



Thank you for entering the:-

# PENSHAW 10K 2019

In association with:-



## INFORMATION

Please read the pre-race information carefully. If you have any questions about the race, then please info@trailoutlaws.com or phone 07734309500 Tim 07984307900 Garry

## RACE INFORMATION

This is the 6th running of the Penshaw 10k with all new medals for 2019. This was the first event the Trail Outlaws ever hosted, and where it all began.

We hope you enjoy it.

Most important of all, please bring with you a smile and adventurous trail spirit. After all we do this for fun :)

## RACE NUMBERS / WRIST BANDS

Please note that race numbers and wrist bands will be given out at race registration on the day of the race.

You MUST show valid photo ID before a number can be given to a runner.

## 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.

## RACE DAY SHOP

The Trail Outlaws Trading post will be located at race registration should you wish purchase extra merchandise Trail Outlaws Hoodies buffs, and long sleeve tops.

If you wish to purchase any merchandise please bring cash on the day.

## RACE REGISTRATION

Race registration for the event opens at 08:30 and closes 09:40. All runners will then need to make their way to the bottom of Penshaw Monument, a short 2 minute walk from registration for 10:00 for the race briefing.

Briefing 09:55  
Start 10:00  
Finish 12:00

All runners must register before the race starts. Water bottles will and medals will be given out upon completion of course.

## RACE REGISTRATION

**Herrington Country Park,  
Rangers Hut,  
Tyne and Wear,  
DH4 7NJ**

[Herrington Park Map](#)

## RACE PARKING

Event parking will be at Herrington Country Park, where there will be plenty of onsite parking for all.

## CHECKPOINTS

There are two checkpoint locations, during the event, at 2.5 and 5 miles located below Offerton and the bottom of Penshaw before the last climb to the top. Both CPs will have water and sweets.

The finish will have water, jelly sweets and pop.

## FIRST AID

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 on top of Penshaw monument should anyone require first aid / medical assistance at the event.

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.

## PRESENTATION

Winner's presentations and age category presentations will take place on the Monument weather permitting at approx. 11:30.

This will be moved to the Rangers Hut in inclement weather conditions.

## URBAN TRAIL SERIES

This is the 5th and final event in the Trail Outlaws Urban Trail Series 2019.

We are looking at hosting an awards evening for those who have won the overall league, and the clubs who have done so also. This will be also be the opportunity in which we present all those who managed to complete all the events in the Urban Trail League 2019 with their own awards.

There will also be spot prizes given out throughout the evening.

This will in all likelihood take place on the Friday 8th November at a venue yet to be decided (pub so we can drink afterwards and during).

## START / FINISH

The race starts at the foot of Penshaw Hill, and the finish will be on Penshaw Monument itself.

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.

Please do not run off presuming that your band and time have been taken, as you will not appear on the results if you have not been scanned.

You will then be able to collect your finisher's medal and Trail Outlaws water bottle.

## RACE ROUTE

The route will be fully marshalled, signed and flagged.

We always spend a lot of time diligently marking out course' however on occasion these markings do get removed by dog walkers and locals (this happened on our last event Washington Trail 10k, prompting last minute emergency course re-marking) so please make yourself familiar with the online route map.

## PLEASE NOTE :

This year we have reversed the race route to make that little bit more fun (challenging) and to keep you on your toes. So you will first run along the old railway line, up to Offerton and back to Penshaw along the river for the nice surprise or climbing from the riverside to Penshaw Monument in the last mile. We know you'll love it (afterwards, as you'll hate us during). But it's all type 2 fun :)

## URBAN TRAIL SERIES 2020

The Urban Trail Series will be returning in 2020 with tickets to all events and the season ticket going on sale on the 12<sup>th</sup> October. This year saw every single one of our Urban Trail events sell out well in advance of the events so please book early to avoid disappointment. All dates for next year's events are shown on the Urban Trail Series Website.

## BAGGAGE DROP

Baggage can be left at the Ranger Hut where you registered.

But please be aware that we cannot guarantee the safety of any belongings left at the start and we will not be able to hold onto people's car keys or valuables, these are your responsibility.

## FINAL WORD

Thank you very much for choosing to take part in the Trail Outlaws Urban Trail Series of events, we really do love seeing so many people enjoy the local trails that we ourselves train and run on.

