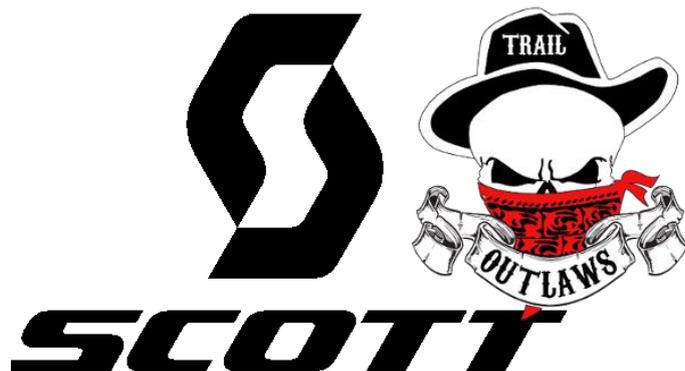




TRAIL OUTLAWS PRESENTS
**wooler Trail
marathon**



Please read the pre-race information carefully and bring a copy with you on race day. If you have any questions about the race, then please contact info@trailoutlaws.com or phone 07734309500 Tim 07984307900 Garry in an emergency.

RACE INFORMATION

This is the 3rd running of the Wooler Trail Marathon (The Beast). Without a doubt it is our most challenging and rewarding route.

We hope you enjoy it.

Please bring with you a smile and adventurous trail spirit. After all we do this for fun ☺

Most important of all, we want you to have fun and be safe.

So please read this document in full, as it will help to answer any pre-race queries and settle those nerves. It will also help us reduce our admin having to respond to questions and queries covered within this document.

As we simply do not have the time to respond to all queries in the lead up to the event.

EVENT PARKING

Event parking will be at the area of land marked on the map here, approx. 5 min walk from the race HQ. It will be signed and made obvious on the day and you will drive past it when driving to Wooler from the North or South on the A697 : [Parking](#)

Please note parking is limited in this area.

Once this area is full, runners will be directed to on street parking within Wooler itself, to ensure you are not rushing around please arrive in ample time to find a parking spot. Parking at the YHA is strictly for event staff and no parking or drop offs will be allowed here before or during the event.

Race Lifts

Have you considered car sharing to get to the Wooler Trail Marathon race? It is easy to arrange at <https://racelifts.org/Wooler-Trail-Marathon-2018/> and as well as saving on petrol money, the local runners you meet might turn into future training partners?

RACE REGISTRATION

Marathon :

Sunday 11th November

Race Registration and HQ

**Wooler YHA,
30 Cheviot Street,
Wooler,
Northumberland,
NE71 6LW**

[Map for Wooler YHA](#)

Registration	06:45-07:55
Race Briefing	07:55
Race Start	08:00
Race Presentation	14:00
Race Cutoff	17:30

****Please Note****

Registration is our busiest period so please have your kit ready for inspection.

Race numbers, wrist bands and T-shirts will be given out at registration only after you have passed kit check inspection.

Medals are collected at the finish.

THE FINISH

The finish will be at the YHA where registration took place.

Upon entering the finish area you will have your race time officially taken using our wrist bands, it would be very helpful if when you cross the line you take off the wrist band and hand it to our time keepers to scan your band.

Please do not run off presuming that your number and time has been taken, as you will not appear on the results if you have not been scanned.

You can leave your belongings at the event HQ at the YHA which will be manned at all times. But this is done so at your own risk. We cannot take responsibility for runners keys, phones or valuables.

MANDATORY KIT

The mandatory kit must be carried at all times during the event.

If you do not have the kit you will not be given your race number and you will **NOT** be allowed to run in the event.

The kit has been on the website since entries opened so there are **no excuses** for not having the required kit.

This event takes place in a remote location where access to a large portion of the course is not possible by vehicles.

It takes place at height, almost 3000ft on the Cheviot and 2000ft at other locations. The conditions up top can be vastly different to those lower down.

- Whistle
- Head torch (with spare batteries)
- Survival bag (not blanket)

<http://www.mountain-safety.co.uk/Kit-Survival-Bag.aspx>

- Hat (not buff) and gloves
- Route map (OS Explorer OL16 Recommended)
- Compass
- Waterproof jacket
- Waterproof trousers
- Full length leggings
- Long sleeve thermal top
- Minimum of 500ml water
- Emergency food/sport bar
- Mobile phone number of the race directors
+447734309500 (Tim)
+447984307900 (Garry)

KIT FAQS:

Q. Is my jacket waterproof?
A. ONLY taped seams constitute a waterproof jacket.

Q. Does jacket have to have a hood?
A. No, but it is advisable, most proper waterproofs have them.

Q. Is a space/foil blanket acceptable?
A. No, it must be a bag, plastic or foil.

Q. Can I wear shorts?
A. Yes, but you must carry leggings.

Q. Is all the kit needed?
A. Yes.

Q. What map is best?
A. The one you can use ! Either OS OL16, Harvey maps, printed OS, or our attached maps printed and laminated full size.

Q. What type of long sleeve top?
A. Merino or similar, Helly Hanson etc acceptable.

DNF / RACE CUTOFFS

Cut offs for the event will be strictly enforced throughout.

