



### **Event Brief Notes – Ashington 10k Trail Run**

Welcome to the Ashington 10k Trail Run.

#### **Timing chip**

All competitors will have received a Bib Number at Registration; The Bib Number has your timing chip embedded into the number & is needed to be worn for the duration of the event to get a finish time & placing.

- Be prepared for any kind of weather on the day, whether it's snow, hail, rain, strong winds, or even sunshine and warmth. No matter what conditions you face, be ready and prepared to take on the Ashington 10k Trail Run.
- The Start is next to the stone circle in 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)
- Marshals and directional signage are positioned at strategic locations throughout the course. As you run through the woodlands, brightly coloured Red & white 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.
- 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 footpaths as it is a public area.
- Have Bib Numbers clearly visible on the front.
- Use caution on the course; footpaths may have snow, ice, or standing water. Throughout the woodland areas, there could be tree roots – muddy patches.
- Wear appropriate footwear for this trail run.
- Do not litter; carry your rubbish and use the bins provided.
- It is the competitor's responsibility to know the course.
- Marshals in Hi-Viz vests will also be cycling around the course. 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 can help you return to the finish line/ HQ or ensure you are seen by our on-site medical staff.

#### **MEDICAL COVER**

Medical cover will be available during the event and along the race route. If you have a medical condition, please mark it on the back of your event number at registration. If you have recently been ill or had a cold, please consider deferring your entry to another future event.