

TRAIL OUTLAWS

Ultimate Trail Series



Durham Coastal Half Marathon

In association with:



<p>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 year as you can imagine, we have had to change things to fall in line with current guidelines around COVID-19, so please read this document fully. As we will outline what changes to the event have had to be made.</p> <p>With your co-operation we have now managed to run 4 events huge success, and with your help we can emulate that success again.</p> <p>ULTIMATE TRAIL SERIES CHALLENGE</p> <p>The Durham Coastal Half Marathon is our 2nd event in this years new Ultimate Trail Series. 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 fantastic run. RAF Spadeadam Half Marathon Devils Foot Half Marathon Wooler Half Marathon</p> <p>https://ultimate-trails.co.uk/</p>	<p>RACE START / REGISTRATION</p> <p>Race Registration 08:30 – 0945 hrs Race Start 09:00 – 10:00 hrs Race Finish 14:00 hrs</p> <p>We will be operating a continuous event start from 0900 to 1000. This means that as you arrive to the start/finish area race ready, we will be asking you to start the run immediately.</p> <p>There will be no waiting in the start / finish area before, during or after the run. If you wish to run with others please arrive at the start area at the same time, race ready.</p> <p>The race bibs will have chip timing attached so your times will be recorded accurately no matter what time you arrive to start.</p> <p>Once you approach the start gantry you must continue through and begin the event as the chip timing will register you as starting and this will be unable to be adjusted or rectified on the day or at a later date.</p> <p>The event this year will be operating as a time trial style event as with our other events of 2021 so far. We may return to mass starting later in the summer.</p> <p>The race start location: Noses Point Seaham, County Durham, SR7 7PS</p>	<p>RACE FINISH</p> <p>The race finishes in a different location to that start. This is a point to point event. As in previous years the race will finish on the grassed area at: Crimdon Beach Car Park BlackHall Colliery, Hartlepool TS27 4BN.</p> <p>You will be given your race T- Shirt and Medal when you cross the finish line.</p> <p>We will have a 2 x 50 seater shuttle buses service in operation from the finish back to the Spectrum Business Centre, between 11:00 - 1400hrs. Make your way to the bus on completion. Or if it is service await its return. It is an approximate 40 min round trip for the bus.</p> <p>There will be water, sweets and a beer at the end of the event for you to test your new bottle opener medal on.</p> <p>There will be no official prize giving at the event this year. This will be done remotely after the event has taken place.</p>
<p>RACE INFORMATION</p> <p>This is the 1st time we have been lucky enough to host this event. We know it has been a hugely popular National Trust event in previous years.</p> <p>We were asked to run the event after COVID made it untenable, so we hope you enjoy it as you have in previous years. We have kept the route and the spirit of the event as to the original.</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>RACE PARKING</p> <p>Event parking will be at Spectrum Business Park adjacent to Noses Point. Please do NOT park in the Noses Point car park. Spectrum Business Park, Seaham, County Durham, SR7 7TT</p> <p>CHECKPOINTS</p> <p>There will be 2 CP locations on the event. Both will offer water, sweets and pop (red cola).</p> <p>Fox Holes Dene 6 miles Black Hall Rocks 11 miles</p>	<p>RACE ROUTE</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>There are also Durham Coastal Half Marathon Way markers on wooden posts all along the route. 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 finish line. Please bring cash if you would like to purchase any of the Hoodies, Buffs or Draw String Kit Bags that will be on offer. Hoodies £30 Bufs £5 Draw String Kits Bags £5 Water Bottles £5</p>

