



Durham Trail 5K

In association with:



RACE INFORMATION

Please read the pre-race information carefully.
If you have any questions about the race, then please email info@trailoutlaws.com.

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 is sufficient parking at the race HQ at the Graham Sports Centre in Durham. Please park sensibly as to allow other vehicles to be able to park. We always have an issue with people wanting to park 10ft away from other cars which means we have less room. Think Asda carpark gaps and we will be able to park you all ☺

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.

CHECKPOINTS

There will be a water, pop & sweets station on route at mile 3 and 4 miles that you pass through. There will also be water and a sweet station that you pass through at 7 and 9 miles. There will also be water at the end.

POLITE REMINDER

Headphones may be used but must be taken out when approaching marshals in high viz. No dogs to run during the event. Please be courteous to other users of the paths.

FINALLY

We are really looking forward to meeting you all at Durham. 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

RACE START

Race Briefing 10:05 hrs
Race Start 10:10 hrs
Awards 11:30 hrs
Race Finish 13:00 hrs

The race start location:
The Graham Sports Centre at Maiden Castle, University of Durham, Durham, DH1 3SE
[Map for Sports Centre](#)

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 for the chip reader to pick up your number.

You will then be able to collect your awesome Durham Trail 5K medal.

RACE ROUTE

Please make sure you are familiar with the route, as shown on the attached map.

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 at the bottom of this document.

RACE NUMBERS

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

This number must be pinned to the front of your top and visible throughout the event.

RACE REGISTRATION

Race registration will take place on Sunday 31st May from 08:30 – 09:55 @ Graham Sports Centre Durham.

The Graham Sports Centre at Maiden Castle, University of Durham, Durham, DH1 3SE
[Map for Sports Centre](#)

At registration you will be given your race number.

MEDICAL / FIRST AID

First Aid cover at the event is being provided by Event Medical Solutions.

There will be First Aid responders and Paramedic located at the event finish area should anyone require first aid / medical assistance at the event.

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.

TOILETS

Please use the portaloos in the car park. Indoor toilets at the university can only be used if you are visiting the cafe.

MUDDY SNEAKS

We have been asked by the University and Management Team at the Graham Sports Centre to tell you all about tracking mud into the sports centre after the event.

No doubt you will get some mud on your sneaks on the course, after all it's a trail run. But when you finish and collect your medal etc, please either take your sneaks off, or change them before you head into the Graham sports Centre to grab some food / coffee or go to the toilet

you.

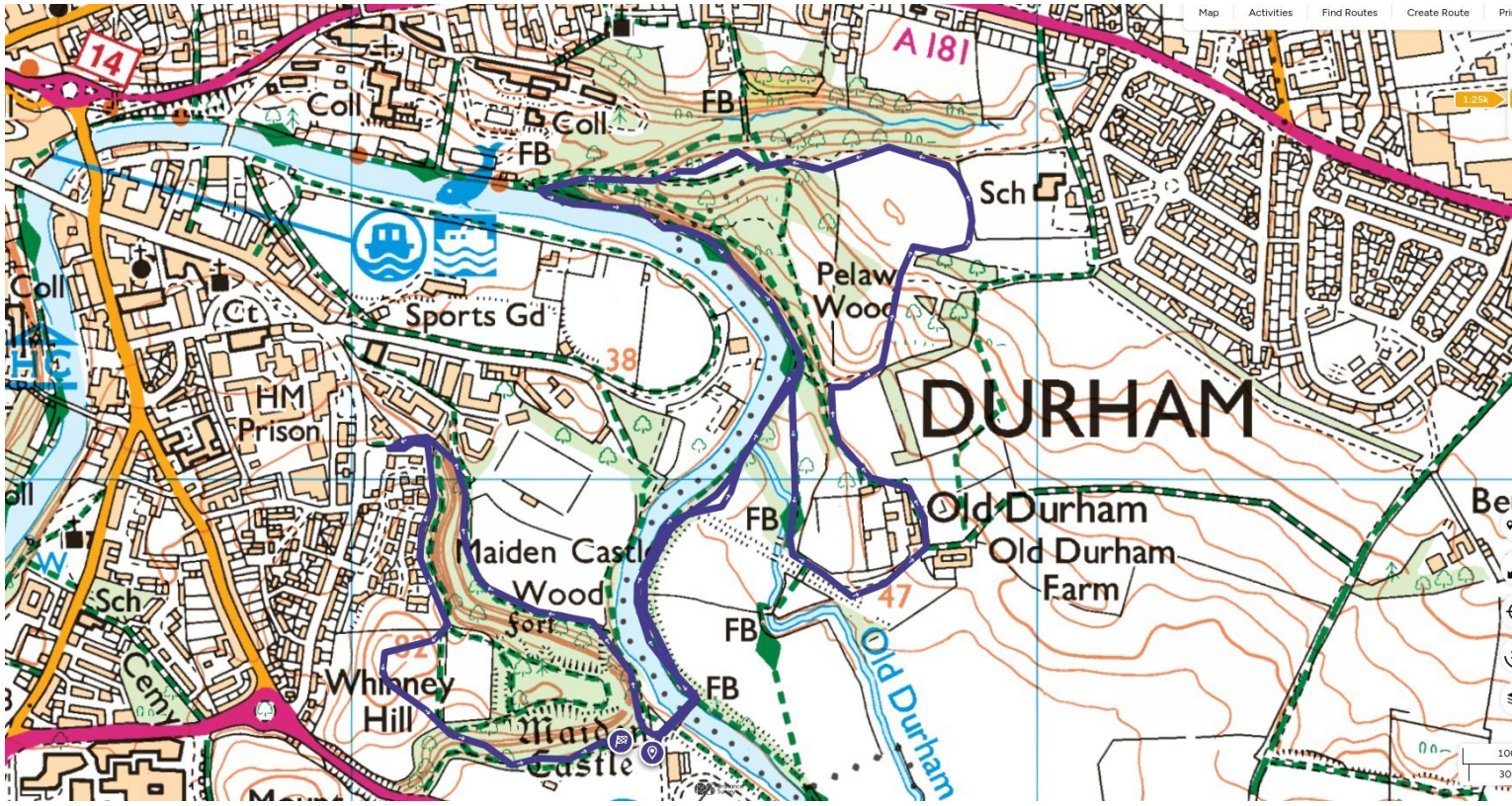
Have a great time, run with a smile on your face and we are sure you will agree, trail running is the best kind of running 😊

WITH THANKS TO:



Set in its own spacious grounds and still part of Wooler town. The hostel has a huge dining and common room, drying facilities, a large self-catering kitchen and Shepherd's Hut sleeping cabins, making it great for groups & families. Home made food available at the hostel, on site car parking and secure cycle storage. The hostel sleeps up to 51 people.

DURHAM TRAIL 5K ROUTE



TRAIL OUTLAWS TRADING POST

TRAIL OUTLAWS HOODIES £40



VESTS £15



TRAIL OUTLAWS Running SHORT FROM £18



TRAIL OUTLAWS ENAMEL CUP £10



OTHER UTS RACES

BRANCHES & BAYS 10K www.urbantrails.co.uk/branches-and-bays

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

PENSHAW HALF MARATHON www.urbantrails.co.uk/penshaw-hm

RACE INFORMATION

RACE ENTRIES/RESULTS trailoutlaws.com/results

TERMS AND CONDITIONS www.trailoutlaws.com/tandc

URBAN TRAILS WEBSITE www.urbantrails.co.uk

TRAIL OUTLAWS WEBSITE www.trailoutlaws.com