



TRAIL OUTLAWS PRESENTS
**wooler Trail
marathon**



Nvii

Please read all information contained within this document, we have set out all the changes to the event and all the COVID-19 guidance here in. It is imperative that all runner and volunteers attending the event, have fully read and understood the information for the safety of all.

MASKS AND FACE COVERINGS

We and all of our volunteers at the event will be wearing a face mask/covering throughout the duration of the event. We will also be doing our utmost to maintain social distancing at all times from each other and yourselves.

We are asking that once you leave your car at the car park that ALL runners wear a face covering until they start the event itself, and also upon completion of the event to put the covering back on until safely back in your car.

We aren't asking this to be a pain and some may think it overkill. However, we are doing it to make you are all as safe as possible while attending the event, and also our staff. Secondly, it shows the Village of Wooler that we are doing our best to minimise any risk of infection to them, and this is vitally important to us as a business that we do this and are able to be welcomed back as responsible event organisers in the future, so please bring with you a face covering or mask and wear it whenever you are not running.

WE WILL BE GIVING ALL RUNNERS A BUFF WITH THEIR RACE BIB SO EVERYONE HAS A FACE COVERING.

HAND SANITISER

We will have plenty of hand sanitiser to use at race registration and the finish area. So please use it before collecting your bib and after you cross the finish line. We have also added small personal containers of Hand Sanitiser to the kit list, most of you will have this already, if not it can be purchased from most shops these days. All of our marshals who will be touching race bibs etc will be wearing face coverings, gloves and have personal sanitiser with them also.

UNFORTUNATLY WE DON'T HAVE ENOUGH TO ISSUE TO RUNNERS SO PLEASE BRING YOUR OWN.

TRACK AND TRACE

We ask that everyone attending the event has the NHS track and trace app on their phones and blue tooth enabled. We will also have a QR code at the event and we ask that prior to starting the event that you use this to confirm your attendance at the event.

Please read the pre-race information carefully and bring a copy with you on race day. If you have any questions about the race, then please contact info@trailoutlaws.com or phone 07734309500 Tim 07984307900 Garry in an emergency.

RACE INFORMATION

This has been the most challenging year that we will have all known. It has certainly been the most challenging for ourselves as event organisers. Wooler will mark 1 full year since we were last able to hold an event and we hope that we are still able to. At present the event is still going ahead in it's totality.

Please understand that all the changes we have made to the usual events we host are born out of a need to keep everyone involved in the event as safe as possible.

Some of the changes made will be disappointing for you all, but we do so to be able to bring a running event to you all.

This the 5th running of the Wooler Trail Marathon (The Beast). Without a doubt it is our most challenging and rewarding route.

We hope you enjoy it.

Please bring with you a smile and adventurous trail spirit. After all we do this for fun

Most important of all, we want you to have fun and be safe.

So please read this document in full, as it will help to answer any pre-race queries and settle those nerves. It will also help us reduce our admin having to respond to questions and queries covered within this document.

As we simply do not have the time to respond to all queries in the lead up to the event.

EVENT PARKING

Parking is at the Wooler Auction Mart which is about a 10 minute walk to the start of the event and from the Race HQ.

Wooler Auction Mart,
Berwick Road,
Wooler,
Northumberland,
NE71 6SL

[Map for Race Parking](#)

Parking at the YHA is strictly for event staff and no parking or drop offs will be allowed here before or during the event.

RACE REGISTRATION AND HQ

Marathon :

Saturday 14th November 2020

**Race Registration
0630-0815**

This year we will be handing out the race bibs in the car park located here :

**Wooler Auction Mart,
Berwick Road,
Wooler,
Northumberland,
NE71 6SL**

[Map for Race Parking](#)

This will form the race registration area, on the day of the event. It will be open from 06:30 until 08:15.

PLEASE DO NOT ATTEND THE WOOLER YHA FOR REGISTRATION ON THE DAY OF THE EVENT, ALL BIBS WILL BE AT THE CAR PARK.

We have made these changes to stop the small event HQ being crammed with 400 runners making it impossible to socially distance.

Please come race ready as there will be no changing facilities or bag drop available this year at HQ or the start, we ask that should you need to store anything it is stored in our car, and that if you need to change after the event it is done in your car when you return from finishing.

