



Ashington 10k Trail Run

Sunday 11th January 2026 9.30am

Hello and welcome to the Ashington 10km Trail Run

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

[Ashington 10k Trail Run](#)

Event Venue & Race HQ

Ashington Leisure Centre
Lintonville Terrace
Ashington
NE63 9JY

Changing/showering & toilet facilities

All available, pre and post event at Race HQ – Ashington Leisure centre.

Car Parking

Free car parking onsite at Ashington Leisure Centre or at Asda Superstore, Lintonville Terrace, NE63 9XG.
Other free car parks are located at Woodhorn Road, NE63 9AE.

On Site Café - Refreshments

We are hoping that Hot and cold food/drinks will be available from the café within the Leisure centre – we will keep you posted. If not Asda café & Macdonald's is next door. For those slightly posher, Greggs is just a short walk away from the Leisure Centre.

Event Schedule – Sunday 28th September

- 8.15am - Registration open
- 8.45am - Volunteer Briefing
- 9.20am - Pre-event Briefing
- 9.30am – Trail Run Start.

Registration

Registration is in the Leisure centre (HQ) sports hall. you can access the sports hall directly from the car park (HQ) from 8.15am 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 9.20am at the start / finish line (5mins walk from race HQ). 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 and Finish is next to the stone circle at the entrance to Ashington Community Woods. (LAT: 55.187698, LNG: -1.571672), opposite Ashington Leisure centre, it is a short walk across the road, railway line and the entrance to the Woods is directly in front of you. (Please see the course maps).

- **1 lap.**
- The course is fully marshalled with signage; keep to the footpath unless otherwise instructed by a Marshall or a 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.
- 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 bib number clearly visible on the front.



- **Finish** – Stone Circle within Ashington Community woods.
- It is the competitor's responsibility to know the course

Run Course Map

Plotaroute.com link: [Run course here](#)
(please do not click on any pop-up ads).

Strava Link: [Ashington 10k Trail Run route](#)

Aid Station- 4.5k & finish line.

There will be an aid station at 4.5km as you come back into the Ashington Community Woods (pass the finish line) from the QEII lake loop. Water / High 5 Gels will be available for you to help yourself. This aid station is also the finish line aid station.

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. If you have had a cold or illness recently, please consider deferring your entry to another one of our future events or let us know as if in the event of a medical emergency we will need to get you the correct medical attention as quickly as possible

Prize Ceremony

This will be held at the finish line or if weather is poor in the Race HQ from around 11am.

Prizes Overall: Female / Male: 1st – 2nd – 3rd

Age categories Prizes: (tbc as entries close)

Female / Male 1st: Seniors 18-39yrs/ V40-49yrs & SV50+

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

Vouchers to be collected on the day.

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 on Monday 12th January.

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/>

Littering

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

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