



BRANCHES AND BAYS 10K

Thank you for entering the Branches and Bays 10K race

In association with:



IMPORTANT RACE INFORMATION

Please read the pre race information carefully and fetch a copy with you on race day. If you have any questions about the race, then please contact info@trailoutlaws.com or phone 07984307900 Garry

RACE INFORMATION

This is the 4th running of the Branches and Bays 10k and this year will be the biggest one yet.

This is one of our 2 County Durham Trail runs and takes place on the stunning North East coast.

We hope you enjoy running around it as much as we don.

RACE NUMBERS AND TIMING WRIST BANDS

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

PLEASE NOTE PHOTOGRAPHIC ID is required when picking up your race number. This could be work pass, driving license, etc.

Numbers must be clearly pinned to the front of your vest and or t-shirt and wrist bands worn on your wrist. At the end of the event whilst crossing the finish line please remove your wrist band and hand it to the timing marshal, who will then record your time using the wrist band. If you forget to do this it could affect your time and position on the official results.

Results will then be almost instantly uploaded to our website www.urbantrails.co.uk/results to find your time and position.

REGISTRATION AND TIMINGS

Race registration:
Opens at 08:30 and closes 09:50.

Race start:
Briefing 09:55, Race Start 10:00.

Race Closes.
Last finisher 12:00

Prize Giving:
11:30-12:00

All runners must register before the race starts at the venue below.

Race Registration:

**Hawthorn Community Centre,
Village Green,
Hawthorn,
County Durham,
SR7 8SG**

[Map for Hawthorn Community Centre](#)

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.

START/FINISH AREA

The race finish will be at the Community Centre where registration takes place.

CHECKPOINTS

There is one checkpoint at the 4 mile point of the race at Nose's Point that you will pass through on the course. This will have water, and sweets. There are further sets of marshals on the course to point you in the right direction and cheer you on.

There will also be sweets and water and coke at the race finish.

RACE PARKING

Event parking will be on the lane leading to Hawthorn Dene and in the Old Rectory Filed provided for use of the event only, please use the North entrance to Hawthorn village that will be signed with big Trail Outlaws flags and follow the marshals instructions. Do **NOT** use the cross roads southern entrance. The areas where we are allowed to park for the event are marked on the attached map. This has to be strictly adhered to, to ensure the successful running of the event. This parking has been agreed with the Durham County Council and the local village. We will have parking clearly marked with yellow correx signs and marshals to guide you. Failure to do so could jeopardise your place in the event. You must park at these locations and **not in the village itself**. It is approximately a 2-3 minute walk from the furthest point you will park from the race HQ. The parking map attached shows in yellow the lane for parking, please park on the right side of the lane as you drive in from the road.

MEDICAL COVER

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 and at the CP at Nose Point.

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.

RACE ROUTE

The route will be marshalled, signed, taped and flagged!

We always spend a lot of time diligently marking out the 10k course'.

Special Mention :

1: Hawthorn Hive (Bay) & Seaham Blast Beach (Bay), when you arrive on Hawthorn Hive and The Blast please run on the right side of the yellow flags as this is the correct race route, any short cutting will result in disqualification, and you will be watched from above on the cliff tops and on the Bays themselves. **It is vital for your own safety that you do not enter or run in the water at any point during the event. Any runner doing so will be disqualified.**

2: The Railway crossing at Hawthorn Meadow and the top of Hawthorn Hive steps.

We will have marshals in place and signing directing runner's away from the crossings. **At no point in the race does the route cross the railway crossings. And it is vital for your safety and your life, that you do not cross the railway**

There will be marshals and signs, but navigation of the course remains the responsibility of the runner. The route is very straight forward and well signed, but please keep your eyes open.

TRAIL ETIQUETTE

As trail runners we pride ourselves on respecting the trails. We would ask you to do the same, please respect, be polite and give way to other users of the trails during the event.

Do not litter

Keep to the marked route.

We will be walking through and around the village of Hawthorn early on a Sunday morning, please keep any noise to an absolute minimum until after the event starts.

EVENT REFRESHMENTS

The community centre and local villagers who manage the centre will be putting on cake and hot drinks at the end of and during the event in the community centre for any friends and family and runners who wish to purchase them. All proceeds from this will go to the Community Centre so please bring with you some change to help support this local Community Centre.

RACE DAY SHOP

The Urban Trail League shop will be located at race registration should you wish purchase extra merchandise Urban Trail League T-shirt £10 or Trail Outlaws Buff £5 (Buffs come in 5 colours, Pink, Yellow, Orange, Purple and Black) Your race entry includes 1x free Urban Trail Series Mug collected at registration). You can also purchase extra mugs for £5.

We also hope to have a limited supply of the new Trail Outlaws running vest and hoodies at Branches and Bays.

If you wish to purchase any merchandise please bring cash on the day.

FINAL WORD

That's all the what's, where's when's and stern stuff covered, now onto the fun part.

We are delighted how well received the event has been by you the runners.