If you wish you will be able to pick up your bib number on the Friday evening at the YHA between the hours 1700-2000

**Wooler YHA,
30 Cheviot Street,
Wooler,
Northumberland,
NE71 6LW**

[Map for Wooler YHA](#)

MANDATORY KIT

The mandatory kit must be carried at all times during the event. We will not be making runners sign a disclaimer this year to reduce the risk of cross contamination, however you are all adults and the rules state you must carry all the kit. **SO CARRY ALL OF THE KIT !**

The kit has been on the website since entries opened so there are **no excuses** for not having the required kit. Random kit checks will be carried out and runners will be disqualified if they do not have all the kit.

Additionally this year we are adding **FACE COVERING AND PERSONAL HAND SANITISER** (the small bottles available in multiple shops if you don't already have them).

This event takes place in a remote location where access to a large portion of the course is not possible by vehicles.

It takes place at height, almost 3000ft on the Cheviot and 2000ft at other locations. The conditions up top can be vastly different to those lower down.

- Whistle
- Head torch
- Hand Sanitiser
- Face Covering
- Survival bag (not blanket)
- Hat (not buff)and gloves
- Route map(OS Explorer OL16 Recommended)
- Compass
- Waterproof jacket
- Waterproof trousers
- Full length leggings
- Long sleeve thermal top
- Minimum of 500ml water
- Emergency food/sport bar
- Mobile phone number of the race directors
+447734309500 (Tim)
+447984307900 (Garry)

DNF / RACE CUTOFFS

Cut offs for the event will be strictly enforced throughout.

If you do not leave the CP by the cut off time you will be withdrawn.

Cut off times are in place to ensure the integrity of the event as a running race and as a safety and comfort measure for all those involved including the event volunteers manning the CPs.

Should need to withdraw yourself from the race please do so at an official CP.

You must inform the RD or Race Marshal ASAP of your withdrawal as we will be monitoring runners through CPs and if we do not account for a runner we will have to implement emergency procedures.

We cannot accept voluntary withdrawals at CP2 Rescue Hut unless this is in an emergency or injury situation. As we simply cannot just expedite you from this CP without taking event staff away from the area.

If after CP1 if you need to withdraw, you must carry on to CP3 Hethpool at 18 miles as there is no place to take you from the route before this. (no road access).

**** Please Note ****

If you withdraw from the event you may face a long wait to be transported to the finish area. Please bear this in mind when considering to carry on the event or not.

SHOWERS

There will be no changing or shower facilities available at the event this year unless you are staying at the YHA overnight.

TOILETS

As in previous years the YHA will have toilet facilities, however we are asking that all runners use the public toilets in Wooler Bus Station on route to the start line. This is to maintain socially distancing and ensure that there are no unnecessary trips to the YHA prior to the event starting.

THE START

For this event we will be using our brand new chip bib timing system for the start and finish to help us with social distancing.

The start of the event will be here 200yds from the usual start point up where the road joins the actual trail. This will be signposted and heavily visible on the day.

You will have a **90 minute** window from **0700 – 0830** to start the event, and we ask that as soon as you collect your bib that you make your way to the start and commence the event without delay.

We won't be starting you in waves, you just collect your bib, make your way to the start and cross the line and start to run.

This will mean that some of the slower runners or runners who are anxious that they may struggle with the cut offs get an extra 60 minutes to complete the event. And any of you who can finish hours under the cut offs can set off up to 30mins later than usual.

However we ask that you all make plenty of time to get to the event and collect your bib and start.

The CP closing times will remain the same for all.

THE FINISH

The finish will be at the YHA as per usual, please follow race day signage to the finish upon completion.

Upon entering the finish area via the one way system you will have your race time taken when you cross the line.

Once you cross the line you will receive your medal and your t-shirt, then we kindly ask that you make your way back your car. Please do not stand around waiting for others to finish as we will have to ask you to move on. Although this may be a disappointment to many, it is for the safety of all.

KIT FAQs:

Q. Does jacket have to have a hood?
A. No, but it is advisable, most proper waterproofs have them.

Q. Is a space/foil blanket acceptable?
A. No, it must be a bag, plastic or foil.

Q. Can I wear shorts?
A. Yes, but you must carry leggings.

Q. Is all the kit needed?
A. Yes.

Q. What map is best?
A. The one you can use ! Either OS OL16, Harvey maps, printed OS, or our attached maps printed and laminated full size.

Q. What type of long sleeve top?
A. Merino or similar, Helly Hanson etc acceptable.

CHECKPOINTS

There will be 5 CPs on the Marathon Route.

