# Rising Sun 10k Trail Run

## Sunday 26th September 2027 9.30am

Hello and welcome to the Rising Sun 10km Trail Run.

**Full event information** & course maps are available at the event website:

Rising Sun 10km Trail Run

**Event Venue & Race HQ**
Rising Sun Country Park visitor centre
Whitley Road
Benton, NE12 9SS

**Toilets**
Toilets are available on site.

**Changing / showering facilities**
There are no changing or showering facilities on site.

**Car Parking**
Please Park in the Asda Car Park at the entrance to the Rising Sun country park. Car parking is free. Please walk on the path towards the Visitor centre – pleased do not walk on the Country Park entrance road

**On Site Café - Refreshments**
Hot and cold food/drinks will be available from the onsite café within the Visitors Centre.

**Event Day Schedule**

- 8.30am - Registration open
- 8.45am - Volunteer Briefing
- 9.25am - Pre-event Briefing
- 9.30am – Trail Run Start.

**Registration**
Registration is at the Visitors Centre (Event HQ) from 8.30am on event day.

At Registration, all competitors will receive essential items for the race:

- Bib numbers. This is your timing chip, and it must be worn throughout the event, to get your time and finish position.
- We recommend you use a race belt for your race numbers. If you are not using a race belt, safety pins are provided. Please ensure your Bib number is visible from the front on the run.

**Pre Event Safety Briefing**
A pre-event safety briefing will be held at 9.25am at the Finish line (On the grassed area outside the Race HQ) on the morning of the event. All event information, course routes and instructions are contained within this event information pack. Any last-minute event / course changes will be relayed to competitors at registration and at the pre-event briefing.

**The Trail Run**
The Start of the trail run is on the road, just opposite the main car park within the country park.

- **1 lap.**
- Marshals and directional signage are positioned at strategic locations throughout the course.
- As you run through the woodlands, brightly coloured trail running tape affixed to tree branches and directional signage are provided to guide you along the correct route.
- Keep to the footpath unless otherwise instructed by a Marshal or a sign.
- Run on the inside of the path and overtake on the right.
- Please be aware of any members of the public on the footpath as it is a public area.
- Navigate the course with safety, especially through the woodland areas, i.e. tree roots, muddy patches, they could be slippery.
- Take care around the course – there could be standing water on footpaths.
- Wear appropriate footwear for this trail run.
- Race number clearly visible on the front.
- **Finish** – On grassed area outside visitor centre.
- It is the competitor's responsibility to know the course

**Run Course Map**
Run course here
(Plotaroute.com link - please do not click on any pop-up ads).

**Finish Line Water station**.
There will be a water station at the finish line.

**Medical Cover & Conditions**
Full medical cover will be available on site and ready to respond to any incident on the event route before, during and at the end of the event. if you have any medical conditions, please make sure you mark them on the back of your event number so we can get you the correct medical attention as quickly as possible

**Prize Ceremony**
This will be held at the finish line from around 11am.

**Prizes Overall**
Presentations for 1st, 2nd & 3rd Female & Male overall & 1st Female / Male Canicross category.

**Age categories Prizes: (tbc as entries close)**
Female/ Male 1st: 18-39yrs/ V40-49yrs.
SV50-59yrs / VV60-69yrs / SV70+

If an age group winner is in the Top 3 overall, the age group prize will go to the 2nd place in that age group

**Timing & Results**
This will be undertaken by Timing Up North. Provisional results will be `live` during the event and then posted on the Timing Up North website & results base website following the event:

For all timing queries, please email Mark at:
info@timingupnorthltd.co.uk

**Confirmed Results**
Confirmed results for will be published by Tuesday 29th September.

**Previous year's results**
2025 2026

**Event Photos**
Courtesy of Aptitude media, all photos will be free to download after the event.
If you have your own event photos, please feel free to share / post them on our social media platforms here:
https://www.facebook.com/vo2maxracing

https://www.instagram.com/vo2maxracing/

**Littering**
Do not litter; carry your rubbish and use the bins provided.

**Get in Contact**; For any queries, please Email;
info@vo2maxracingevents.co.uk