

# TRAIL OUTLAWS

## Urban Trail Series



Penshaw  
10K 2025



<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>This is the 11th year of the Penshaw 10K which was the first event the Trail Outlaws ever hosted, and where it all began.</p> <p>We hope you enjoy it.</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>URBAN TRAIL SERIES</b></p> <p>The Penshaw 10K is the final race in the series. The 2026 race series is now open for entries. <a href="https://urbantrails.co.uk/">https://urbantrails.co.uk/</a></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. Fetch appropriate footwear for the race conditions.</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>TOILETS</b></p> <p>We have hired portaloos that will be situated in the car park area. There are toilets available next to the main car park.</p>	<p><b>RACE REGISTRATION</b></p> <p>Race registration for opens at 08:00 and closes at 09:40.</p> <p>All runners will then need to make their way to the bottom of Penshaw Monument, a short 2 minute walk from registration for 09:50 for the race briefing.</p> <p>10K: Briefing 10:10 Start 10:15 Awards 11:30 Finish 12:30</p> <p>All runners must register before the race starts. Pre ordered t-shirts will be given out at registration.</p> <p>Medals will be given out upon completion of course.</p> <p>Registration takes place at : <b>Herrington Country Park, Rangers Hut, Tyne and Wear, DH4 7NJ</b></p> <p><a href="#">Herrington Park Map</a></p> <p><b>RACE PARKING</b></p> <p>Event parking will be at Herrington Country Park, where there will be plenty of on-site parking for all.</p> <p><b>POLITE REMINDER</b></p> <p>No headphones to be used or dogs to run during the event. This is in line with our insurance and must be adhered to.</p> <p>Please be courteous to other users of the paths.</p> <p><b>VIRTUAL OPTION</b></p> <p>If you can no longer make the race. Then you are still able to claim your t-shirt and medal and by emailing proof to <a href="mailto:info@trailoutlaws.com">info@trailoutlaws.com</a> of running a 10K distance before the end of November. We will then post your t-shirt and medal out for you.</p>	<p><b>RACE START</b></p> <p><b>Race Start: 10:00</b> <b>Race Finish: 13:30</b></p> <p>The race starts at the foot of Penshaw Hill, and the finish will be on Penshaw Monument itself.</p> <p>The race start location: The foot of Penshaw Monument, approx. 3-4 minute walk from the registration area.</p> <p><b>RACE FINISH</b></p> <p>The race finishes at the top of Penshaw Monument.</p> <p>On finishing the race you will be presented with your race medal. There will also be water and sweets available.</p> <p><b>PRESENTATION</b></p> <p>Winner's presentations and age category presentations will take place on the Monument weather permitting at approximately 12:00. This will be moved to the Rangers Hut in inclement weather conditions.</p> <p><b>MEDICAL / FIRST AID</b></p> <p>Full medical cover is provided by AED Medical Services.</p> <p>They will be on hand at the race start/finish area for the duration of the event.</p> <p><b>CHECKPOINTS</b></p> <p>There is one checkpoint at Offerton steps at around the 6KM mark.</p> <p>The finish will have water and jelly sweets.</p>
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<p><b>RACE ROUTE</b></p> <p>The route will be fully marshalled, signed and flagged.</p> <p>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.</p> <p><b>There will be marshals and signs, but navigation of the course remains the responsibility of the runner.</b></p>	<p><b>TRADING POST</b></p> <p>The <b>TRAIL OUTLAWS TRADING POST</b> will be located at race registration should you wish purchase our fabulous and highly sort after merchandise, including: Trail Outlaws Hoodies, vests, long sleeve tops, buffs, collapsible cups and many other items.</p> <p><b>Road Crossings</b></p> <p>There are several minor road crossings. Caution runners and caution road signs will be visible. Along with event marshals who will advise of approaching vehicles. It is the runners responsibility to cross safely.</p>	<p><b>FINALLY</b></p> <p>We are really looking forward to meeting you all at Penshaw. 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.</p> <p><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>
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# Penshaw 10K - Route



# TRAIL OUTLAWS TRADING POST

## TRAIL OUTLAWS HOODIES £35



## TRAIL OUTLAWS VESTS £12.50

Women's and men's Fit



## TRAIL OUTLAWS LONG SLEEVE TOPS £20.00



## TRAIL OUTLAWS ENAMEL CUP £10



# RACE INFORMATION

**RACE 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)