

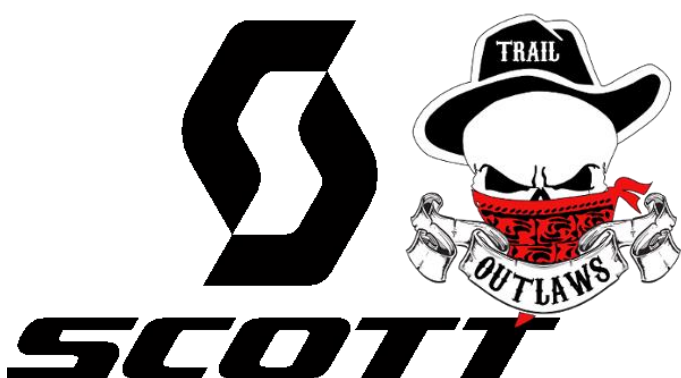
# URBAN TRAIL SERIES

## WASHINGTON TRAIL

### 10K



In association with:





# IMPORTANT RACE INFORMATION

## RACE INFORMATION

Please read the pre-race information carefully. If you have any questions about the race, then please email [info@trailoutlaws.com](mailto:info@trailoutlaws.com). Or message us via Facebook.

This is the 4<sup>th</sup> running of the Washington Trail 10k, and holds a very special meaning to Race Director Tim Bateson, being his home turf race. Seeing it grow into the event it is now means a hell of a lot.

So please help us celebrate the event by coming along with a huge smile and sense of adventure to enjoy the trails.

We guarantee if it's your first trail run, it won't be your last!

## RACE PARKING

There will be limited race parking at the race registration area at Biddick Academy School.

Street parking nearby will have to be sought after the car park is full.

When parking please be considerate to local residents i.e don't block, drives, access etc.

There will be a coned area opposite Biddick Academy School, this estate is NOT to be parked in under any circumstances.

## 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.

## RACE START

**Race Briefing 0955 hrs**  
**Race Start 1000 hrs**  
**Awards 1115 hrs**  
**Race Finish 1200 hrs**

Please be aware the race start is a short 10 minute (max) walk from the race registration area, so please give plenty of time after registration to arrive for the briefing and start, the way will be signed from registration on the day :

**Shepherds Way Car Park**  
**Shepherds Way**  
**Washington**  
**NE38 8SG**

[Map](#)

## RACE FINISH

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

As you come into the finish you will be funnelled with barriers and cones to the marshals taking timings and scanning barcodes on numbers.

It is essential that you get scanned and have your number taken to appear in the results.

You must not fold your number over as we must be able to access your barcode quickly to get results as accurate as possible.

You will then be able to collect your awesome dog tags, Trail Outlaws Buff or Urban Trail Series Mug.

## RACE ROUTE

Please make sure you are familiar with the route, as shown here [Washington Trail 10k route](#). 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.

## RACE REGISTRATION

Race registration will take place on Sunday 22<sup>nd</sup> April from 0815 – 0945 @ Biddick Academy  
**Biddick Academy School**  
**Biddick Lane**  
**Washington**  
**Tyne and Wear**  
**NE38 8A**  
[Map](#)

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.

Our barcode timing system that reads the barcode on the race number when you finish relies on this number being visible so we can scan you at the finish.

If we fail to scan you, you may not appear on the results.

## T-SHIRTS

If you have pre ordered a Trail Outlaws Urban Trail Series T-shirt, this can be picked up at registration after you have collected your race number.

Please remember payment is £10 cash on day only.

After the event if you have not ordered a T-shirt we may still have a small selection available should you wish to buy, but this will be first come first served.

If you have entered the Urban Trail Series using the Season Ticket option you can also pick up your T-shirt free at registration.

## MEDICAL / FIRST AID

Full medical cover is provided by North East Rescue and Medical Services (NERAMS).

