

# **TRAIL OUTLAWS**

## **Urban Trail Series**



## **Durham Trail 10M**

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>.</p> <p>So please help us celebrate the event by coming along with a huge smile and sense of adventure to enjoy the trails.</p> <p>We guarantee if it's your first trail run, it won't be your last!</p> <p><b>RACE PARKING</b></p> <p>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 ☺</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>CHECKPOINTS</b></p> <p>There will be a water, pop &amp; 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 though at 7 and 9 miles.</p> <p>There will also be water at the end.</p> <p><b>POLITE REMINDER</b></p> <p>Headphones may be used but must be taken out when approaching marshals in high viz. No dogs to run during the event.</p> <p>Please be courteous to other users of the paths.</p>	<p><b>RACE START</b></p> <p><b>Race Briefing 09:55 hrs</b> <b>Race Start 10:00 hrs</b> <b>Awards 12:00 hrs</b> <b>Race Finish 13:00 hrs</b></p> <p>The race start location: <b>The Graham Sports Centre at Maiden Castle,</b> <b>University of Durham,</b> <b>Durham,</b> <b>DH1 3SE</b> <a href="#">Map for Sports Centre</a></p> <p><b>RACE FINISH</b></p> <p>The race finishes at the same place as the race start above.</p> <p>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.</p> <p>You will then be able to collect your awesome Durham Trail 10 medal.</p> <p><b>RACE ROUTE</b></p> <p>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.</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>This number must be pinned to the front of your top and visible throughout the event.</p>	<p><b>RACE REGISTRATION</b></p> <p>Race registration will take place on Sunday 1st June from 08:15 – 09:45 @ Graham Sports Centre Durham.</p> <p><b>The Graham Sports Centre at Maiden Castle,</b> <b>University of Durham,</b> <b>Durham,</b> <b>DH1 3SE</b> <a href="#">Map for Sports Centre</a></p> <p>At registration you will be given your race number.</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>TOILETS</b></p> <p>Please use the portaloos in the car park. Indoor toilets at the university can only be used if you are visiting the cafe.</p> <p><b>MUDDY SNEAKS</b></p> <p>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.</p> <p>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</p>
<p><b>FINALLY</b></p> <p>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 you. <b>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 😊</b></p>		

## WITH THANKS TO:



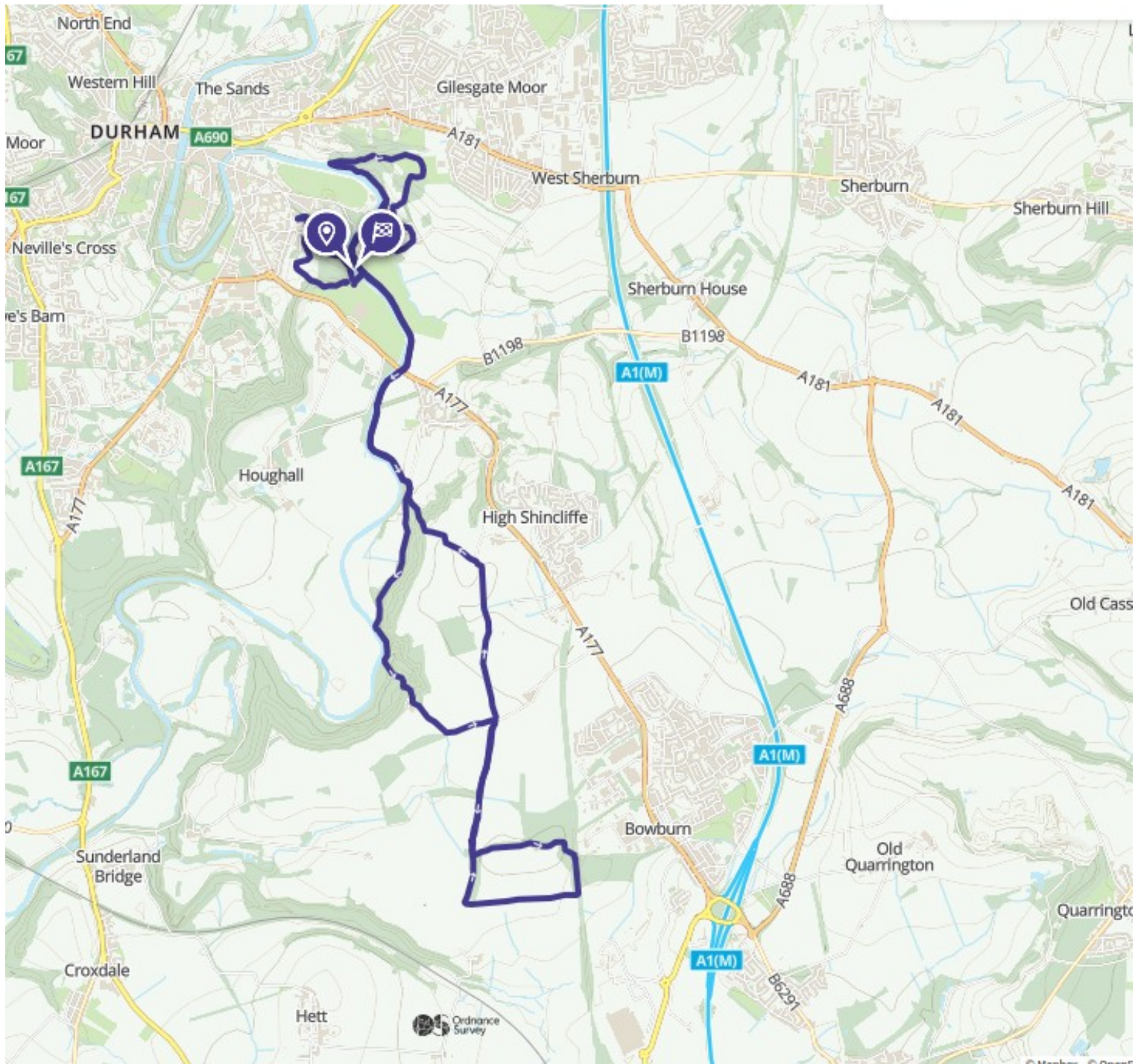
Set in its own spacious grounds and still part of Wooler town. The hostel has a huge dining and common room, drying facilities, a large self-catering kitchen and Shepherd's Hut sleeping cabins, making it great for groups & families. Home made food available at the hostel, on site car parking and secure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



Thanks to AED Medical who come and do medical cover at all our events for peace of mind.



# DURHAM TRAIL 10M 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](http://www.urbantrails.co.uk/branches-and-bays)

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

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

## **RACE INFORMATION**

**RACE ENTRIES/RESULTS** [trailoutlaws.com/results](http://trailoutlaws.com/results)

**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)