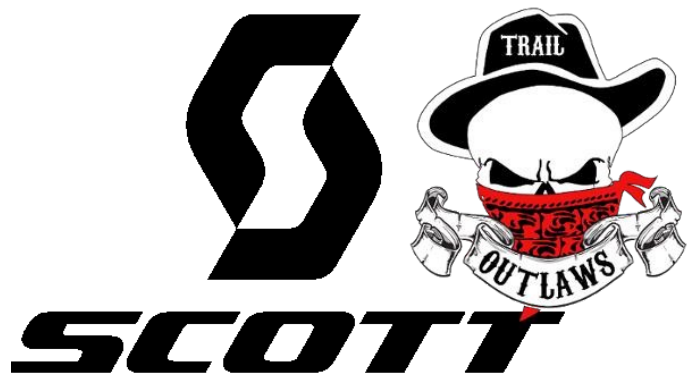




Thank you for entering the:-

# WASHINGTON TRAIL 10K -2022

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>The main race parking is at Biddick Academy School.</p> <p>After this is full we ask that you park in the surrounding areas responsibly i.e no blocking of drives, no parking illegally, park with consideration of local residents.</p> <p>The only exception to this is that you must not park in the street/housing estate directly opposite the entrance to Biddick Academy.</p> <p>This is due to previous complaints made by local residents to Biddick Academy, and our future use of the venue for further years relies on this understanding.</p> <p><b>Please also be aware that the race toilets are the race start/finish area.</b></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</b></p> <p>Please note that race numbers will be given out at race registration on the day of the race.</p>	<p><b>RACE START</b></p> <p><b>Race Briefing 09:55 hrs</b>  <b>Race Start 10:00 hrs</b>  <b>Awards 11:15 hrs</b>  <b>Race Finish 12:00 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 started above.</p> <p>As per the start of the event, once you have finished we will kindly ask that you collect your medal and Trail Outlaws buff and then please vacate the start / finish area.</p> <p><b>TOILETS</b></p> <p>There will be no indoor toilet facilities at the event in Biddick Academy as per previous years. We have hired portaloos that will be situated at the start / finish area.</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 24<sup>th</sup> April from 08:15 – 09:45 @ 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> <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, Active Root and sweets so please help yourself.</p> <p>There will also be water, Active Root and sweets at the finish area.</p>
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<b>POLITE REMINDER</b>  No headphones to be used or dogs to run with during the event.  Please be courteous to other users of the paths.	<b>RACE DAY SHOP</b>  The Urban Trail League shop will be located at race registration should you wish purchase extra merchandise Trail Outlaws Hoodies, vests, long sleeve tops, buffs and many other items.	
<p style="text-align: center;"><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>		

## WITH THANKS TO:



Thanks to Active Root who are providing winners awards and age category wards. 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/>



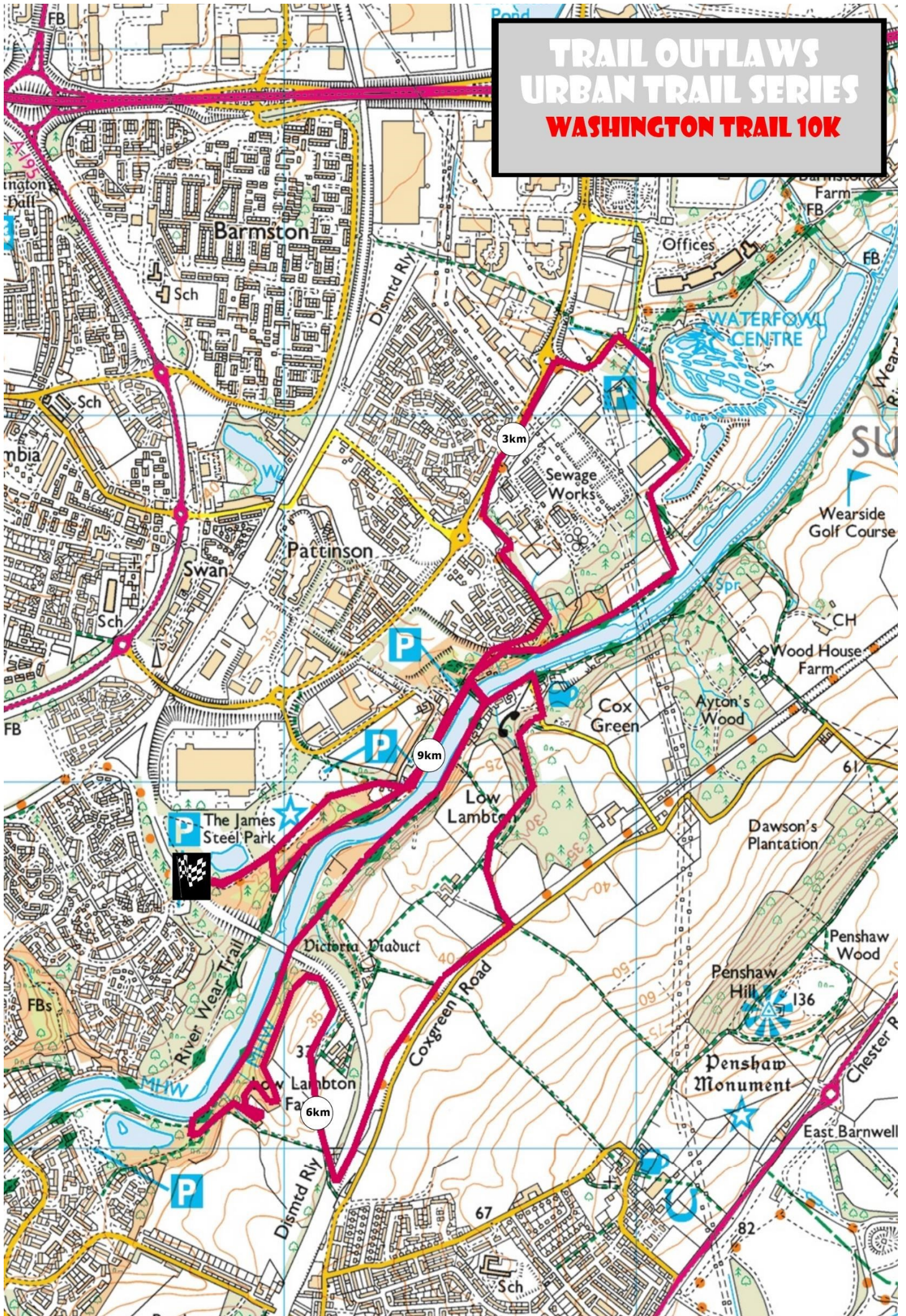
Trail Outlaws would like to thank House of Healing Sports Massage for a great offer that they are sharing with us.