4 standard CPs:

CP1 6 miles.

CP3 18.5 miles.

CP4 22 miles.

CP5 (extra CP) 27 miles.

These will have Water, Sweets & Coke Cola.

1 manned emergency CP:

CP2 Rescue Hut 12 miles. This will have emergency water and sweets. However this is for emergency use should it be required. You will need to fill your water provision at CP1 as your next standard CP is located 12 miles away, and there are no water sources to fill from during this time.

Marshals will be dispensing all sweets and water to runners, we will have barrier take in place that we ask no runners cross or you will be disqualified from the event.

Marshals will be wearing gloves and dispensing water via jugs and sweet via food scoops to ensure no cross contamination between runners. This make take a little more time than usual so please have patience at the CPs.

FIRST AID & EMERGENCY RACE ROUTE

This year we will have both the support of the Northumberland National Park Mountain Rescue Team, providing rescue support. And AED Medical providing First Aid cover for the event.

Should you require First Aid at any CP or location please contact the RD or CP staff numbers at the top of this document. Have them saved to your phone in case of emergency for this event. We will then arrange for First Aid at your location.

If you find yourself or another runner in immediate need of emergency help (i.e. risk to life and limb, not just bumps and bruises), contact race HQ or CP staff or sweepers who will then arrange for help.

If this is not an option and you are on the route that is not accessible by a standard vehicle the Mountain Rescue procedures are dial 999 and ask for police and then Mountain Rescue.

Do not panic, stay with the runner, use the foil bags and extra layers to keep warm and calm. Alert other runners who can go for help.

Use your maps to see where you are to be able to relay your location.

We do not anticipate this will be the case, but it is very important that you all know these lifesaving procedures when in the hills.

Please use your mask/face covering in any above scenario

FINALLY

That's all the what's, whys and wherefores covered. Thank you for choosing to run with us here at Trail Outlaws.

We look forward to see you all at Wooler.

So now it's time to put your feet up, check your maps, triple check your kit, panic about your training, panic more about your training, check the weather forecast on the hour every hour for the next few weeks, buy that anti chafing cream you've been meaning to get and finally read this document at least a dozen times.

The route will be fully signed and marshalled.

We always spend a lot of time diligently marking out course' however on occasion these markings do get removed by dog walkers and locals so please make yourself familiar with the online route map available on the event website and maps provided here.

The route is straight forward in that it follows a natural clockwise loop on prominent paths.

We will be spending a lot of time marking out the course with highly visible flags and signs.

A map of the route can be downloaded here. <https://www.trailoutlaws.com/races/wooler/files/WoolerMap.pdf>

PRIZE GIVING

There will be no formal prize giving at the event this year. We will announce online after the event and post all prizes to the winners.

We are delighted to announce Nvii/Str8 are assisting with the prizes this year see the announcement below for more further details.

SHOP

We hope to have a selection of adults and children's Hoodies for sale at the event. This will be located at race registration/car park.

SPECTATORS AND FAMILY

We must insist that this year that no spectators or family come to the event. There will be no access to the race HQ at any time for anyone other than event participants. Likewise there will be no access to event CPS. These are all on Private land and no access other than event vehicles will be allowed.

This is an instruction from UKA Athletics that this is the case with any professional or amateur sports events taking place during COVID-19.

THANK YOU

Thank you for taking time to read all the information contained within this document.

We fully understand that these changes will not be to the liking of all. But they are procedures and rules that will have to and will follow to ensure we have as safe an event as possible.

Please stick to the rules and guidelines within this document so that we can all have a safe and fun day out on the trails.

Participant Code of Conduct

Please ensure that you read and observe this code of conduct to ensure a safe and enjoyable event for everyone.

- Runners should not turn up at the event if you are showing any symptoms of covid-19 as outlined by the NHS
- Although the Wooler YHA is being used for the race, access will be limited. We have detailed that there are alternative toilets available at Wooler Bus Station Car Park. Anyone who needs to enter the youth hostel must wear a face mask.
- Come ready to run - minimise your interaction with race staff, volunteers and participants by being as self-sufficient as possible
- Come alone if you can
- Under no circumstances swap your number or give your place to another participant
- Be respectful to volunteers and participants
- Observe social distancing wherever possible
- Carefully consider your travel plans, avoiding public transport if at all possible
- Leave more time than you normally would to get to and from the event
- Be prepared to bring your own water and food and carry it with you during the race and please dispose of rubbish responsibly
- Be aware of your personal hygiene e.g. avoid spitting and nasal clearance
- Be mindful of your surroundings and impact on other participants, spectators, volunteers and the public. Don't run with or carry children in the race.
- Bring your own hand sanitizer and face mask
- If you experience COVID symptoms soon after the event, then please make this known through the government's Track & Trace system

