



**SCOTT**

# DARK SKIES RUN @ KIELDER

# DARK SKIES RUN @KIELDER 11 - 2024

In association with:



**TRAIL OUTLAWS  
TASTY TREATS  
TUCK SHOP**



**TRAIL OUTLAWS  
TRADING POST**



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](mailto:info@trailoutlaws.com) or phone 07734309500 Tim 07483267785 Hannah

Please read this document in full.

## **RACE INFORMATION**

This is the 6<sup>th</sup> annual running of the Dark Skies Run @ Kielder which consists of the 11 mile and 26.6 mile races. Which of course means we have some amazing people now attempting the double.

Recently we have had every type of weather, with magical snowy landscapes, beautiful blue skies and bright sunshine over the past week! We are all crossing our fingers and toes for good weather for Kielder, however please consider that the weather can change – although we have ordered the good stuff!

Please refer to the mandatory kit list – you need to bring everything on it!

Either way we look forward to watching and hearing about your experiences.

## **BEFORE THE RACE**

Consider taking out personal insurance against accident or injury whilst participating in sporting activities. Bring 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.

**You must clearly pin your number to the front of your top so it is visible to the event marshals at Check points who will be taking numbers for safety reasons.**

## **EVENT REFRESHMENTS**

### **TRAIL OUTLAWS TASTY TREATS TUCK SHOP**

Will be providing refreshments set up before, during and after the events for most of the weekend providing hot and cold drinks to purchase, including tea, coffee, hot chocolate, soup, pop, etc. There will also be a range of sweet and savoury snacks on sale.

The internet connection can be intermittent therefore we recommend that you bring some cash for this – as well as for **TRAIL OUTLAWS TRADING POST**-where we will be selling a range of fabulous **TRAIL OUTLAWS** clothing, cups, head torches, etc. Please come and have a look. You can also purchase these items through our website.

## **MEDICAL COVER**

Full medical cover is provided for both events by AED Medical.

## **REGISTRATION AND TIMINGS**

Please pay very close attention to timings.

**Sunday 17<sup>th</sup> March 2024**

### **Kielder Waterside Tipis**

Race registration: 16.30 to 18.00

Race Briefing: 18:20

Race Start: 18:30

Race Closes: 21:30

Prize Giving: 20:00

All runners must register before the registration closes at the venue below.

### **Kielder Waterside (Tipis)**

**Kielder Water,**

**Hexham,**

**Northumberland,**

**NE48 1BT**

[Map for Kielder Waterside](#)

## **EVENT HQ**

### **START / FINISH AREA**

HQ will be the Kielder Waterside Tipis (there will be signage on the day) as shown on event HQ map as Registration. You will be directed by lighting and signage at the end of the route into the tipis to finish.

## **RACE PARKING**

Parking will be at Greenside Car Park. Please do not try and park at Kielder Waterside. We will have marshals there to guide you to the correct parking area.

Please follow the instructions of the marshals when parking to help ensure we can park everyone efficiently.

It is a short walk from the car park to the race registration and start area.



## RACE ROUTE

The route will be marshalled, signed, taped and flagged with high visibility reflective tape (being you are all using head torches, it should light up like cats' eyes!).

You will be following the Lakeside Way towards Kielder village before returning to Kielder Waterside Park.

We always spend a lot of time diligently marking out our marked events, but as always navigating a trail course remains the runner's responsibility, so please make yourself familiar with the race route.

## RACE FINISH

To finish the event you will be required to arrive in the event HQ located in the Activity Barn where you registered. Your number and time will be taken and you will be given your finish medal and t-shirt.

You must ensure you get your number taken at the finish to appear in the results.

## TRAIL ETIQUETTE

As trail runners we pride ourselves on respecting the trails.

We would ask you to do the same, please respect, be polite and give way to other users of the trails during the event.

Previously we had a lot of litter on course after the event around the CP's where runners had clearly ran away from CP's with cups and thrown them to the side of the path. This is not the Great North Run! Please put any litter or anything you don't want in the bins provided.

