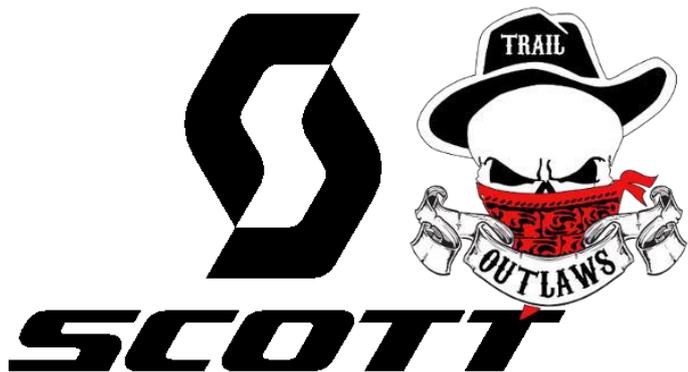




Thank you for entering the:-

# WASHINGTON TRAIL 10K -2019

In association with:-



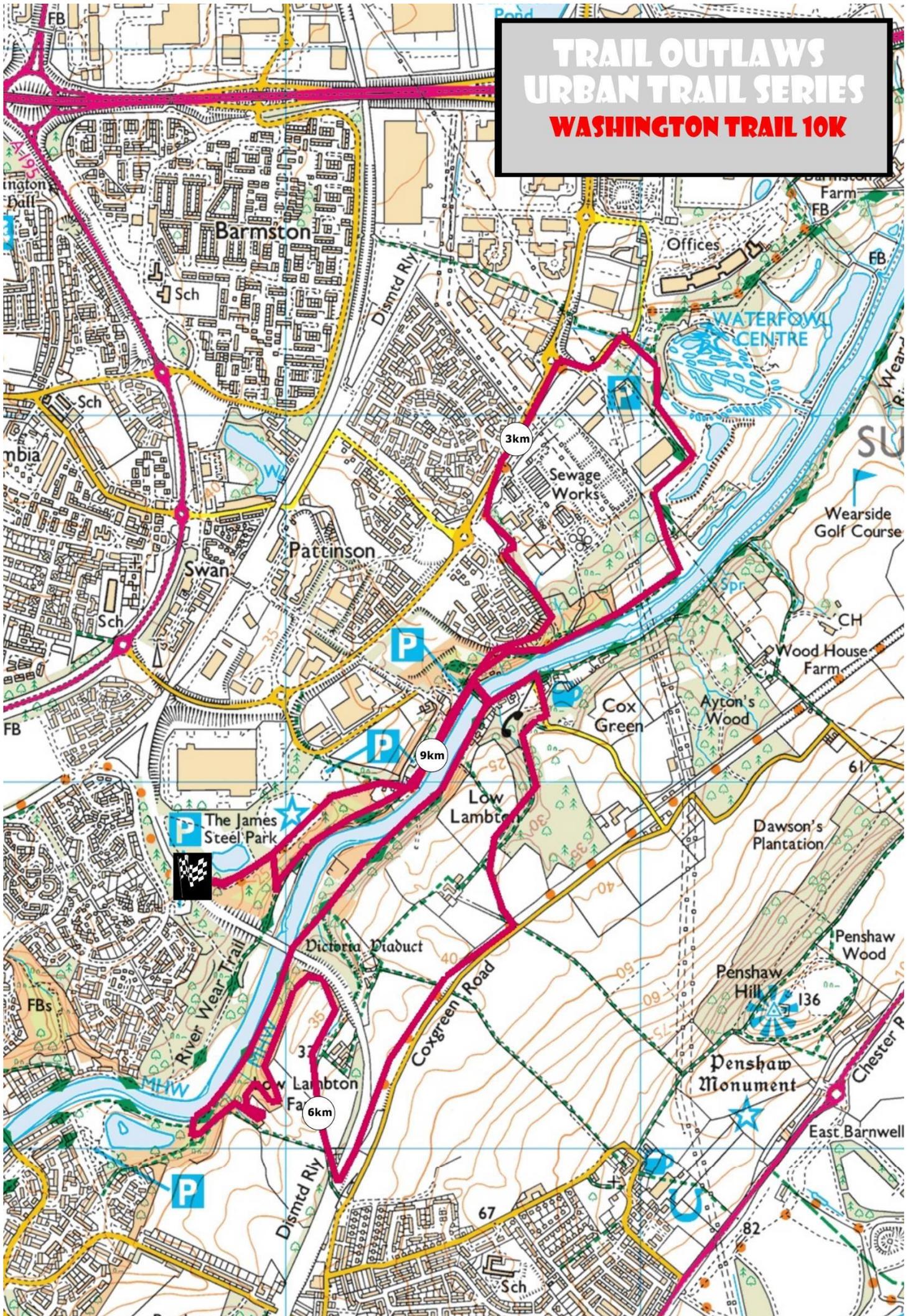
<p><b>RACE INFORMATION</b></p> <p>Please read the pre-race information carefully. If you have any questions about the race, then please email <a href="mailto:info@trailoutlaws.com">info@trailoutlaws.com</a>. Or message us via Facebook.</p> <p>We have a fabulous new race medal based around the Washington logo and Trail Outlaws themed water bottle.</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><b>RACE PARKING</b></p> <p>There will be limited race parking at the race registration area at Biddick Academy School.</p> <p>Street parking nearby will have to be sought after the car park is full.</p> <p>When parking please be considerate to local residents i.e. don't block, drives, access etc.</p> <p>There will be a coned area opposite Biddick Academy School, this estate is NOT to be parked in under any circumstances.</p> <p><b>BEFORE THE RACE</b></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><b>RACE NUMBERS / WRIST BANDS</b></p> <p><b>PLEASE NOTE PHOTOGRAPHIC ID is required when picking up your race number. This could be work pass, driving license, etc.</b></p> <p>Please note that race numbers and wrist bands will be given out at race registration on the day of the race.