

TRAIL OUTLAWS

URBAN TRAIL SERIES



PENSHAW

HALF MARATHON

In association with:



INFORMATION

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

RACE INFORMATION

This is the 6th running of the Penshaw Half Marathon which 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.

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

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 Hoodies, long sleeve tops, buffs and many other items.

All 2018 will be getting sold off at £5, so bring along some cash you could also grab yourself a bargain. Hoodies also been reduced to £25.

RACE REGISTRATION

Race registration for opens at 08:00 and closes at 09:40.

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.

Half Marathon:

Briefing 09:50

Start 10:00

Awards 12:00

Finish 13:30

All runners must register before the race starts. T-shirts 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.

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 NFC wristband scanned by our readers.

Please do not run off presuming that your number 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.

PRESENTATION

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.

URBAN TRAIL SERIES

This is the 3rd event in the Trail Outlaws Urban Trail Series. Only the Penshaw 10K race has any places left for the 2019 race series on 6th October 2019.

Should you wish to run the final Urban Trail Series event "Penshaw 10K", make sure you enter soon as we only have 100 places remaining in the event.

<https://urbantrails.co.uk/penshaw-10k>

SCOTT RUNNING EXCLUSIVE

Following on from the successful launch of the Kinabulu RC 2.0 shoe at Durham. SCOTT Sports will be at Penshaw with their full range of footwear for you to try. Just head over to the SCOTT tent at the event HQ to find out more

<https://www.scott-sports.com/gb/en/kin-abalu-rc>

RACE ROUTE	CHECKPOINTS	FIRST AID
<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>Special Mention :</p> <p>The four areas that have caused runners to go past route markings and off trail in the past are :-</p> <p>1: Turning down to River after wildfowl park.</p> <p>After you have ran through the wildfowl carpark and past the wildfowl park itself you will run approx. 300yds up the main path/trail. Before the path bear left there is a turning down to the river which is the official race route. There should be a marshal and signs pointing the way. But please keep your eyes peeled.</p> <p>2: The Bottom of Offerton Steps. Ensure when running along the south riverside after approx. 2.5 / 9 miles when the A19 flyover comes into view you, you take the right turning up the steps before the White House.</p> <p>3: The Top of the Offerton Steps. Ensure when you get to the top of the steps (your legs are still working) you take a left turn, you will then be greeted by the well-earned CP 50 yds along the path.</p> <p>4: After you have been to the Offerton CP and ran up to Offerton Village, please carry through the village, until the signage points you down the track down from the village itself. There should be a marshal on the day, but please be alert for signs in this area.</p> <p>There will be marshals and signs, but navigation of the course remains the responsibility of the runner.</p>	<p>There are two checkpoint locations, one of which you will pass twice during the event, at 2.5 and 7 miles located on the north side of the river at Cox Green.</p> <p>The final CP at 9 miles located at the top of Offerton Steps before the climb to Offerton Village. Both CPs will have water and sweets.</p> <p>The finish will have water, jelly sweets and coke.</p> <p>POLITE REMINDER</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>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 on top of Penshaw monument 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>
FINALLY		
<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>		

