

# TRAIL OUTLAWS

## Ultimate Trail Series



# Durham Coastal Half Marathon

In association with:



## 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).

This is the 2<sup>nd</sup> time Trail Outlaws have hosted this race. 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 :)

## ULTIMATE TRAIL SERIES CHALLENGE

The Durham Coastal Half Marathon is our 2<sup>nd</sup> event in the 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.

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**

<https://ultimate-trails.co.uk/>

## 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 NUMBERS

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. This number must be pinned to the front of your top and visible throughout the event.

## TOILETS

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.

## RACE START / REGISTRATION

**Race Registration 08:30 – 0945 hrs**  
**Race Start 10:00 hrs**  
**Race Finish 13:00 hrs**

Race registration for opens at 08:30 and closes at 09:40.

Half Marathon:

Briefing 09:50  
Start 10:00  
Awards 12:00  
Finish 13:00

All runners must register before the race starts.

T-shirts and medals will be given out upon completion of course.

The race start location:

**[Noses Point](#)**  
**Seaham,**  
**County Durham,**  
**SR7 7PS**

## RACE PARKING

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

## CHECKPOINTS

There will be 2 CP locations on the event. Both will offer water, sweets and pop (red cola).

Fox Holes Dene 6 miles

Black Hall Rocks 11 miles

## MEDICAL / FIRST AID

Full medical cover is provided by AED Medical Services.

They will be on hand at the race start/finish area for the duration of the event.

## RACE FINISH

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.

You will be given your race T- Shirt and Medal when you cross the finish line.

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 (located at the bottom of the road, at the entrance to Dene) on completion. Or if it is service await its return.

It is an approximate 40 min round trip for the bus.

There will be water, sweets and a beer at the end of the event for you to test your new bottle opener medal on.

## RACE ROUTE

The route will be fully marshalled, signed and flagged.

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.

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.**

## RACE DAY SHOP

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><b>PRESENTATION</b></p> <p>Winner's presentations and age category presentations will take place on the Monument weather permitting at approximately 12:00.  <b>This will be moved to the Rangers Hut in inclement weather conditions.</b></p>		
---	--	--

**HAPPY STUFF**

We are really looking forward to meeting you all at Seaham. 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.

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 😊

**WITH THANKS TO:**



"Active Root are supporting the Durham Coastal 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/>

# Durham Coastal Half Marathon





**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**

**ENTER AT**  
**WWW.URBANTRAILS.CO.UK**



Tyne & Wear 19th June

# Penshaw Half Marathon

ENTER AT

[WWW.ULTIMATE-TRAILS.CO.UK](http://WWW.ULTIMATE-TRAILS.CO.UK)



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**





## **RACE INFORMATION**

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

**RACE ENTRIES/RESULTS** [www.trailoutlaws.com/durham-coastal-results-2022](http://www.trailoutlaws.com/durham-coastal-results-2022)

**TERMS AND CONDITIONS** [www.trailoutlaws.com/tandc](http://www.trailoutlaws.com/tandc)

**ULTIMATE TRAIL SERIES CHALLENGE WEBSITE**

<http://www.ultimate-trails.co.uk>

**URBAN TRAILS WEBSITE** [www.urbantrails.co.uk](http://www.urbantrails.co.uk)

**TRAIL OUTLAWS WEBSITE** [www.trailoutlaws.com](http://www.trailoutlaws.com)