



Thank you for entering the:-

# WASHINGTON

# TRAIL 5K - 2024

In association with:-



	<p><b>OUR TRADING POST &amp; TUCK SHOP WILL BE SITUATED IN THE CAR PARK NEXT TO REGISTRATION!</b></p>
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## RACE INFORMATION

Please read the pre-race information carefully. If you have any questions about the race, then please email [info@trailoutlaws.com](mailto:info@trailoutlaws.com). Or message us via Facebook.

We have a fabulous new race medal based around the Washington logo.

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

## RACE PARKING

The main race parking is at Saint Robert Of Newminster School.

After this is full we ask that you park in the surrounding areas responsibly i.e no blocking of drives, no parking illegally, park with consideration of local residents.

## BEFORE THE RACE

Consider taking out personal insurance against accident or injury whilst participating in sporting activities UKA and TRA membership include insurance. Please wear appropriate footwear. Light trail shoes would be our recommendation.

## RACE NUMBERS

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

## RACE START

**Race Briefing 10:10**

**Race Start 10:15**

**Awards 11:30**

**Race Finish 12:15**

Please be aware the race start is a short 10 minute (max) walk from the race registration area, so please give plenty of time after registration to arrive for the briefing and start, the way will be signed from registration on the day :

**Shepherds Way Car Park,  
Shepherds Way,  
Washington,  
NE38 8SG**

[Map](#)

## RACE FINISH

The race finishes at the same place as the race started above.

As per the start of the event, once you have finished we will kindly ask that you collect your medal that you move away from the race finish area.

## TOILETS

There are toilets at Saint Robert of Newminster School and . We have hired portaloos that will be situated at the start / finish area.

## RACE ROUTE

Please make sure you are familiar with the route, as shown here [Washington Trail 5k route](#) 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.

## RACE REGISTRATION

Race registration will take place on Sunday 28<sup>th</sup> April from 09:00 – 10:00 @ Saint Robert of Newminster school

**Saint Robert of Newminster  
School, Biddick Lane,  
Washington,  
Tyne and Wear,  
NE38 8AF**

[Map](#)

At registration you will be given your race number. This number must be pinned to the front of your top and visible throughout the event.

## T-SHIRTS

If you have entered the Urban Trail Series using the Season Ticket option you can also pick up your T-shirt free at registration.

Pre ordered t-shirts are also available at race registration.

## MEDICAL / 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 area 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.

## CHECKPOINTS

There is 1 water/feed station that you will pass through twice at miles 1 & 2.5 miles on the route. There will be water, pop and sweets so please help yourself.

