



## **Rising Sun 10k Trail Run**

**Sunday 28<sup>th</sup> September 2025 10.30am**

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 – please 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 Schedule – Sunday 28<sup>th</sup> September**

- 9.30am - Registration open
- 10.20am - Pre-event Briefing
- 10.30am – Trail Run Start.

### **Registration**

Registration is at the Visitors Centre (Event HQ) from 9.30am 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 10.20am 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 Start**

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

- **1 lap.**
- The run is on the hard surface path that surrounds the lake with full signage.
- Run on the inside of the path and overtake on the right.
- The course is fully marshalled with signage; keep to the footpath unless otherwise instructed by a Marshall or a sign.
- Run on the inside and overtake other competitors on the right.
- Please be aware of any members of the public on the footpath as it is a public area.
- Race number clearly visible on the front.
- If the weather is unseasonably hot, we will have a water station at the 5km point where you can grab a drink – but please put the cups in the waste bin provided at around 10yards past the water station.
- **Finish** – On grassed area outside visitor centre.
- It is the competitor's responsibility to know the course
- Presentations from 1130hrs.

### **Run Course Map**

Provisional Run course: [HERE](#)

### **Finish Line Water station.**

There will be a water station at the finish line.

**Prize Ceremony**

This will be held at the finish line from 11.30am.

Prizes & Age categories to be confirmed.

**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](mailto:info@timingupnorthltd.co.uk)

**Confirmed Results**

Confirmed results for will be published by Tuesday 30th September.

**Previous year's results**

First Year

**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/>

**Medical Cover & Conditions**

Medical cover will be available on site. If you have any medical conditions, you should have declared this on your entry, but please write this on the reverse of your race number. If you have any medical issues during the event, the medical team will check first before any emergency treatment is performed.

**Littering**

All litter should be placed in bins or locations designated by the Event Organiser

**Get in Contact;** For any queries, please Email; [info@vo2maxracingevents.co.uk](mailto:info@vo2maxracingevents.co.uk)