<p>COVID-19 GUIDANCE</p> <p>There is a full list of guidance that we ask all runners to abide by later in this document. Please make yourselves familiar with this. We ask that all runners attending the event abide by the guidance that we have to impose.</p> <p>This is being done for your safety and the safety of our staff and volunteers. It is also being done to ensure the event is not seen in a negative light by the authorities and local residents. After all, it just takes one poorly timed photo on social media to bring the house down!</p> <p>We will have several hand sanitizer stations at event registration and at the start/finish area. Please sanitize your hands before picking up your number prior to the event, and upon completion prior to picking up your medal (just don't mistake this for the water we will be giving out ;))</p> <p>It is your responsibility to ensure that you have your covering with you. Please carry it during the event also (it does not have to be worn). Spitting and snot rocketing must not be done at race registration, start /finish area. This will result in immediate disqualification. Please do not congregate in large groups prior to event, during or immediately after the event. If you have any symptoms please do not attend the event. If you develop symptoms at the event please use your face covering and seek help and advice from our medical team. See Appendix for further information.</p>	<p>TOILETS</p> <p>There are no indoor toilets at the start or finish of the event. We have some portable toilets at the start and finish for your convenience.</p> <p>STAFF AND MARSHALS</p> <p>Just like yourself, the staff and marshals at the event will have some trepidation and anxiety regarding the event given the past 18 months. Please respect all staff and marshals during the event and their personal space.</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>PRESENTATION</p> <p>The winners presentation will be done remotely this year. There will be no prizes given out on the day.</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>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>	
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HAPPY STUFF

We have now ran 4 events this year with great success, our 5th event will be great. On the Durham Coast, home of the Branches and Bays 10k, and for the first time for us organising, The Durham Coastal Half Marathon.

We want you all to have fun, be safe and enjoy your day. It's been a very tough 18months for us all, but thankfully we can all see the light at the end of the tunnel/trail, with our first event post "Freedom Day".

Durham Coastal Half Marathon



A series of fun and varied Trail Half Marathons based
around the North East of England and Scottish Borders

ULTIMATE TRAIL SERIES CHALLENGE



Enter at
WWW.ULTIMATE-TRAILS.CO.UK

Tyne & Wear 20th June
**PENSHAW HALF
MARATHON**

County Durham 25th July
**DURHAM COASTAL
HALF MARATHON**

Cumbria 26th September
**RAF SPADEHAM
HALF MARATHON**

Roxburghshire 17th October
**DEVILS FOOT
HALF MARATHON**

Northumberland 21st November
**WOOLER TRAIL
HALF MARATHON**



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

URBAN TRAIL SERIES 2021

ENTER AT
www.urbantrails.co.uk



**25TH APRIL
WASHINGTON TRAIL 10K**

**9TH MAY
DURHAM TRAIL 10 MILE**

**20TH JUNE
PENSRAW HALF MARATHON**

**165TH AUGUST
BRANCHES & BAYS 10K**

**3RD OCTOBER
PENSRAW 10K**

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



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RACE INFORMATION

RACE RULES <https://www.durhamcoastal.co.uk/durham-coastal>

TERMS AND CONDITIONS www.trailoutlaws.com/tandc

ULTIMATE TRAIL SERIES CHALLENGE WEBSITE

[HTTP://WWW.ULTIMATE TRAILS.CO.UK](http://www.ultimate-trails.co.uk)

URBAN TRAILS WEBSITE www.urbantrails.co.uk

TRAIL OUTLAWS WEBSITE WWW.TRAILOUTLAWS.COM

TRAIL OUTLAWS TRADING POST

TRAIL OUTLAWS HOODIES £30
JUNIOR SIZE £20



TRAIL OUTLAWS LONG SLEEVE £15





TRAIL OUTLAWS

Participant Code of Conduct Appendix

Please ensure that you read and observe this code of conduct to ensure a safe and enjoyable event for everyone.

- Runners should not turn up at the event if you are showing any symptoms of covid-19 as outlined by the NHS
- Come ready to run - minimise your interaction with race staff, volunteers and participants by being as self-sufficient as possible
- Come alone if you can
- Under no circumstances swap your number or give your place to another participant
- Be respectful to volunteers and participants
- Observe social distancing wherever possible
- Carefully consider your travel plans, avoiding public transport if at all possible
- Leave more time than you normally would to get to and from the event
- Please dispose of rubbish responsibly
- Be aware of your personal hygiene e.g. avoid spitting and nasal clearance
- Be mindful of your surroundings and impact on other participants, spectators, volunteers and the public. Don't run with or carry children in the race
- Bring your own hand sanitizer and face mask
- If you experience COVID symptoms soon after the event, then please make this known through the government's Tack & Trace system