

TRAIL OUTLAWS

DARK SKIES RUN

@ KIELDER 2023



in association with:



**TRAIL OUTLAWS
TASTY TREATS
TUCK SHOP**



**TRAIL OUTLAWS
TRADING POST**

HIPPIE
NIXON

PHOTOGRAPHY

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 07483267785 Hannah

Please read this document in full.

RACE INFORMATION

This is the 5th annual running of the Dark Skies Run @ Kielder which consists of the 10 mile, 14 mile and 26.5 mile races. Which of course means we have some amazing people now attempting the bronze, silver, gold and platinum race combinations.

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.

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.

BEFORE THE RACE

Consider taking out personal insurance against accident or injury whilst participating in sporting activities. Bring appropriate footwear for the race conditions.

ACCOMMODATION / MEALS

Accommodation

If you are staying with us on site, then please take notice of the event HQ map, which shows the location of the on-site accommodation.

It also shows the locations of the tent pitches. Pitches will not be allocated and will be on a first come first served, so please once you arrive set up your tent and then get registered.

(Please arrive in plenty of time to get to your room / set up tent and then register) any time after 15:30 on Friday.

We will have a list at registration of what building you are in and the name the booking is under will appear on the door of the room.

It's then simply a case of going to that building and finding your name on the door of a room.

Bedding is provided in rooms, but you will need to bring your own towels.

There are very basic self-catering facilities on site – such as a microwave and kettle in the common area, but no fridges. The Scouts will be providing meals for those who have pre-paid; therefore, we have no access to a kitchen. So please be aware there are no cookers that are for use by the public.

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, headtorches, etc. Please come and have a look. You can also purchase these items through our website.

Meals

Post event meals and breakfasts (paid for and booked in advance with race entry) supplied by the Scout Association are taken directly after you finish in the canteen area, or the next morning between 0800 – 1000 for breakfast. Alternatively, you may purchase snacks and drinks at our Tuck Shop near/in barn at Hawkhirst.

REGISTRATION AND TIMINGS

Please pay very close attention to timings.

Saturday 18th March 2023

Hawkhirst Scout Activity Centre

Race registration: 15.00 to 16.30
Race Briefing: 17.20
Race Start: 17:30
Race Closes: 00:30
Prize Giving: 22:30

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

**Hawkhirst Scout Activity Centre,
Kielder,
Northumberland,
NE48 1QZ**

[Map for Hawkhirst](#)

EVENT HQ

START / FINISH AREA

HQ will be the Hawkhirst Scout Camp. The Activity Barn (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 Activity Barn to finish.

RACE PARKING

UNLESS you have ACCOMODATION the parking will be at Greenside Car Park. (See Map). There is a free shuttle service which we are providing to help take people from Greenside Car Park to Hawkhirst.

If you are marshal or you have accommodation then you can park at Hawkhirst Scout Camp. There is a limited amount of parking space which is needed for the event organisers so you cannot park here unless you have accommodation.

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

CAR SHARING

We have also signed up with the excellent Race Lifts website for anyone that would like to share travels costs/reduce your carbon foot print, or just needs a lift.



All three races are listed at <https://racelifts.org/>.

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 viaduct and continue around the Lakeside Way, keeping the lake on your right!

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.

MEDICAL COVER

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

CHECKPOINTS

Kielder Column Out – 4.2 miles

Water / Sweets / Cola

Viaduct – 5.5 miles

Water / Sweets / Cola

North Hall Road – 9.3 miles

Water / Sweets / Cola

Dam -16.0 miles

Water / Sweets / Cola

Tower Knowe -17.5 miles

Water / Sweets / Cola

Leaplish in – 24 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

- 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.**

DOGS

There are NO DOGS allowed at Hawkhurst HQ or Hawkhurst Car Park.

This is part of the Scouts regulations and not negotiable. Unfortunately, we will have to leave our own Trail Outlaws Mascot, Suki the Shih Tzu at home too!

FINAL WORD

We are really excited for this race. The race hasn't happened for three years, due to Covid restrictions and Storm Arwen, so 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).



Active Root will hopefully be providing free sports drinks at the checkpoints.