We thank you for choosing to run on the trails with Trail Outlaws and we insist above all else that you bring along your smile and trail running spirit and enjoy your day with us.

As we love seeing you smiling (and suffering a little) on the trails along the way.

TRAIL OUTLAWS TRADING POST

TRAIL OUTLAWS HOODIES £25



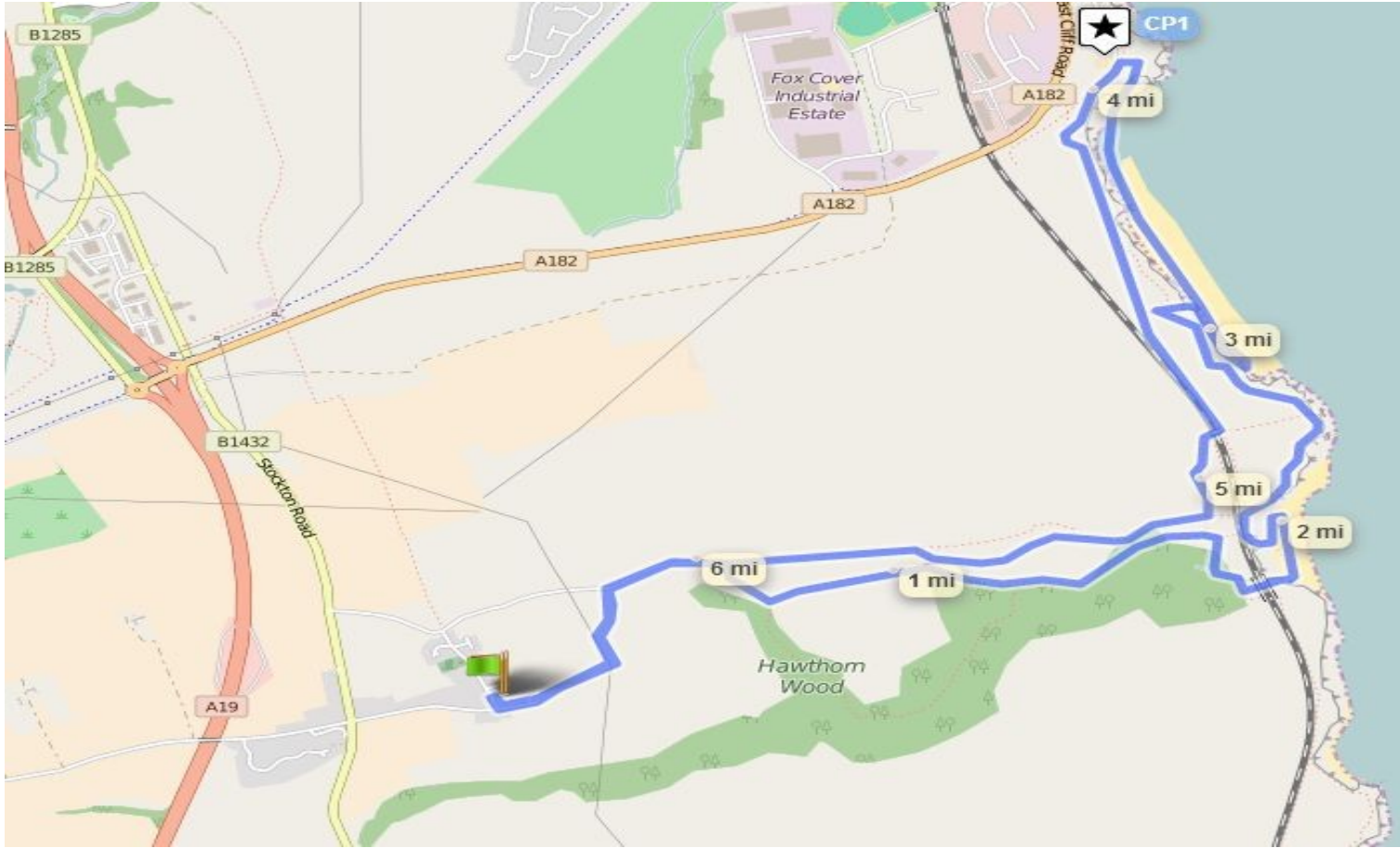
TRAIL OUTLAWS T-SHIRT £10



TRAIL OUTLAWS LONG SLEEVE £15
NEW for 2019!



RACE ROUTE



PARKING



OTHER 2019 UTS RACES

PENSHAW 10K www.urbantrails.co.uk/penshaw-10k

RACE INFORMATION

RACE ENTRIES www.urbantrails.co.uk/branches-and-bays-results-2019.php

RACE RULES www.urbantrails.co.uk/branches-and-bays

TERMS AND CONDITIONS www.trailoutlaws.com/tandc

URBAN TRAILS WEBSITE www.urbantrails.co.uk

TRAIL OUTLAWS WEBSITE www.trailoutlaws.com

WITH THANKS TO:



**National
Trust**



FROM TEES TO TYNE