If you do not leave the CP by the cut off time you will be withdrawn.

Cut off times are in place to ensure the integrity of the event as a running race and as a safety and comfort measure for all those involved including the event volunteers manning the CPs.

Should need to withdraw yourself from the race please do so at an official CP. You must inform the RD ASAP of your withdrawal as we will be monitoring runners through CPs and if we do not account for a runner we will have to implement emergency procedures.

We cannot accept voluntary withdrawals at CP2 Rescue Hut unless this is in an emergency or injury situation. As we simply cannot just expedite you from this CP without taking event staff away from the area.

If after CP1 if you need to withdraw, you must carry on to CP4 Hethpool at 18 miles as there is no place to take you from the route before this. (no road access).

**** Please Note ****

If you withdraw from the event you may face a long wait to be transported to the finish area. Please bear this in mind when considering to carry on the event or not.

SHOWERS

There are showers at the YHA which you can all use, please bring your own towels if you would like to use these post event.

FIRST AID & EMERGENCY

We have the full support of Northumberland National Park Mountain Rescue Team providing the First Aid cover at the event. They will be situated at the event HQ and at CP 1.

Should you require First Aid at any other CP or location please contact the RD or CP staff numbers at the top of this document. Have them saved to your phone in case of emergency for this event. We will then arrange for First Aid at your location.

If you find yourself or another runner in immediate need of emergency help (i.e. risk to life and limb, not just bumps and bruises), contact race HQ or CP staff or sweepers who will then arrange for help.

If this is not an option and you are on the route that is not accessible by a standard vehicle the Mountain Rescue procedures are dial 999 and ask for police and then Mountain Rescue.

Do not panic, stay with the runner, use the foil bags and extra layers to keep warm and calm.

Alert other runners who can go for help. Use your maps to see where you are to be able to relay your location.

We do not anticipate this will be the case, but it is very important that you all know these lifesaving procedures when in the hills.

RACE ROUTE

The route will be fully signed and marshalled.

We always spend a lot of time diligently marking out course' however on occasion these markings do get removed by dog walkers and locals so please make yourself familiar with the online route map available on the event website and maps provided here.

The route is straight forward in that it follows a natural clockwise loop on prominent paths.

We will be spending a lot of time marking out the course with highly visible flags and signs.

A map of the route can be downloaded here.

<https://www.trailoutlaws.com/races/wooler/files/WoolerMap.pdf>

CHECKPOINTS

There will be 5 CPs on the Marathon Route.

4 standard CPs:

CP1 6 miles.

CP4 18.5 miles.

CP5 22 miles.

CP6 (extra CP) 27 miles.

These will have Water, Sweets & Coke Cola.

1 manned emergency CP:

CP2 Rescue Hut 12 miles. This will have emergency water and sweets. However this is for emergency use should it be required. You will need to fill your water provision at CP1 as your next standard CP is located 12 miles away, and there are no water sources to fill from during this time.

1 Self Clip CP. You must self-clip your race number at CP 3, the point where the Pennine Way and St Cuthbert's Way meet on the Scottish/ English Border.

Start / Finish

There will be hot drinks available at the finish Tea/Coffee/Bovril.

The reason for the basic CP supplies is also so that we can provide every runner with soup and a roll at the finish.

FINALLY

That's all the what's, whys and wherefores covered. Thank you for choosing to run with us here at Trail Outlaws.

We look forward to meeting you all at Wooler. There is always a great atmosphere at the end of this race and this thanks to you and the marshals.

So now it's time to put your feet up, check your maps, triple check your kit, panic about your training, panic more about your training, check the weather forecast on the hour every hour for the next week, buy that anti chafing cream you've been meaning to get and finally read this document at least a dozen times.



ACTIVE ROOT

Active Root, the natural ginger sports drink will be providing hydration at the Wooler half marathon and full marathon! If you want to try Active Root before your race follow the link below to get a free sample sachet.

<https://activeroot.co.uk/free-sachet-ginger-sports-drink>



“Jason from JT Sports Massage will be in attendance to help with post-race massage & any pre-race niggles. Jason is an experienced Soft Tissue Therapist working with both amateur athletes & professional sports players. He'll be offering a 15min post-race treatment to flush out tired muscles, helping to offset the dreaded DOMs. Just come along after your race to book in & chat.

15mins will cost £5. A percentage of the proceeds will go towards the Race Director's charity of choice.

For further details check out his website: www.jtsportsmassage.co.uk or Facebook page: [JT Sports Massage](https://www.facebook.com/jtsportsmassage)



Event photography provided by Lee 'Hippie' Nixon. Lee is a runner and passionate photographer, he will be on hand to take some shots of you and the event over the course of the weekend at various locations. All photos are free after the event from FB and the Flickr page that will go up post event. So feel free to tag and share away your misery (delight).



Our event this year like all our Trail Outlaws and Dark Skies Run events is supported by SCOTT Running UK.

They have their UK headquarters in North East England and it was a great fit to partner with them for our local events.

Their kit and in particular trainers are leading the way in UK and European trail running.