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



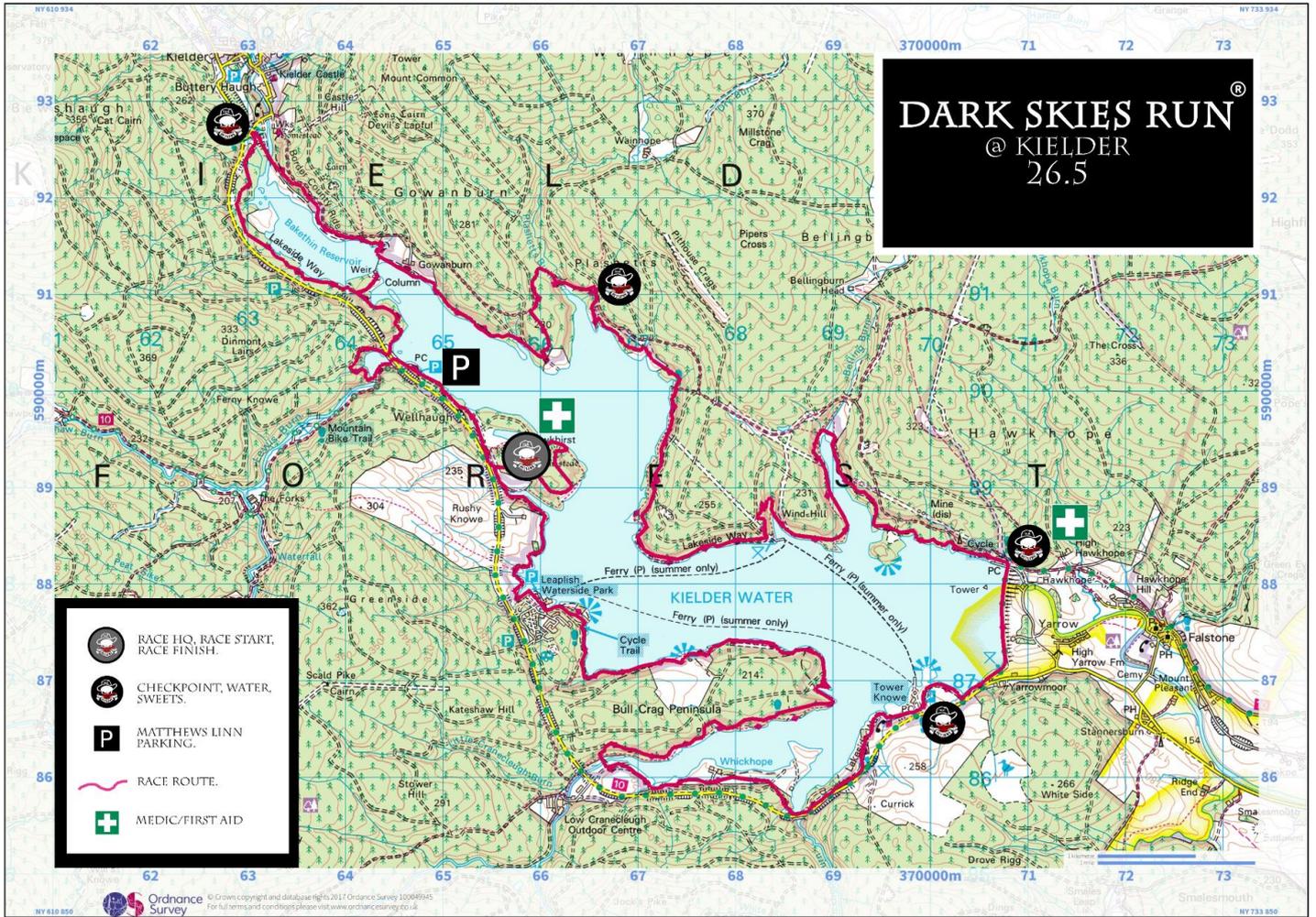
TRAIL OUTLAWS LONG SLEEVE TOPS

£20.00



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





Greenside car park. Marshals and signs will direct traffic which is just 2.2 miles from the race. We are providing a free shuttle service which will take you to and from the car park.