</p>	<p><b>RACE START</b></p> <p><b>Race Briefing 0955 hrs</b>  <b>Race Start 1000 hrs</b>  <b>Awards 1115 hrs</b>  <b>Race Finish 1200 hrs</b></p> <p>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 :</p> <p><b>Shepherds Way Car Park</b>  <b>Shepherds Way</b>  <b>Washington</b>  <b>NE38 8SG</b>  <a href="#">Map</a></p> <p><b>RACE FINISH</b></p> <p>The race finishes at the same place as the race start above.</p> <p>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.</p> <p>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.</p> <p>You will then be able to collect your finisher's medal.</p> <p><b>RACE ROUTE</b></p> <p>Please make sure you are familiar with the route, as shown here <a href="#">Washington Trail 10k route</a> 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.</p> <p>A map of route is attached below.</p>	<p><b>RACE REGISTRATION</b></p> <p>Race registration will take place on Sunday 26<sup>th</sup> April from 0815 – 0945 @ Biddick Academy  <b>Biddick Academy School</b>  <b>Biddick Lane</b>  <b>Washington</b>  <b>Tyne and Wear</b>  <b>NE38 8A</b>  <a href="#">Map</a></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><b>T-SHIRTS</b></p> <p>If you have entered the Urban Trail Series using the Season Ticket option you can also pick up your T-shirt free at registration.</p> <p><b>MEDICAL / FIRST AID</b></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>
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<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 and sweets so please help yourself.</p> <p>There will also be water, pop 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.</p>	<p><b>WATER BOTTLES</b></p> <p>Each runner will receive a Trail Outlaws branded water bottle that is available on completion of the race.