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

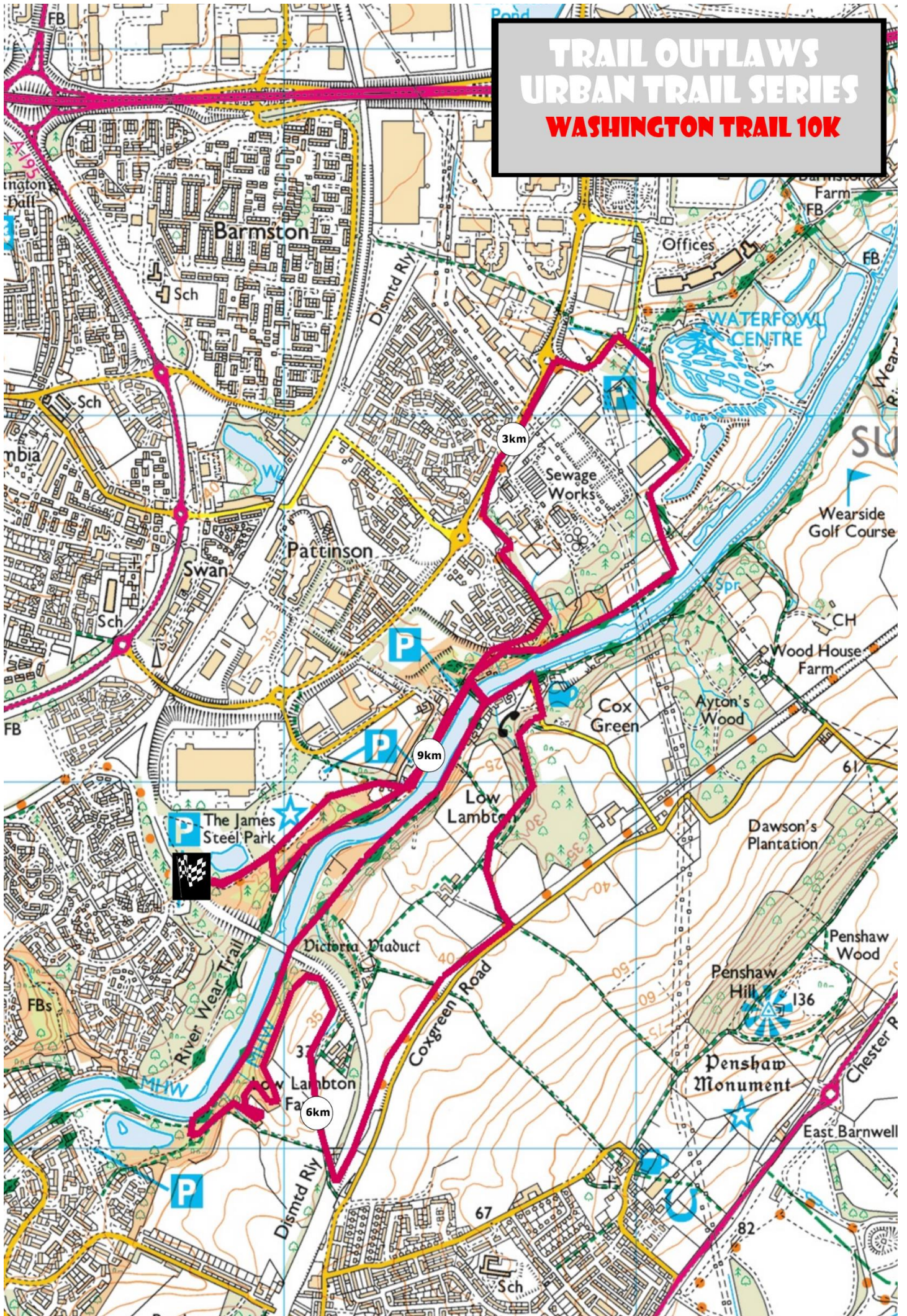
<p><b>CHECKPOINTS</b></p> <p>There is 1 water/feed station that you will pass through twice at miles 3 &amp; 5 on the route. There will be Water, Coke and Sweets so please help yourself.</p> <p>There will also be Water and sweets at the finish area.</p> <p><b>POLITE REMINDER</b></p> <p>No headphones to be used or dogs to run during the event. This is in line with our UKA Athletics insurance and must be adhered to.</p>	<p><b>CHARITY</b></p> <p>At all of our events we gather donations and give money via charity places. This year is no exception.</p> <p>We managed to raise with donations £1000 for Northumbria National Park Mountain Rescue Team at our last event Dark Skies Run @ Kielder.</p> <p>We also gave free charity places for the Royal British Legion Poppy Appeal to use to also gain donations.</p> <p>At Washington Trail 10k we have once again as per all our events, given free places to the RBL Poppy Appeal. We have chosen the Cancer Trust as the charity of choice for Washington Trail 10k, we will have buckets at the event for any change/donations. We will also give £1 from every Mug, Buff and T-shirt sold on the day to the Cancer Trust.</p>	<p><b>BUFFS &amp; MUGS</b></p> <p>Bufs and Mugs (we are not talking male models or idiots for you slang folk out there) will be available at the event finish.</p> <p>Once you complete the race as per last year you get your Dog Tags. This year however (since there are so many of you running around the North east in TO Bufs) we are giving you the choice of a Buff or Urban Trail Series Mug.</p> <p>If you want both, you can either choose it at another race or either or will be available to buy on the day for £5 (cash only) with £1 of every sale going to the Cancer trust.</p>
<p><b>FINALLY</b></p> <p>We are really looking forward to meeting you all at Washington. 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.</p>		