Registration

- Race numbers for the races can be collected on Friday from 17:00 until 20:00 from Wooler YHA. On the morning of the race, numbers will be given out at the car park only. Numbers can not be collected from Wooler YHA as they will all be held at the car park;
- There will be no kit-check at the start but random checks will be implemented during the race by volunteers with face masks and gloves;
- Toilets will be available at the Wooler YHA venue. However, please note that in order to maintain social distancing, we are requesting that runners use the toilets at Wooler Bus Station Car Park, 1 Market Pl. Wooler, Northumberland NE71 6LA before coming to Youth Hostel or race start location;

Race Start

- Runners will be expected to wear a face covering at all times unless running in the event. The face mask must then be stored in case you need it during or after the race;
- Runners should come straight to the start location rather than Wooler YHA as in previous years. Arrows will guide runners to the start location.
- Runners will be expected to turn up at the race start with their running numbers attached and visible, and ready to start when instructed by the team;
- Rolling start. Runners will have a 90 minute window to start the event. We ask that you all ensure that you do so within this time as no runner will be allowed to commence the event prior to 0700 or after 0830.

During Race

- All gates must be closed after passing regardless of how close another runner might be behind. Sanitize your hands where possible before and after passing through a gate;
- There will be hand sanitiser provided for use before at aid stations. Bottles of hand sanitiser will be provided for this purpose;
- Marshals will pass pop, sweets and water to runners at aid stations. Marshals will be using scoops and serving jugs to help minimise touching of food/sweets.
- All runners will carry their own bottles / bladders as part of the mandatory kit list;
- There will be less of a selection of food available than in other years, so runners will be expected to be more self-sufficient than usual and carry some of their own energy supplies from the start;
- Volunteers at the aid stations will be continually sanitising surfaces touched by the runners;

Finish Area

- There will be no access to showers, changing facilities or cooked food at the finish area;
- Toilets will be available at the finish area. Please also make use of the toilets at Wooler Bus Station which are on the way back to the car park;
- Runners will be encouraged to depart the finish area as soon as possible after completing the race;
- Medals and t-shirts will be laid out on tables for collection by successful runners;
- Prizes will be emailed after the race to minimise congestion.

Medical Cover

- The medical team will be located in outdoor locations in areas that enable them to get quick access to runners on the route. There will also be a medical room and COVID isolation room at Race HQ.

Spectators

- We ask that no spectators attend the event this year. There will be no admission to the event HQ for anyone other than runners.

Nvii

str8

We are delighted to announce that Nvii/Str8 are supporting the Wooler Marathon this year. They have an extensive range of trail and fell running shoes. The Terra TT is particularly well suited to the terrain on this race.

The top male and females will get a voucher for 1st £60, 2nd £40 and 3rd £20 and each age category will get a voucher for £30.

If you would like more information on purchasing these trainers then please email nviistr8.uksales@gmail.com. You can also keep up with Nvii/Str8 on Instagram https://www.instagram.com/nvii_str8_uk/

Northern Runner in Newcastle are your local stockist <https://www.northernrunner.com/>





If you would like to check out the NVii range of shoes and any other kit you might need for the race then why not to pop into Northern Runner. They are open for business as usual and have everything you need for Wooler Marathon and the half. They are giving out a free buff if you spend over £50



“EXCLUSIVE OFFER FOR ALL TRAIL OUTLAW PARTICIPANTS

Jason, from JT Sports Massage has kindly put together an exclusive offer for you. **20%** off your 1st 60min treatment session. Simply click on the links below or contact Jason directly to book yourself in for a sports massage or help with an injury or persistent niggle. Please quote

#Trailoutlaws when making your booking.



Find out more about Jason & the work he does at: JT Sports Massage on FB or JT Sports Massage on the web“



Event photography provided by Lee ‘Hippie’ Nixon. Lee is a runner and passionate photographer, he will be on hand to take some shots of you and the event over the course of the weekend at various locations. All photos are free after the event from FB and will go up post event. So feel free to tag and share away your misery (delight).

