

TRAIL OUTLAWS

URBAN AND ULTIMATE TRAIL SERIES



PENSHAW HALF MARATHON 2022



<p>RACE INFORMATION</p> <p>Please read the pre-race information carefully. If you have any questions about the race, then please email info@trailoutlaws.com.</p> <p>This is the 8th running of the Penshaw Half Marathon 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>URBAN TRAIL SERIES</p> <p>The Penshaw Half Marathon is the third race in the series. The next races is the very popular Branches and Bays 10K and there are a limited number of places still available. https://urbantrails.co.uk/</p> <p>ULTIMATE TRAIL SERIES CHALLENGE</p> <p>The Penshaw Half Marathon this years is our first event in the Ultimate Trail Series Challenge events. A series of stunning, fun and challenging Half Marathons in the North East Region and beyond. There is a Half Marathon to suit all abilities and adventures.</p> <p>Come take a look at the rest of the Half Marathons after you have conquered this Monumental run. https://ultimate-trails.co.uk/</p> <p>BEFORE THE RACE</p> <p>Consider taking out personal insurance against accident or injury whilst participating in sporting activities. UKA and TRA membership include insurance.</p> <p>Fetch appropriate footwear for the race conditions.</p> <p>RACE NUMBERS</p> <p>Please note that race numbers will be given out at race registration on the day of the race. The foam tag on the back of the bib is for the race timing. So please do not remove this tag.</p> <p>This number must be pinned to the front of your top and visible throughout the event.</p>	<p>RACE REGISTRATION</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>Half Marathon: Briefing 09:50 Start 10:00 Awards 12:00 Finish 13:30</p> <p>All runners must register before the race starts. 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 : Herrington Country Park, Rangers Hut, Tyne and Wear, DH4 7NJ</p> <p>Herrington Park Map</p> <p>RACE PARKING</p> <p>Event parking will be at Herrington Country Park, where there will be plenty of on-site parking for all.</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>Please be courteous to other users of the paths.</p> <p>TOILETS</p> <p>We have hired portaloo toilets that will situated in the car park area. There are toilets available next to the main car park.</p>	<p>RACE START</p> <p>Race Start: 10:00 hrs Race Finish: 13:30 hrs</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>RACE FINISH</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>PRESENTATION</p> <p>Winner's presentations and age category presentations will take place on the Monument weather permitting at approximately 12:00.</p> <p>This will be moved to the Rangers Hut in inclement weather conditions.</p> <p>MEDICAL / FIRST AID</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>CHECKPOINTS</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 and jelly sweets.</p>
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<p>RACE ROUTE</p> <p>The route will be fully marshalled, signed and flagged. The National Trust have asked that we stick to using the steps and not the paths either side on the descent from the monument.</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 car park 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>RACE DAY SHOP</p> <p>We will be operating a reduced stock Trail Outlaws Shop at the event. Please bring cash if you would like to purchase any of the Hoodies, Buffs or Draw String Kit Bags that will be on offer.</p> <p>FINALLY</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>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 😊</p>	
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WITH THANKS TO:



"Active Root are supporting the Penshaw Half Marathon this year!

"Their Sports Drinks will be at each of the aid stations and available to purchase at the finish.

"If you haven't tried Active Root yet then go here to get 3x sachets for just 99p: <https://activeroot.co.uk/pages/trail-outlaws>

"Or use the exclusive code: TRAILOUTLAWS15 to get 15% off your order."