## WITH THANKS TO:



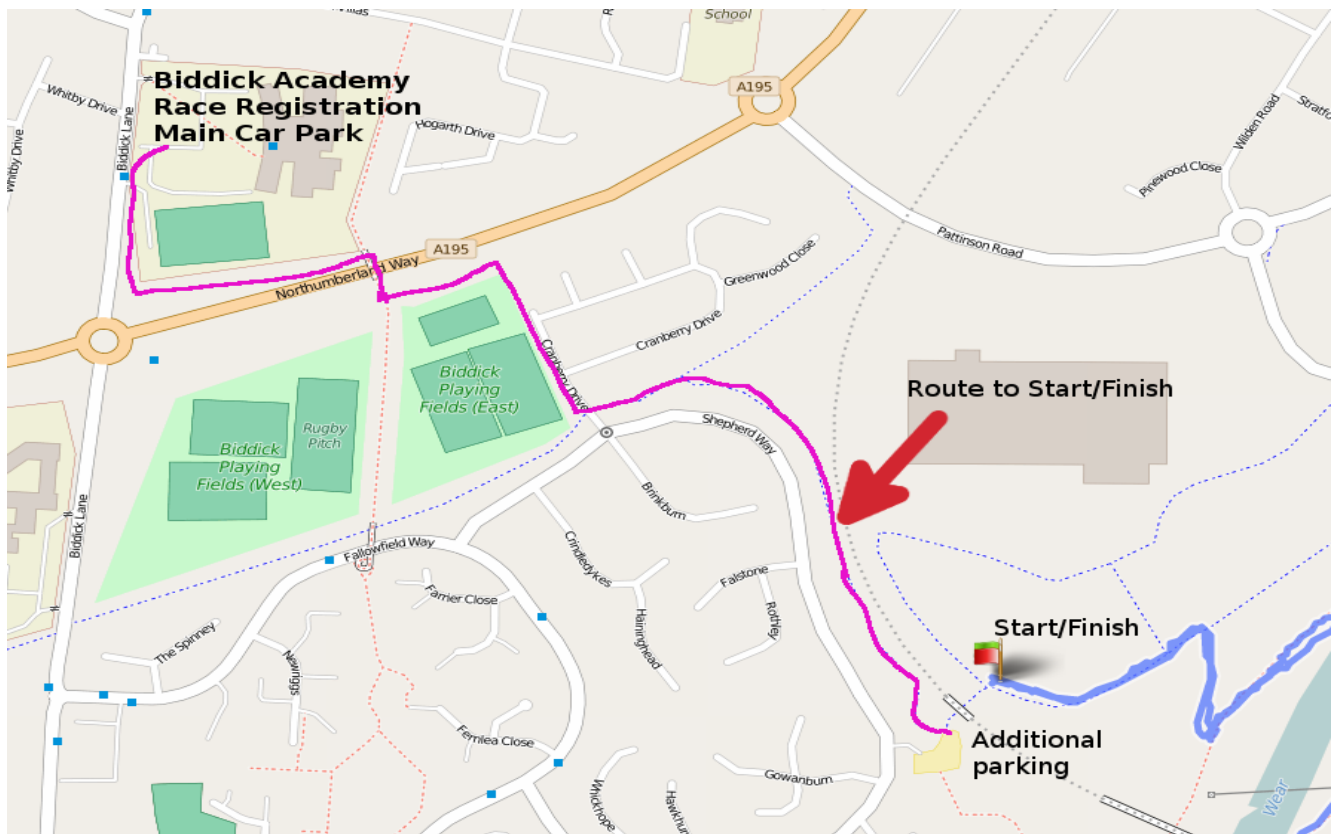


# TRAIL OUTLAWS URBAN TRAIL SERIES WASHINGTON TRAIL 10K





ROUTE FROM BIDDICK ACADEMY TO START (will be signposted on the day)



T-shirts are £10, payable on the day. If you purchased an Urban Trail Series season ticket then you will be able to pick up your t-shirt for free.



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# £5

## **Money-off Voucher to Spend in Store!**

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### **Terms and Conditions Apply**

£5 off when you spend £20 valid in store only. One voucher per person. One voucher per transaction. The voucher cannot be used in conjunction with any other offer or on sale items. The TrailUrban2018 code gives 5% additional discount of any website sales over £25 placed before the 30th October 2018.

#### **Opening Hours:**

**Mon - Wed: 10.00 - 17.30**

**Thu: 10.00 - 19.00**

**Fri: 10.00 - 17.30**

**Sat: 9.00 - 17.30**

**Sun: Closed**

**52 Low Friar Street,  
Newcastle Upon Tyne  
NE1 5UE**

**(Located near The Gate)**

**Tel: 0191 261 4322**



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# URBAN TRAIL SERIES

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30TH SEPTEMBER  
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FOLLOW US FOR RACE PHOTOS, UPDATES & INFORMATION  
ON OUR UPCOMING EVENTS AND MUCH MORE





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SPECIALIST SINCE 1998**



## **OUR STORE**

Stocking only specialist running brands and equipment, Northern Runner is Newcastle's premier runner's shop. With a dedicated staff of active runners providing expert advice and assistance. We also offer gait analysis, the most accurate way of fitting shoes for running. We operate from our city centre location on Low Friar Street and from our online shop offering UK and international shipping on running shoes, clothing and accessories.

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**RACE RULES** <http://www.trailoutlaws.com/washington-rules.php>

**TERMS AND CONDITIONS** <http://www.trailoutlaws.com/tandc.php>

**URBAN TRAILS WEBSITE** [www.urbantrails.co.uk](http://www.urbantrails.co.uk)

**TRAIL OUTLAWS WEBSITE** <http://www.trailoutlaws.com>