There will also be water at the finish

<p><b>POLITE REMINDER</b></p> <p>Please be courteous to other users of the paths.</p> <p>Do not leave any litter.</p>	<p><b>TRAIL OUTLAWS 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>TRAIL OUTLAWS TUCK SHOP</b></p> <p>We will have <b>tuck shop</b> serving hot/cold drinks, home-made bakes, snacks, sweets and treats. <b>The Tuck Shop will be with the Trading Post, situated at the registration area.</b></p> <p>Please bring loose change as we can only use the card reader for purchases over £5.</p>
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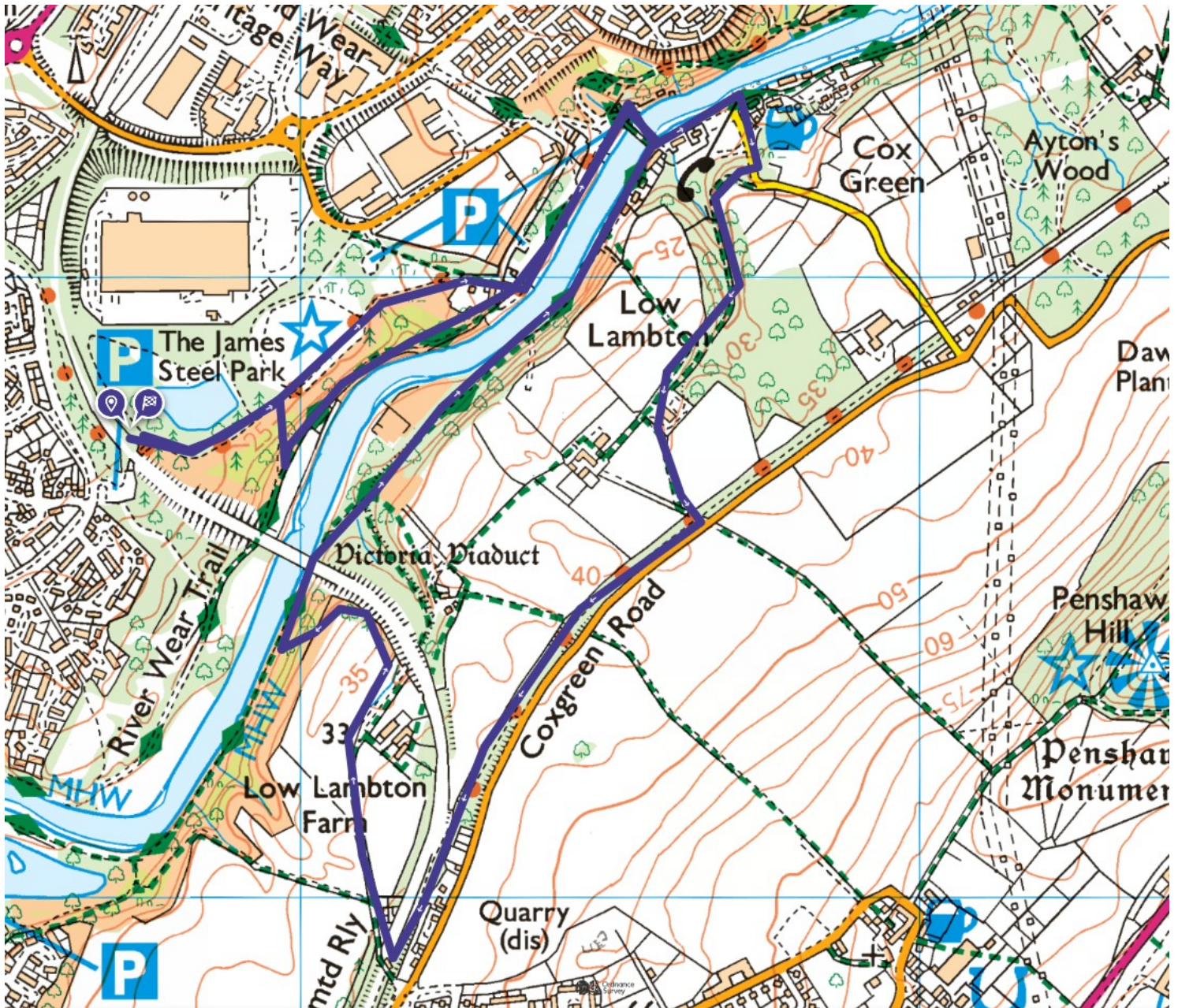
**FINAL WORD**