"We would like to offer a 50% discount for your participants on their initial consultation and treatment which would be £30 for 75 minutes and then £5 off their 1 hour next treatment."

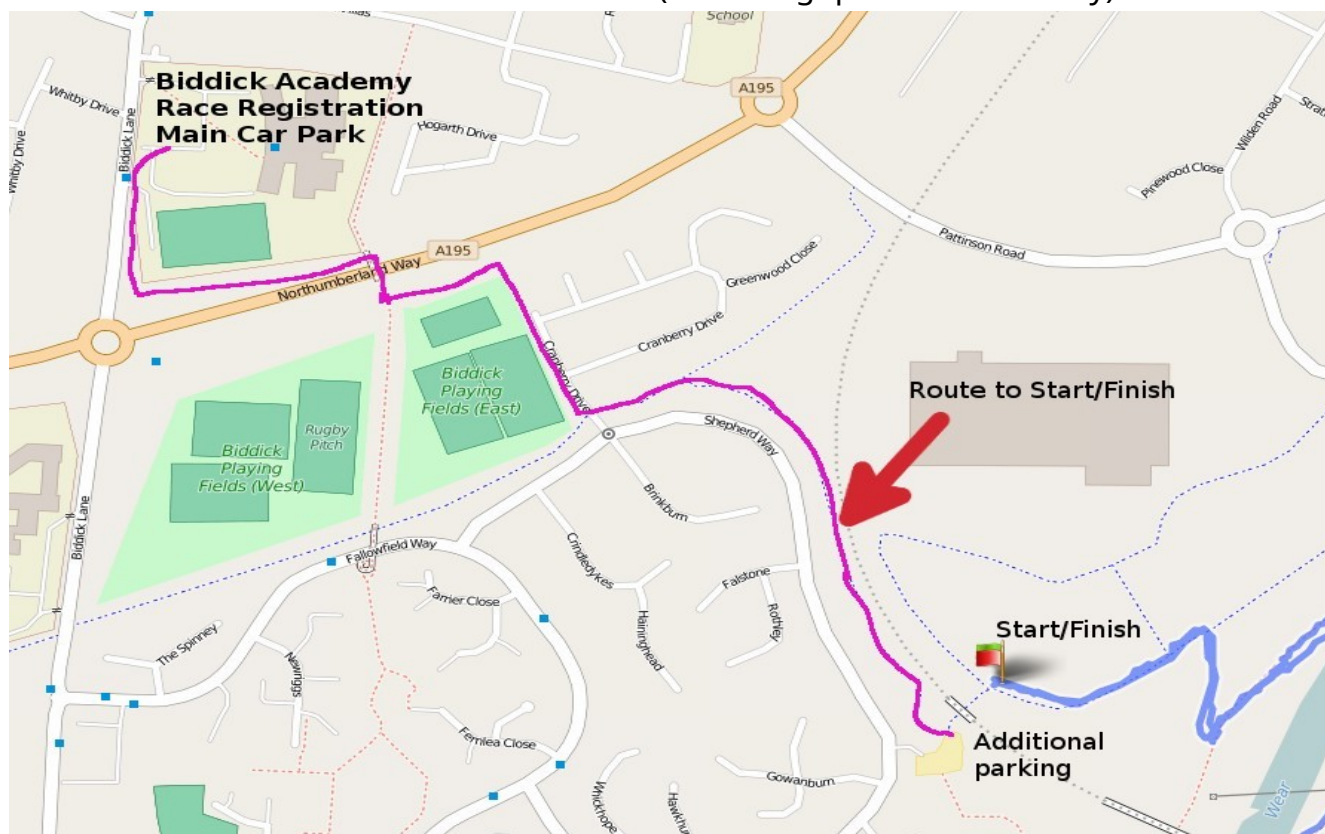
"House of Healing provides a Sports and Deep Tissue Massage service using a range of methods that are bespoke to your needs. We understand that every body is different so our even though our focus is clinical, our approach is holistic. Our aim to support our clients with injury recovery and prevention, pain management as well as general physical and mental well-being."

<https://www.facebook.com/houseofhealingmassage/>

# 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 £35



## 2021 VERSION £30!

## TRAIL OUTLAWS VESTS £12.50 WOMEN'S AND MEN'S FIT



## **TRAIL OUTLAWS LONG SLEEVE TOPS £17.50**



## **TRAIL OUTLAWS ENAMEL CUP £9**



## **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** [trailoutlaws.com/washington-results-2022.php](http://trailoutlaws.com/washington-results-2022.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** [www.trailoutlaws.com](http://www.trailoutlaws.com)