



Thank you for entering the:-

PENSHAW 5K

2023

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

RACE INFORMATION

This is the 1st running of the Penshaw 5K. The Penshaw 10K 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

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

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.

Hoodies £30

Long Sleeve Tops £15

Buff £5

Draw String Kits Bags £5

RACE REGISTRATION

Race registration for the event opens at 08:30 and closes 09:50.

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 10:10

Start 10:15

Finish 12:15

All runners must register before the race starts. Buffs 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 no checkpoints on the 5K route. Water and sweets will be available at the end of the race.

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.

VIRTUAL OPTION

If you can no longer make the race. Then you are still able to claim your t-shirt and medal and by emailing proof to info@trailoutlaws.com of running a half marathon distance before the end of November. We will then post your t-shirt and medal out for you.

PRESENTATION

Winner's presentations and age category presentations will take place on the Monument weather permitting at approx. 11:15.

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 2023.

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 2021 with their own awards.

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

This will hopefully take place in late 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.

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, so please make yourself familiar with the online route map.

BAGGAGE DROP

Baggage can be left at the race registration area.

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 😊

TRAIL OUTLAWS TRADING POST

TRAIL OUTLAWS HOODIES £40



TRAIL OUTLAWS VESTS £15.00 WOMEN'S AND MEN'S FIT



TRAIL OUTLAWS LONG SLEEVE TOPS £20.00



TRAIL OUTLAWS ENAMEL CUP £9



RACE INFORMATION

WITH THANKS TO:



"Active Root are supporting the Durham Coastal Half Marathon this year!

"Their Sports Drinks will be at each of the aid stations and available to purchase at the finish.

"If you haven't tried Active Root yet then go here to get 3x sachets for just 99p: <https://activeroot.co.uk/pages/trail-outlaws>

"Or use the exclusive code: TRAILOUTLAWS15 to get 15% off your order."

RACE ENTRIES/RESULTS

www.trailoutlaws.com/penshaw-5k-results-2023

RACE RULES www.urbantrails.co.uk/penshaw-5k

TERMS AND CONDITIONS www.trailoutlaws.com/tandc

URBAN TRAILS WEBSITE www.urbantrails.co.uk

TRAIL OUTLAWS WEBSITE www.trailoutlaws.com

Penshaw 5K race route:-