TRAIL OUTLAWS TRADING POST

TRAIL OUTLAWS HOODIES

OLD STYLE £25

NEW STYLE £30

CHILDREN'S £25



TRAIL OUTLAWS T-SHIRT £10



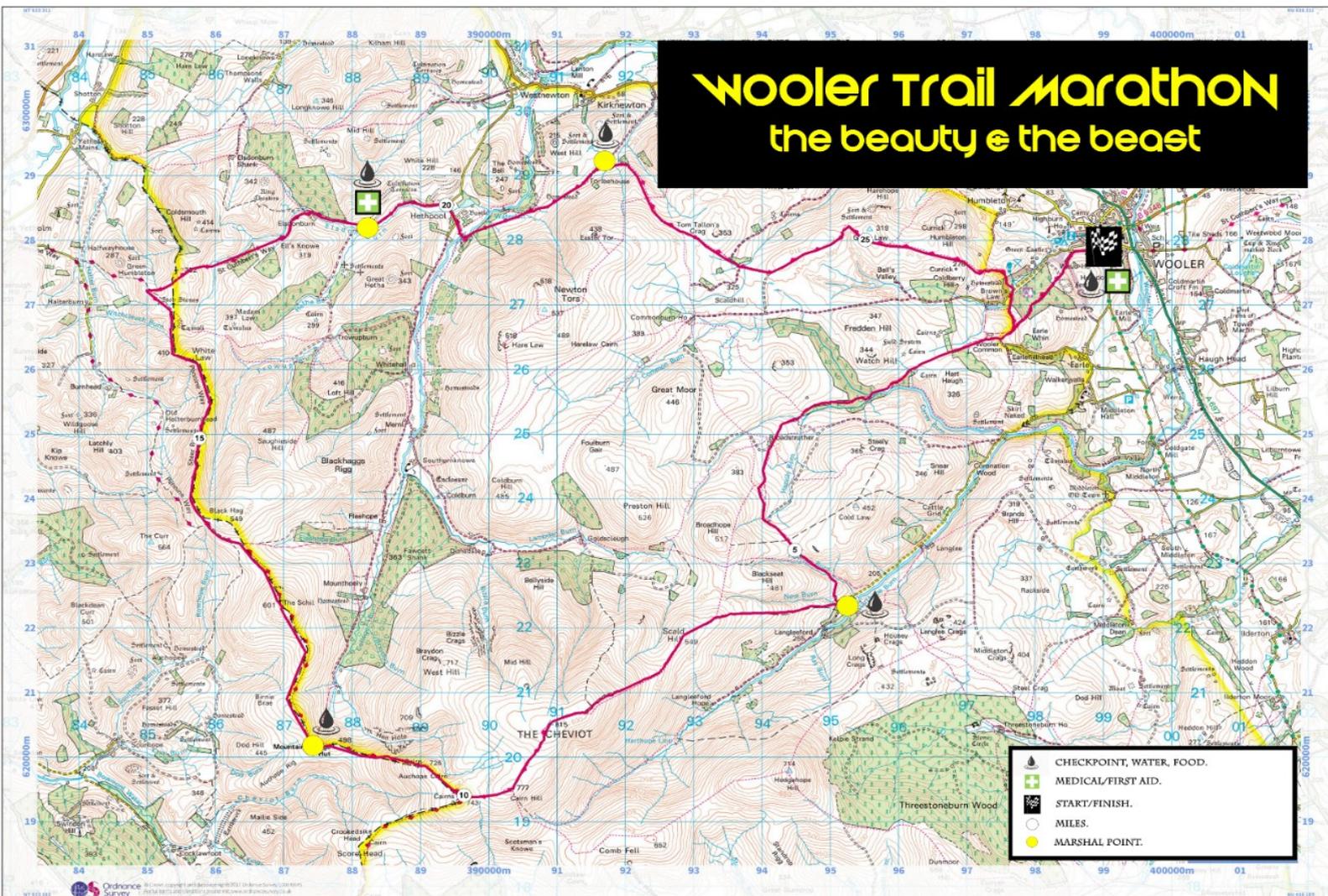
TRAIL OUTLAWS LONG SLEEVE £15

NEW DESIGN for 2020!



Wooler Trail Marathon

the beauty & the beast



A map of the route can be downloaded here. <https://www.trailoutlaws.com/races/wooler/files/WoolerMap.pdf>