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 😊

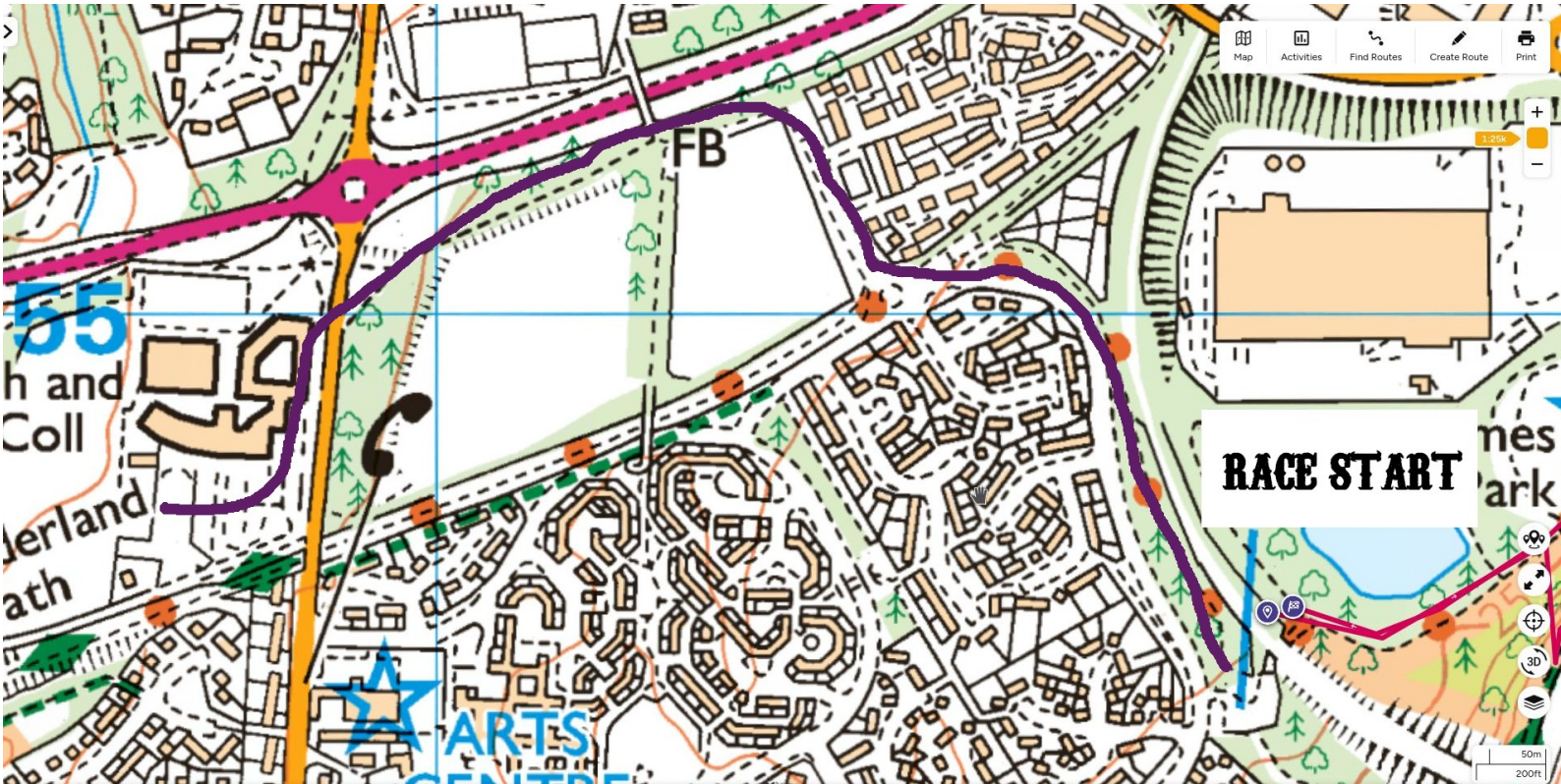


# WASHINGTON TRAIL 5K ROUTE





ROUTE FROM SAINT ROBERT OF NEWMINSTER TO START (will be signposted on the day)



# TRAIL OUTLAWS TRADING POST & TRAIL OUTLAWS TUCK SHOP

This will be located at the registration area at Saint Robert of Newminster School

## TRAIL OUTLAWS HOODIES £35



## TRAIL OUTLAWS VESTS

**£12.50**

## Women's and men's Fit



## TRAIL OUTLAWS LONG SLEEVE TOPS £17.50



## TRAIL ENAMEL CUP



## OUTLAWS £9

## **OTHER UTS RACES**

**DURHAM TRAIL 10M** [www.urbantrails.co.uk/durham](http://www.urbantrails.co.uk/durham)

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

**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)

## **RACE INFORMATION**

### **RACE ENTRIES/RESULTS**

[trailoutlaws.com/event\\_results/washington-5k-results-2024](http://trailoutlaws.com/event_results/washington-5k-results-2024)

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

**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)