

TRAIL OUTLAWS

URBAN AND ULTIMATE TRAIL SERIES



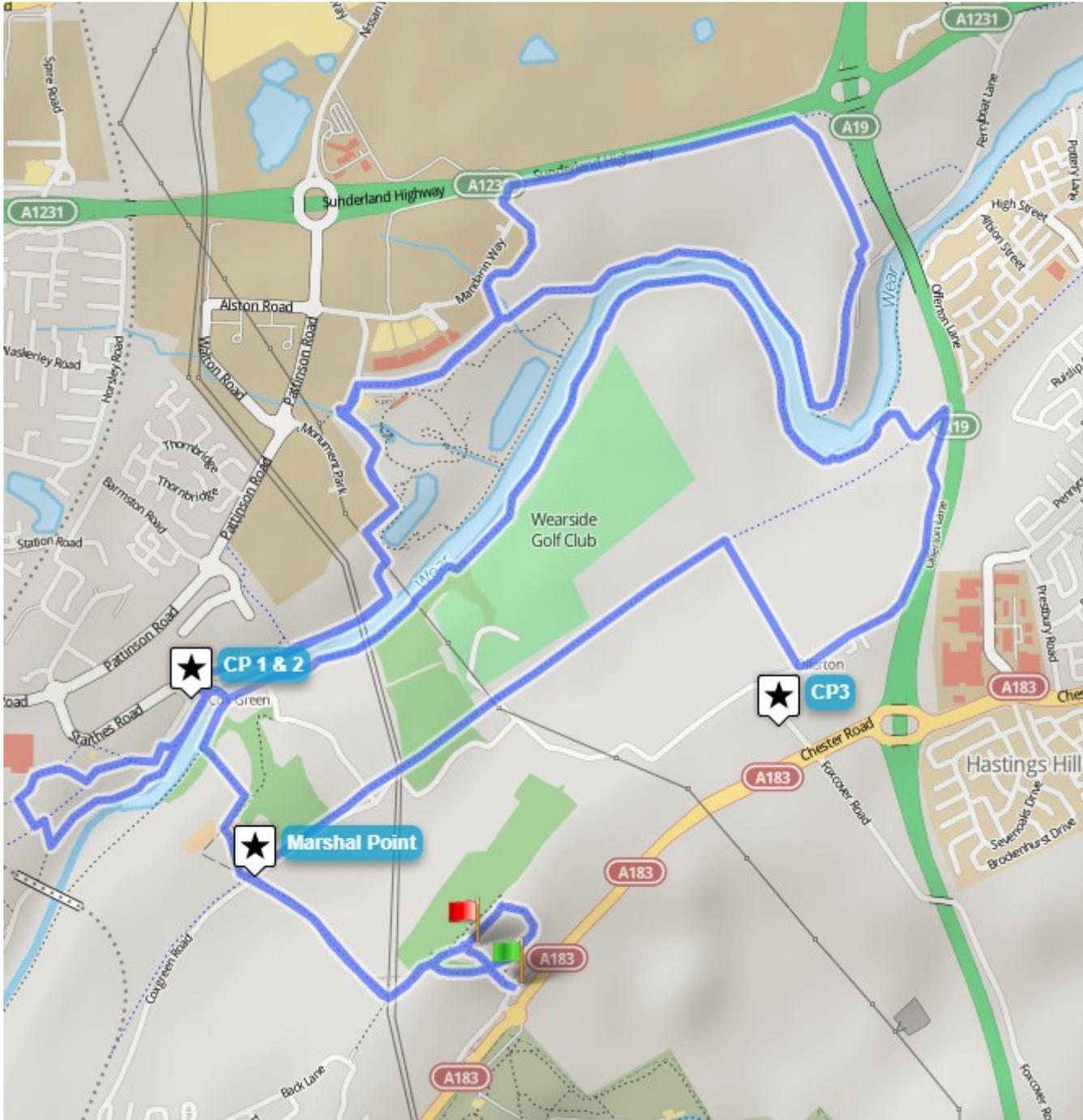
PENSHAW HALF MARATHON 2021



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| <p>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 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.</p> <p>With your co-operation we have now managed to run 2 events huge success, and with your help we can emulate that success for our biggest event of the year to date.</p> | <p>RACE REGISTRATION</p> <p>Registration will take place on Sunday 20th June between 08:30-10:00.</p> <p>You must collect your own number. Registration will take place at the same location as previous years, at Herrington Country Park, Rangers Hut.</p> <p>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.</p> <p>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.</p> <p>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.</p> <p>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.</p> <p>You must not congregate at the registration area, start/finish area. There will be no race briefing prior to starting this year.</p> <p>Registration takes place at : Herrington Country Park, Rangers Hut, Tyne and Wear, DH4 7NJ Herrington Park Map</p> | <p>RACE START</p> <p>Race Start 09:00 – 10:00 hrs Race Finish 13:30 hrs</p> <p>We will be operating a continuous event start from 09:00 to 10:00. This means that as you arrive to the start/finish area race ready, we will be asking you to start the run immediately.</p> <p>There will be no waiting in the start / finish area before, during or after the run.</p> <p>If you wish to run with others please arrive at the start area at the same time, race ready.</p> <p>The race bibs will have chip timing attached so your times will be recorded accurately no matter what time you arrive to start.</p> <p>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.</p> <p>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.</p> <p>The race start location: The foot of Penshaw Monument, approx. 3-4 minute walk from the registration area.</p> |
| <p>ULTIMATE TRAIL SERIES CHALLENGE</p> <p>The Penshaw Half Marathon this years is our first event in our new Ultimate Trail Series events. A series of stunning, fun and challenging Half Marathons in the North East Region and beyond. There is a Half Marathon to suit all abilities and adventures.</p> <p>Come take a look at the rest of the Half Marathons after you have conquered this Monumental run.</p> <p>https://ultimate-trails.co.uk/</p> | <p>RACE PARKING</p> <p>Event parking will be at Herrington Country Park, where there will be plenty of on-site parking for all.</p> | <p>RACE FINISH</p> <p>The race finishes at the top of Penshaw Monument. In previous years we have had the medal and water station on the top of the Monument, but due to guidelines at present, once you have finished you must make your way back to the registration area at Herrington Park to collect your Medal, T-shirt and water.</p> <p>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.</p> |
| <p>RACE INFORMATION</p> <p>This is the 7th running of the Penshaw Half Marathon which was the first event the Trail Outlaws ever hosted, and where it all began.</p> <p>We hope you enjoy it.</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 DAY SHOP</p> <p>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.</p> <p>Hoodies £30 Buffs £5 Draw String Kits Bags £5 Water Bottles £5</p> | <p>CHECKPOINTS</p> <p>There are two checkpoint locations, one of which you will pass twice during the event, at 2.5 and 7 miles located on the north side of the river at Cox Green.</p> <p>The final CP at 9 miles located at the top of Offerton Steps before the climb to Offerton Village. Both CPs will have water, we usually would give sweets at both CPS, but due to current guidelines and only water will be given in single use paper cups, administered by event volunteers, this is strictly NOT self service.</p> | |

