



Thank you for entering the:-

# PIECES OF 8 10K @ PENSRAW

In association with:-



## INFORMATION

Please read the pre-race information carefully. If you have any questions about the race, then please [info@trailoutlaws.com](mailto:info@trailoutlaws.com) or phone 07734309500 Tim 07984307900 Garry

## RACE INFORMATION

This is the 5th running of the Pieces of Eight 10k and it will be the last under its current name. With the 2019 event being re-branded at the Penshaw 10k with all new medals. This was the first event the Trail Outlaws ever hosted, and where it all began.

We hope you enjoy it.

Most important of all, please bring with you a smile and adventurous trail spirit. After all we do this for fun :)

## RACE NUMBERS / WRIST BANDS

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

## 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.

## RACE DAY SHOP

The Urban Trail League shop will be located at race registration should you wish purchase extra merchandise Trail Outlaws Vest £15, Urban Trail League T-shirt £10, Trail Outlaws Running Cap £12.50 or Trail Outlaws Buff £5 (Buffs come in 4 colours, Pink, Yellow, Orange & Purple. Your race entry includes 1x free Mug collected at registration). You can also purchase extra mugs for £5.

## RACE REGISTRATION

Race registration for the event opens at 14:30 and closes 15:45.

All runners will then need to make their way to the bottom of Penshaw Monument, a short 2 minute walk from registration for 16:00 for the race briefing.

Briefing 15:50

Start 16:00

Finish 18:00

All runners must register before the race starts. Mugs will be given out at registration.

Medals will be given out upon completion of course.

## RACE REGISTRATION

**Herrington Country Park,  
Rangers Hut,  
Tyne and Wear,  
DH4 7NJ**

[Herrington Park Map](#)

## RACE PARKING

Event parking will be at Herrington Country Park, where there will be plenty of onsite parking for all.

## CHECKPOINTS

There are two checkpoint locations, during the event, at 2.5 and 5 miles located below Offerton and the bottom of Penshaw before the last climb to the top. Both CPs will have water and sweets.

The finish will have water, jelly sweets and pop.

## FIRST AID

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 on top of Penshaw monument 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.

## PRESENTATION

Winner's presentations and age category presentations will take place on the Monument weather permitting at approx. 1730hrs for both events.

This will be moved to the Rangers Hut in inclement weather conditions.

## URBAN TRAIL SERIES

This is the 5th and final event in the Trail Outlaws Urban Trail Series 2018.

We are looking at hosting an awards evening for those who have won the overall league, and the clubs who have done so also. This will be also be the opportunity in which we present all those who managed to complete all the events in the Urban Trail League 2018 with their own awards.

There will also be spot prizes given out throughout the evening.

This will in all likelihood take place on the Friday 26th October at a venue yet to be decided (pub so we can drink afterwards and during).

## START / FINISH

The race starts at the foot of Penshaw Hill, and the finish will be on Penshaw Monument itself.

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.

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.

You will then be able to collect your finisher's medal.

You will need to walk back to the Ranger Hut where you registered to collect any baggage you left.

But please be aware that we cannot guarantee the safety of any belongings left at the start and we will not be able to hold onto people's car keys or valuables, these are your responsibility.

## **RACE ROUTE**

The route will be fully marshalled, signed and flagged.

We always spend a lot of time diligently marking out course' however on occasion these markings do get removed by dog walkers and locals (this happened on our last event Washington Trail 10k, prompting last minute emergency course re-marking) so please make yourself familiar with the online route map.

### **PLEASE NOTE :**

This year we have reversed the race route to make that little bit more fun (challenging) and to keep you on your toes. So you will first run along the old railway line, up to Offerton and back to Penshaw along the river for the nice surprise or climbing from the riverside to Penshaw Monument in the last mile. We know you'll love it (afterwards, as you'll hate us during). But it's all type 2 fun :)

## **URBAN TRAIL SERIES 2019**

The Urban Trail Series will be returning in 2019 with tickets to all events and the season ticket going on sale on the 1st October. This year saw every single one of our Urban Trail events sell out well in advance of the events so please book early to avoid disappointment. All dates for next year's events are shown on the flyer below.

## **FINAL WORD**

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.

