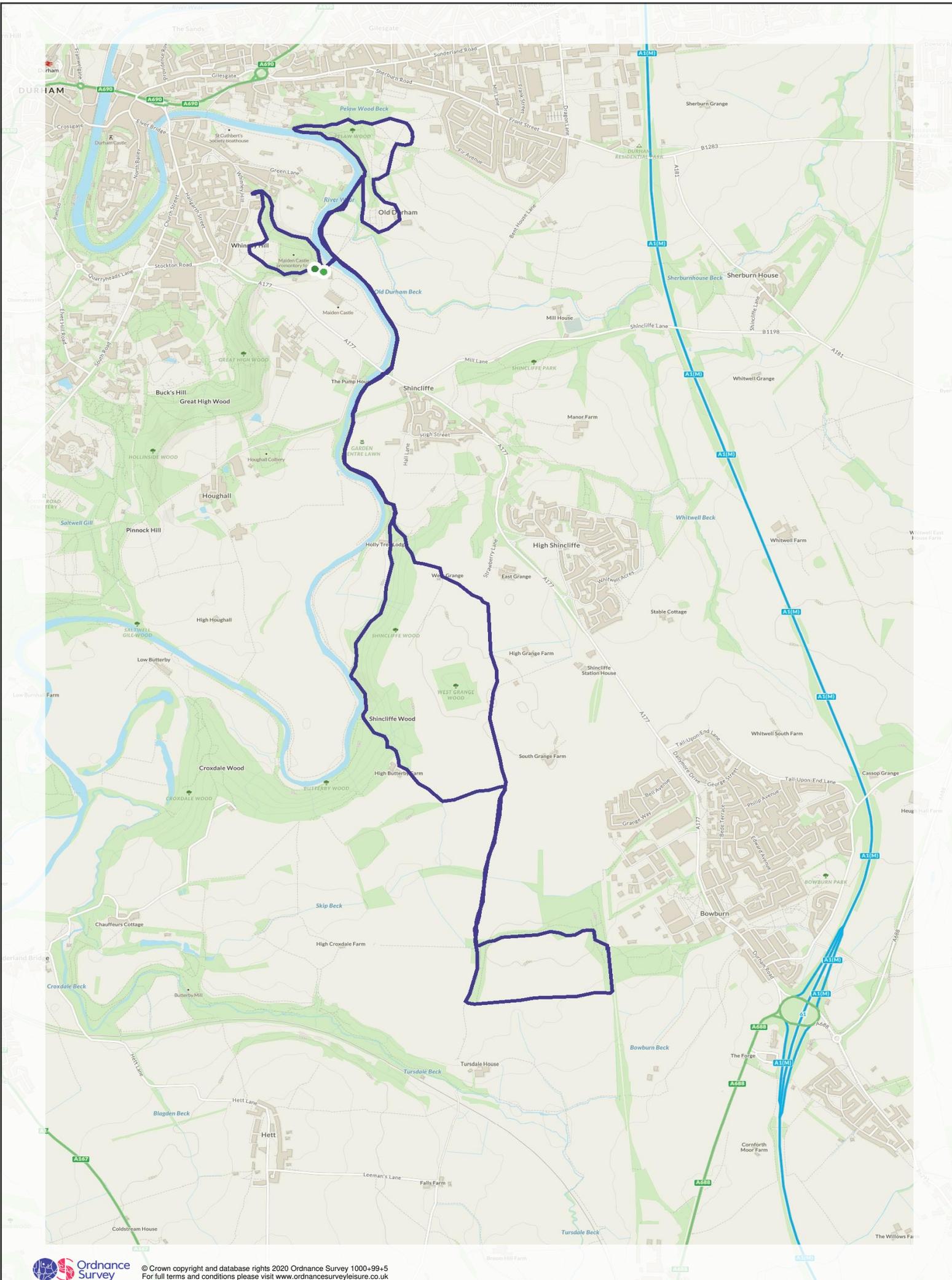
Trail Outlaws would like to thank House of Healing Sports Massage for a great offer that they are sharing with us.

"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/>

DURHAM TRAIL 10M ROUTE



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FUN EVENTS FOR RUNNERS OF ALL ABILITIES
10K, 10M & HALF MARATHON
URBAN TRAIL SERIES
CHALLENGE 2022

Washington Trail 10k
24th April

Durham Trail 10 mile
15th May

Penshaw Half Marathon
19th June

Branches and Bays 10k
14th August

Penshaw 10k
2nd October



ENTER AT
WWW.URBANTRAILS.CO.UK



Trail Outlaws



Tyne & Wear 19th June

Penshaw Half Marathon

ENTER AT

WWW.ULTIMATE-TRAILS.CO.UK



Trail Outlaws



County Durham 24th July

Durham Coastal Half Marathon

Cumbria 25th September

RAF Spadeadam Half Marathon

Roxburghshire 16th October

Devils Foot Half Marathon

Northumberland 6th November

Wooler Trail Half Marathon

A Series of Fun & varied Trail Half Marathons Based
around North East England & The Scottish Borders

ULTIMATE TRAIL SERIES CHALLENGE



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



OTHER UTS RACES

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 trailoutlaws.com/durham-results-2022.php

TERMS AND CONDITIONS www.trailoutlaws.com/tandc

URBAN TRAILS WEBSITE www.urbantrails.co.uk

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