</p> <p><b>RACE DAY SHOP</b></p> <p>The Urban Trail League shop will be located at race registration should you wish purchase extra merchandise Trail Outlaws Hoodies, long sleeve tops, buffs and many other items.</p> <p>All 2018 will be getting sold off at £5, so you could also grab yourself a bargain.</p>	<p><b>FINAL WORD</b></p> <p>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.</p> <p>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 😊</p>
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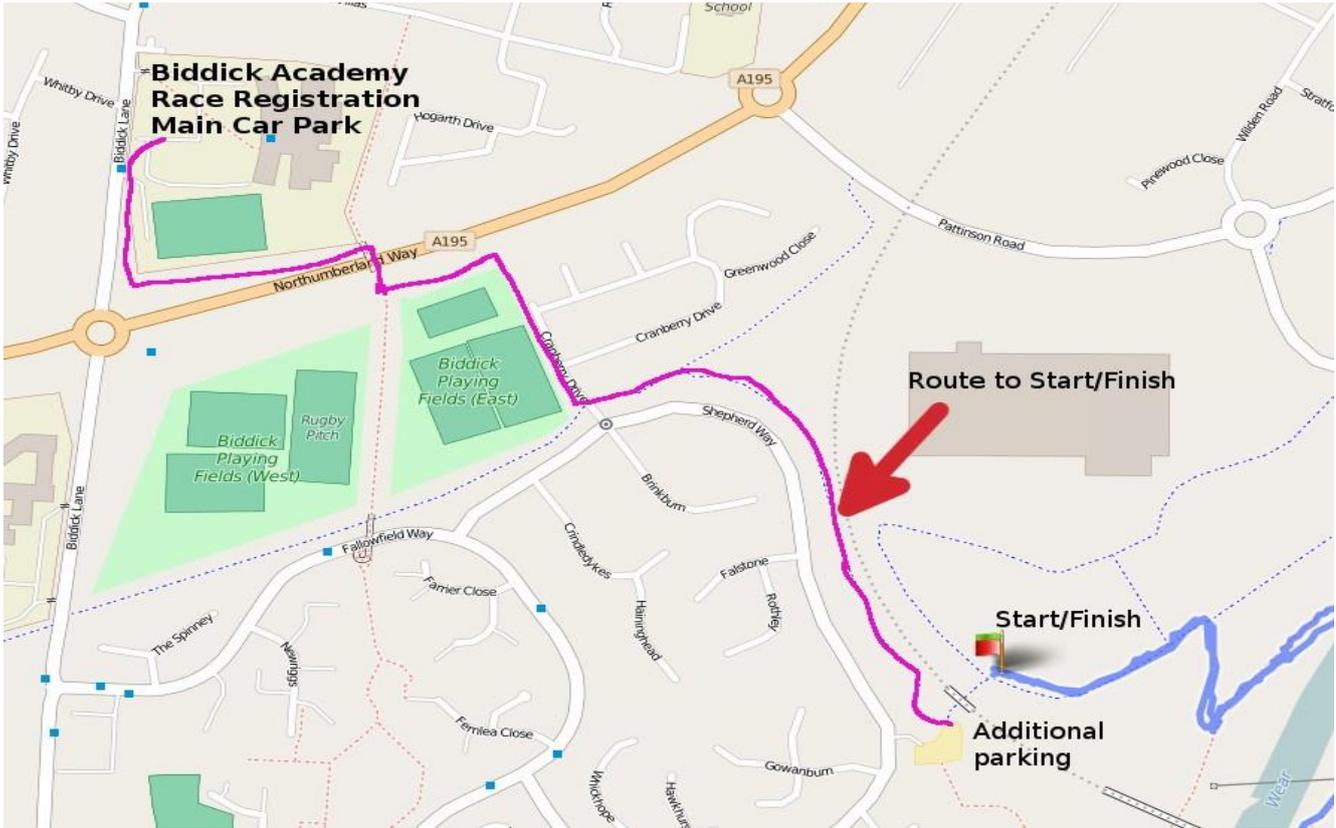
**WITH THANKS TO:**



# TRAIL OUTLAWS URBAN TRAIL SERIES WASHINGTON TRAIL 10K



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



# TRAIL OUTLAWS TRADING POST

## TRAIL OUTLAWS HOODIES £30



## TRAIL OUTLAWS T-SHIRT £10



## TRAIL OUTLAWS LONG SLEEVE £15 NEW FOR 2019!



## **OTHER UTS RACES**

**DURHAM TRAIL 10M** [www.urbantrails.co.uk/durham](http://www.urbantrails.co.uk/durham)

**PENSHAW HALF MARATHON** [www.urbantrails.co.uk/penshaw-hm](http://www.urbantrails.co.uk/penshaw-hm)

**BRANCHES & BAYS 10K** [www.urbantrails.co.uk/branches-and-bays](http://www.urbantrails.co.uk/branches-and-bays)

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

## **RACE INFORMATION**

**RACE ENTRIES/RESULTS** [urbantrails.co.uk/washington-results-2019.php](http://urbantrails.co.uk/washington-results-2019.php)

**RACE RULES** [www.urbantrails.co.uk/washington](http://www.urbantrails.co.uk/washington)

**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** [ww.trailoutlaws.com](http://ww.trailoutlaws.com)