



TRAIL OUTLAWS

Urban Trail Series

Durham Coastal
Half Marathon

<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 is the 6th time Trail Outlaws have hosted this race. 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>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.</p> <p>This number must be pinned to the front of your top and visible throughout the event.</p> <p>TOILETS</p> <p>There are no indoor toilets at the start of the event. We have portable toilets at the start and end/. There are toilets located at the cafe near the finish area.</p>	<p>RACE START / REGISTRATION</p> <p>Race Registration 08:30 – 09:45 Race Start 10:00 Race Finish 14:00</p> <p>Race registration for opens at 08:30 and closes at 09:45.</p> <p>Half Marathon: Briefing 09:50 Start 10:00 Awards 12:00 Finish 14:00</p> <p>All runners must register before the race starts.</p> <p>Medals will be given out upon completion of course.</p> <p>The race start location: Noses Point Seaham, County Durham, SR7 7PS</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 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 a beer and a 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 – 14:00 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.</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>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>
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<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>PRESENTATIONS</p> <p>Winner's presentations and age category presentations will take place at 12:00 at near the finish area.</p>	<p>POLITE REMINDER</p> <p>Headphones may be used but must be taken out when approaching marshals in high viz. No dogs to run during the event.</p> <p>Please be courteous to other users of the paths.</p>	<p>CAN'T ATTEND/VIRTUAL OPTION</p> <p>If you can no longer make the race,, then it is now too late to transfer to another person or event. (If you took out insurance you can make a claim with the insurance company)</p> <p>However, you still get your race memento and medal by doing the event virtually. You simply need to run the equivalent distance within 6 weeks of the race and email evidence(Strava screenshot or similar) to admin@trailoutlaws.com and will post your medal and memento to you.</p>
<p style="text-align: center;">HAPPY STUFF</p> <p>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.</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>		

Durham Coastal Half Marathon Route



RACE INFORMATION

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

RACE ENTRIES/RESULTS www.trailoutlaws.com/results

TERMS AND CONDITIONS www.trailoutlaws.com/tandc

URBAN TRAILS WEBSITE www.urbantrails.co.uk

TRAIL OUTLAWS WEBSITE www.trailoutlaws.com