Pre-event briefing notes – Northumberland Trail Runs

Welcome to the Northumberland trail runs.

- All competitors will receive a bib number at registration; Please write your contact, medical, and emergency details on the back of your Bib. Your bib is your timing chip. You need to keep your bib on for the duration of the event to get a finish time & placing.
- Medical cover is available onsite throughout the event. If you need any medical assistance during the event, notify the nearest marshal and they will arrange for the medical team to see you.
- A pre-event briefing will take place at the start line at 1.55pm for the 10k trail run & 2.10pm for the 5k trail run.
- The Start is on the main event field and will be marked by two VO2Max flags.
- Marshals, directional signage & VO2Max Flags are positioned at strategic locations around the course. through the woodlands, brightly coloured Red & white trail running tape will be affixed to tree branches, over the sand dunes path, small red & yellow marker flags will be positioned, and directional signage are provided to guide you along the correct route. keep to the footpath unless otherwise instructed by a marshal or an event sign.
- Please try to run on the left-hand side of the footpaths and overtake other competitors on the right-hand side. if possible, alert the competitor in front with a verbal cue such as "Passing on your right," so the competitor knows you are approaching.
- The run route links are here: Northumberland 10k trail run – Plotaroute link. Northumberland 5k trail run – Plotaroute link. It is your responsibility to know the course.
- Please be aware of any members of the public on the footpaths, beach & coastal path as it is a public area.
- Cycle marshals wearing Hi Viz vests will also be along the route if you need assistance. If you are unable to continue, inform the nearest marshal. If that is not possible, ask another competitor to inform a marshal. The event team will then help you return to the finish line/ HQ or if needed, to be seen by our on-site medical staff.
- Use caution along the course; footpaths may have puddles, muddy patches and throughout the woodland areas, there could be tree roots.
- We recommend you wear appropriate footwear for this trail run.
- Do not litter; carry your rubbish and use the bins provided.
- Ensure your event bib number is always clearly visible from the front throughout the event.
- **Canicross** - This event is Canicross friendly, so our four-legged friends can join the fun. We allow one controlled dog per runner, and the dog must be wearing a non-restrictive harness and a waist belt. Sorry no collars or Halti slip leads allowed.