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 ☺

# RACE INFORMATION

## RACE ENTRIES/RESULTS

[urbantrails.co.uk/penshaw-10k-results-2019](http://urbantrails.co.uk/penshaw-10k-results-2019)

## RACE RULES

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

## TERMS AND CONDITIONS

[www.trailoutlaws.com/tandc](http://www.trailoutlaws.com/tandc)

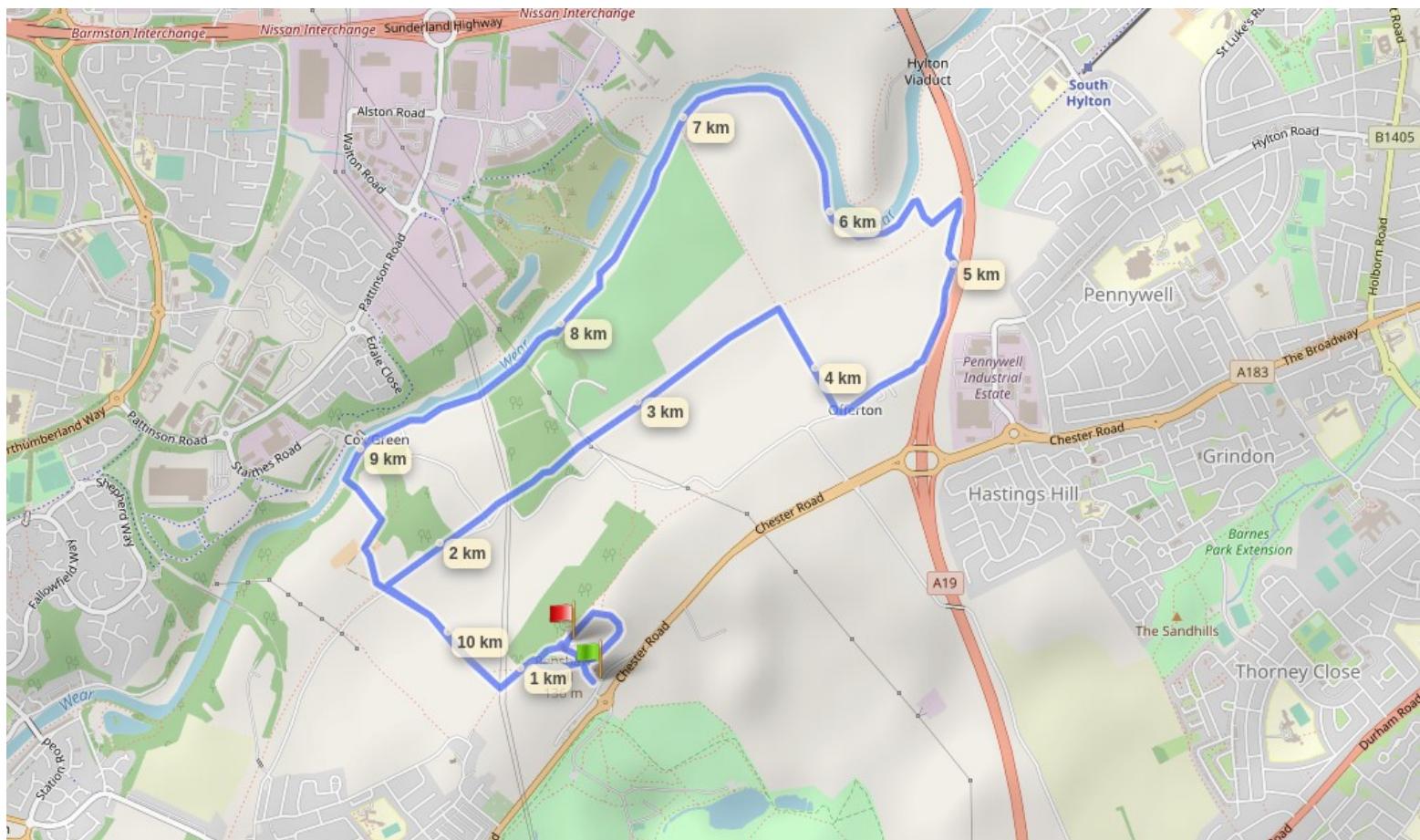
## URBAN TRAILS WEBSITE

[www.urbantrails.co.uk\\_](http://www.urbantrails.co.uk_)

## TRAIL OUTLAWS WEBSITE

[www.trailoutlaws.com](http://www.trailoutlaws.com)

# PENSHAW 10K RACE ROUTE:-



# **TRAIL OUTLAWS TRADING POST**

**TRAIL OUTLAWS HOODIES £25  
Free Vest with every hoodie**



**TRAIL OUTLAWS T-SHIRT £10**



**TRAIL OUTLAWS LONG SLEEVE £15  
NEW for 2019!**