**Keep to the marked route.**

## CHECKPOINTS

### **Kielder Column Out – 4.0 miles**

Water / Sweets / Cola

### **Kielder Viaduct– 5.6 miles**

Water / Sweets / Cola

### **Kielder Column In – 7.1 miles**

Water / Sweets / Cola

**The above is meant to supplement your own race nutrition, please do not rely solely on the CP's to get you around the course.**

Through our experience in the past couple of years at this event and many more, we are adopting a different approach and offering different food stuffs at different CPs.

We know that this will not supply all with their requirements i.e., special diets e.g., Gluten Free, Vegan.

We suggest if you have any special fuel requirements during or post event that you carry your own.

**We are also this year NOT providing cups at Checkpoints.** So please make sure you fetch your own cup if you are not drinking from your own water that you are carrying.

**We will also be selling collapsible cups in our Trail Outlaws shop which you can purchase.**

## MANDATORY KIT & SAFETY

### **HYPOTHERMIA**

Please take note of the kit required, this is all mandatory. This may seem a lot. But trust us, every runner in the 2016 event was very thankful when the storm hit. Please also don't think that mild weather is less of a risk. We actually had more acute cases of hypothermia in dry mild weather than we did in the storm.

No matter the conditions on the day you will be at a higher risk of hypothermia when you stop.

If you do need to DNF at any CP please follow these very simple guidelines to reduce your risk of hypothermia:

- If you have any wet clothing on (particularly your top) remove it and dry if possible.
- Put on any dry layers you have you are not already wearing. This includes hat and gloves.
- Keep moving around, even slow moving will help to generate heat that will keep you warm.
- Get out of the wind/elements in a car (all CPs will have vehicles at them).
- Take out your foil blanket and or bag and get in it or wrap it around you.

We will be carrying out random kit check for the top five finishers and randomly for other finishers.

Anyone not carrying full mandatory kit, could be subject to disqualification

## MANDTORY KIT

### Whistle

- Head Torch with spare batteries
- Survival Bag / Foil Blanket
- Hat and Gloves (Hat not Buff)
- Quality Waterproof Jacket
- 500ml water carrying capacity
- Emergency Food (Mars bar etc)
- Personal Cup
- Mobile phone fully charged
- Waterproof Trousers \*
- Leggings \*
- Spare Base Layer \*

\*Suggested extra kit should forecast weather conditions require.

## FINAL WORD

**We are really excited for this race. This is the first year that we have hosted the race from Kielder Water and we are really looking forward to seeing everyone at the Dark Skies Run @ Kielder this time.**

Thank you for choosing to run with us here at Trail Outlaws.

We look forward to meeting you all at Kielder. There is always a great atmosphere at the end of this race and this is 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!**

**See you all Soon!**



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).

# TRAIL OUTLAWS TRADING POST

The following items will be available to purchase at the race. Please come and have a look in our shop!

## TRAIL OUTLAWS HOODIES £40



## TRAIL OUTLAWS VESTS £15.00 WOMEN'S AND MEN'S FIT



**TRAIL OUTLAWS  
CAPS, MUGS,  
COLLAPSIBLE CUPS,  
HEAD TORCHES,  
BUFFS, STICKERS,  
KEYRINGS & MORE.....**





## DARK SKIES RUN @ KIELDER 1 ROUTE:



RACE WEBSITE :

[HTTPS://WWW.DARKSKIESRUN.COM/](https://www.darksiesrun.com/)

RACE ENTRIES LIST/RESULTS :

[HTTPS://WWW.TRAILOUTLAWS.COM/RESULTS](https://www.trailoutlaws.com/results)

RACE RULES :

[HTTPS://WWW.DARKSKIESRUN.COM/DARK-SKIES-KIELDER-RULES.PHP](https://www.darksiesrun.com/dark-skies-kielder-rules.php)

TERM AND CONDITIONS :

[HTTPS://WWW.TRAILOUTLAWS.COM/TANDC](https://www.trailoutlaws.com/tandc)