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 😊

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

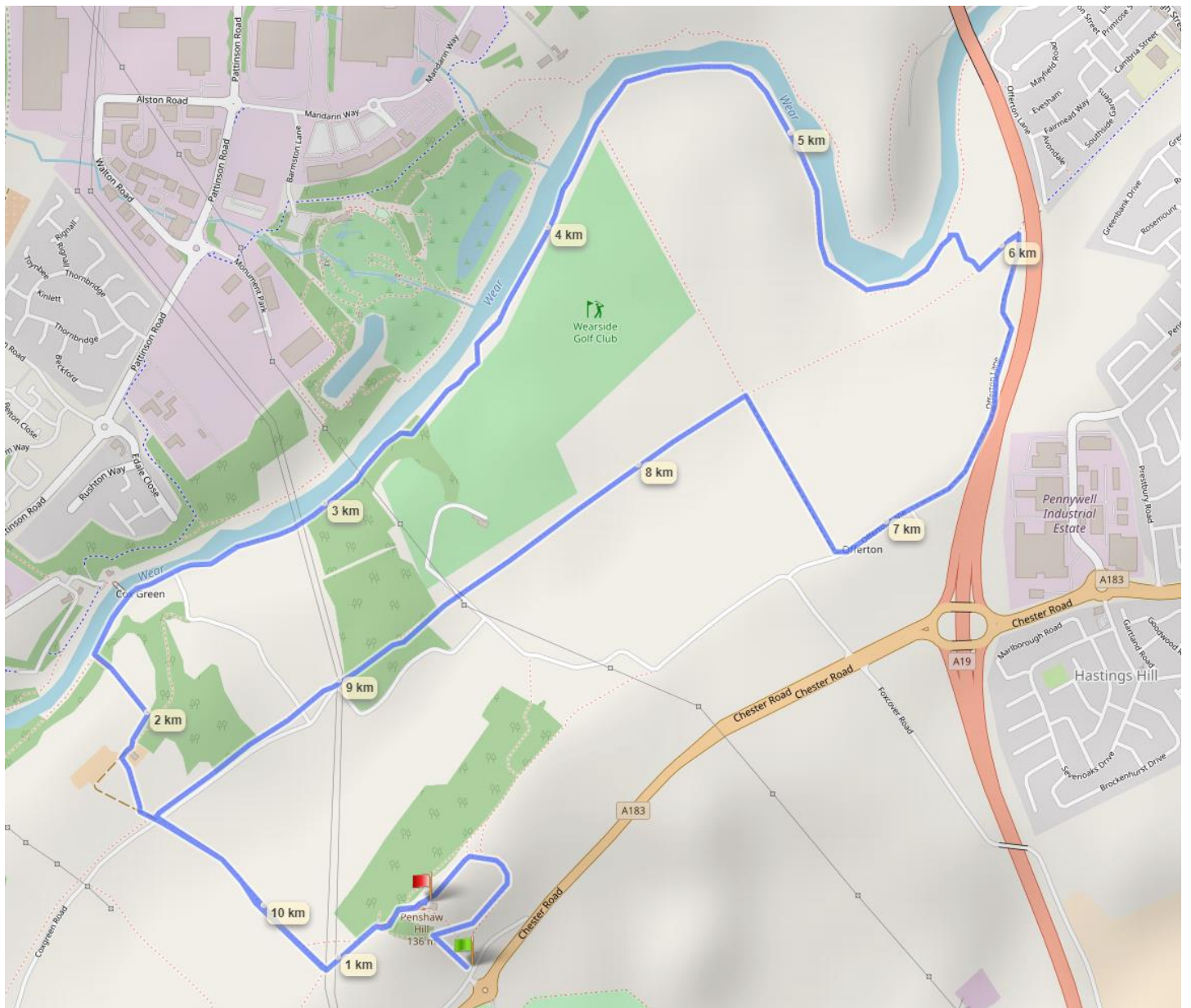
**TERMS AND CONDITIONS** [www.trailoutlaws.com/tandc](http://www.trailoutlaws.com/tandc)

**URBAN TRAILS WEBSITE** [www.urbantrails.co.uk](http://www.urbantrails.co.uk)

**TRAIL OUTLAWS WEBSITE** [www.trailoutlaws.com](http://www.trailoutlaws.com)



# PENSHAW 10K RACE ROUTE:-



# TRAIL OUTLAWS TRADING POST

The following items will be available to purchase at the race

**TRAIL OUTLAWS T-SHIRT £10**

**TRAIL OUTLAWS  
CAP £12.50**



**TRAIL OUTLAWS VEST £15**



VEST



VEST



VEST





*Beautiful Trail Runs*

*On Your Own Back Door*

**FUN EVENTS FOR RUNNERS OF ALL ABILITIES  
10K, 10 MILE & HALF MARATHON**

# **URBAN TRAIL SERIES 2019**



*In partnership with*

**ENTER AT**

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



**28TH APRIL  
WASHINGTON TRAIL 10K**

**12TH MAY  
DURHAM TRAIL 10 MILE**

**23RD JUNE  
PENSRAW HALF MARATHON**

**18TH AUGUST  
BRANCHES & BAYS 10K**

**6TH OCTOBER  
PENSRAW 10K**

**FOLLOW US FOR RACE PHOTOS, UPDATES & INFORMATION ON OUR UPCOMING EVENTS AND MUCH MORE**



**@TRAILOUTLAWS**



**@TRAILOUTLAWS**

**#TRAILOUTLAWS**