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| <p>COVID-19 GUIDANCE</p> <p>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.</p> <p>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!</p> <p>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 ;))</p> <p>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.</p> | <p>TOILETS</p> <p>There will be no indoor toilet facilities at the event at the Ranger Hut as per previous years. We have hired portaloos that will be situated in the car park area.</p> <p>STAFF AND MARSHALS</p> <p>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.</p> <p>POLITE REMINDER</p> <p>No headphones to be used or dogs to run during the event. This is in line with our insurance and must be adhered to.</p> <p>PRESENTATION</p> <p>The winners presentation will be done remotely this year. There will be no prizes given out on the day.</p> <p>MEDICAL / FIRST AID</p> <p>Full medical cover is provided by AED Medical Services.</p> <p>They will be on hand at the race start/finish area for the duration of the event.</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>Fetch appropriate footwear for the race conditions.</p> | <p>RACE ROUTE</p> <p>The route will be fully marshalled, signed and flagged.</p> <p>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.</p> <p>Special Mention :</p> <p>The four areas that have caused runners to go past route markings and off trail in the past are :-</p> <p>1: Turning down to River after wildfowl park.</p> <p>After you have ran through the wildfowl car park and past the wildfowl park itself you will run approx. 300yds up the main path/trail. Before the path bear left there is a turning down to the river which is the official race route. There should be a marshal and signs pointing the way. But please keep your eyes peeled.</p> <p>2: The Bottom of Offerton Steps. Ensure when running along the south riverside after approx. 2.5 / 9 miles when the A19 flyover comes into view you, you take the right turning up the steps before the White House.</p> <p>3: The Top of the Offerton Steps. Ensure when you get to the top of the steps (your legs are still working) you take a left turn, you will then be greeted by the well-earned CP 50 yds along the path.</p> <p>4: After you have been to the Offerton CP and ran up to Offerton Village, please carry through the village, until the signage points you down the track down from the village itself. There should be a marshal on the day, but please be alert for signs in this area.</p> <p>There will be marshals and signs, but navigation of the course remains the responsibility of the runner.</p> |
| <p style="text-align: center;">HAPPY STUFF</p> <p>We have now ran 2 events this year with great success, our 3rd event will be great. Back at Peshaw we all know and love, the birthplace of Trail Outlaws events.</p> <p>We want you all to have fun, be safe and enjoy your day. It's been a very tough 18months for us all, but thankfully we can all see the light at the end of the tunnel/trail ;)</p> | | |

PENSHAW HALF MARATHON - ROUTE



TRAIL OUTLAWS TRADING POST

TRAIL OUTLAWS HOODIES £30

JUNIOR SIZE £20



TRAIL OUTLAWS LONG SLEEVE £15





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

WITH THANKS TO:



Thanks to Active Root who are providing winners awards and age category awards. These will be sent out by post after the race. Find out more about sports nutrition that's easy to stomach at their website. <https://activeroot.co.uk/>



A big thanks to Scott Sports again for supporting the series and for everyone from the team who is also taking part in the races. They will be offering the male and female winners of the series a pair of Scott Trail Running shoes. <https://www.scott-sports.com/gb/en/sports/running>

OTHER 2021 UTS RACES

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/penshaw-hm-results-2021.php

RACE RULES www.urbantrails.co.uk/penshaw-hm

URBAN TRAILS WEBSITE www.urbantrails.co.uk

TRAIL OUTLAWS WEBSITE ww.trailoutlaws.com