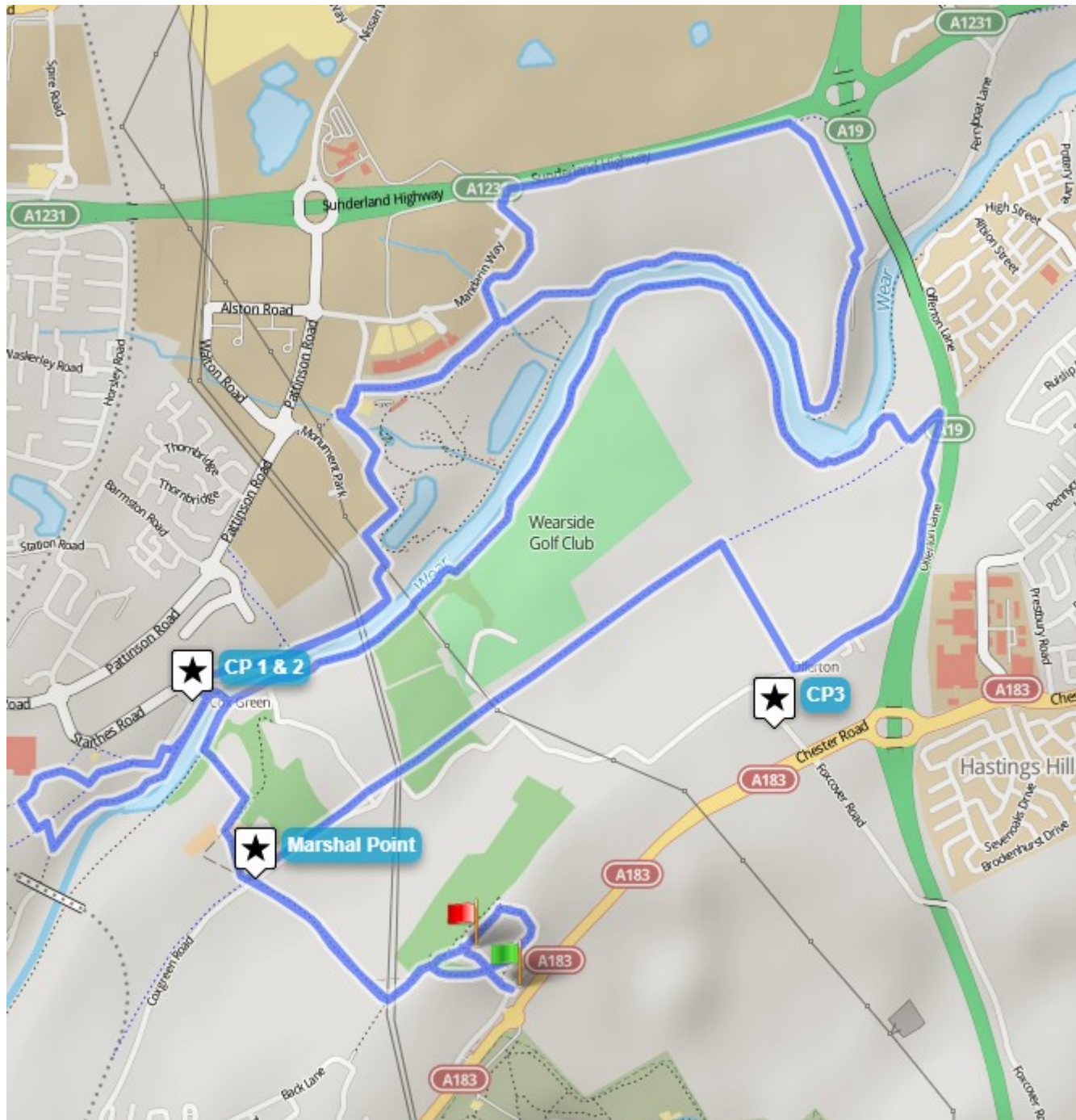
Trail Outlaws would like to thank House of Healing Sports Massage for a great offer that they are sharing with us.

"We would like to offer a 50% discount for your participants on their initial consultation and treatment which would be £30 for 75 minutes and then £5 off their 1 hour next treatment."

"House of Healing provides a Sports and Deep Tissue Massage service using a range of methods that are bespoke to your needs. We understand that every body is different so our even though our focus is clinical, our approach is holistic. Our aim to support our clients with injury recovery and prevention, pain management as well as general physical and mental well-being."

<https://www.facebook.com/houseofhealingmassage/>

PENSHAW HALF MARATHON - ROUTE





FUN EVENTS FOR RUNNERS OF ALL ABILITIES
10K, 10M & HALF MARATHON
URBAN TRAIL SERIES
CHALLENGE 2022

Washington Trail 10k
24th April

Durham Trail 10 mile
15th May

Penshaw Half Marathon
19th June

Branches and Bays 10k
14th August

Penshaw 10k
2nd October



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WWW.URBANTRAILS.CO.UK



Trail Outlaws



Tyne & Wear 19th June
Penshaw Half
Marathon

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Trail Outlaws



County Durham 24th July

Durham Coastal
Half Marathon

Cumbria 25th September

RAF Spadeadam
Half Marathon

Roxburghshire 16th October

Devils Foot
Half Marathon

Northumberland 6th November

Wooler Trail
Half Marathon

**A Series of Fun & varied Trail Half Marathons Based
around North East England & The Scottish Borders**

ULTIMATE TRAIL SERIES
CHALLENGE



TRAIL OUTLAWS TRADING POST

TRAIL OUTLAWS HOODIES £40



2021 VERSION £30!

TRAIL OUTLAWS VESTS £15.00 WOMEN'S AND MEN'S FIT



TRAIL OUTLAWS LONG SLEEVE TOPS £20.00



TRAIL OUTLAWS ENAMEL CUP £9



OTHER 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 trailoutlaws.com/penshaw-hm-results-2022

TERMS AND CONDITIONS www.trailoutlaws.com/tandc

URBAN TRAILS WEBSITE www.urbantrails.co.uk_

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