TRAIL OUTLAWS TRADING POST

TRAIL OUTLAWS HOODIES £25



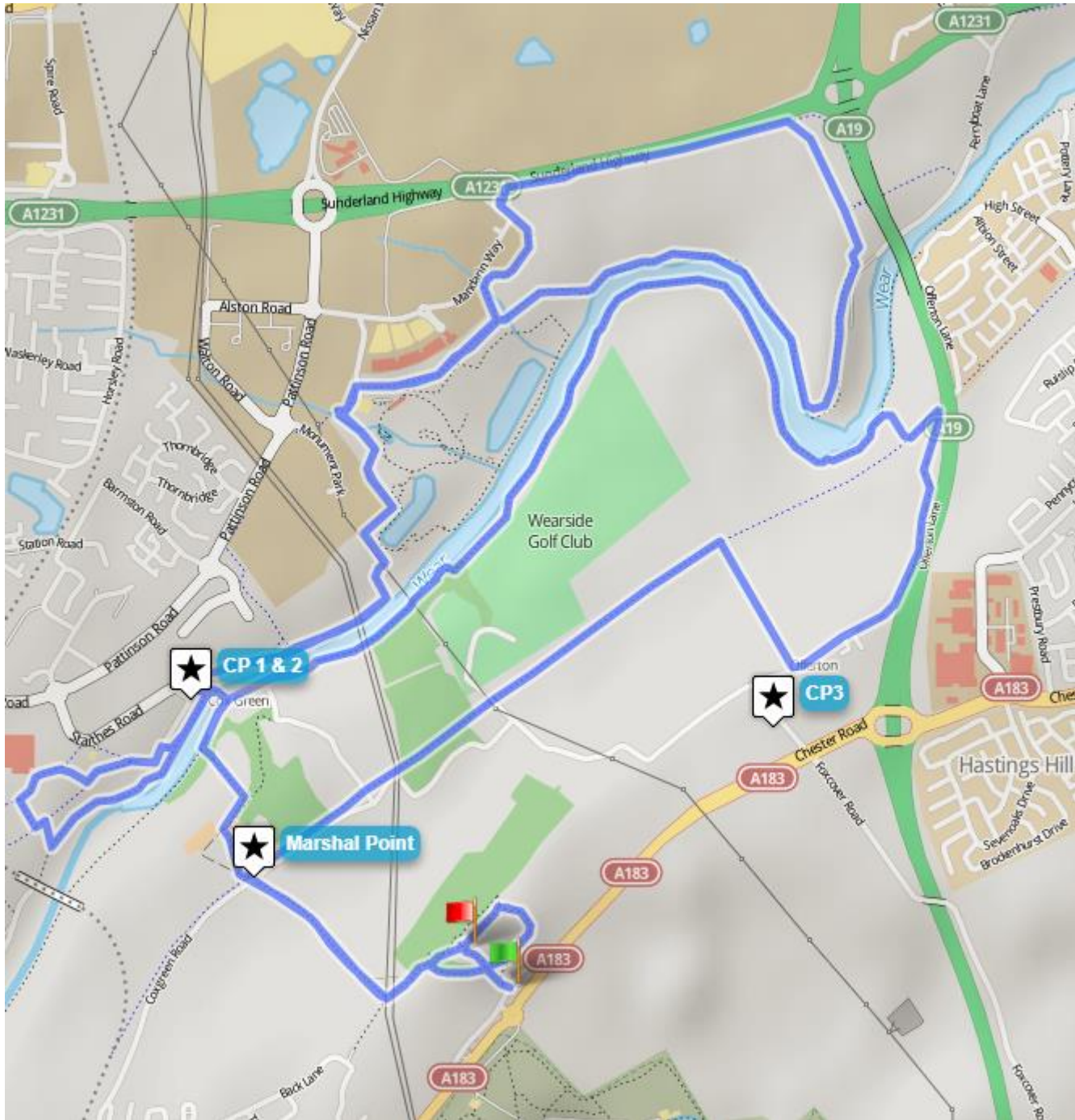
TRAIL OUTLAWS T-SHIRT £10



TRAIL OUTLAWS LONG SLEEVE £15
NEW for 2019!



PIECES OF 8 HM @ PENSRAW - ROUTE



OTHER 2019 UTS RACES

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

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

RACE INFORMATION

RACE ENTRIES/RESULTS urbantrails.co.uk/penshaw-hm-results-2019.php

RACE RULES www.urbantrails.co.uk/penshaw-hm

TERMS AND CONDITIONS www.trailoutlaws.com/tandc

URBAN TRAILS WEBSITE www.urbantrails.co.uk

TRAIL OUTLAWS WEBSITE ww.trailoutlaws.com