




SCOTT
DARK SKIES RUN[®]
@ KIELDER

DARK SKIES RUN
@KIELDER 14 - 2019

In association with:



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
Please read this document in full.

RACE INFORMATION

This is the 5th annual running of the Dark Skies Run @ Kielder with this year now adding a 10 mile race to the existing 14 and 26.5 mile races. Which of course means we have some amazing people now attempting the triple as well as the double.

We have raised £457.00 for the Northumberland National Park Mountain Rescue Team (NNPMRT). We hope to make this up to £500 over the weekend. There are free coffee, tea and biscuits at the end. But donations are also welcome.

The past two years have seen lovely clear evenings and were blessed with beautiful daytime weather.

We have our fingers crossed for last year's weather to repeat itself.

Either way we look forward to watching and hearing about your experiences.

RACE NUMBERS

PLEASE NOTE PHOTOGRAPHIC ID is required when picking up your race number. This could be work pass, driving license, etc.

Please note that race numbers will be given out at race registration on the day of the race.

You must clearly pin your number to the front of your top so it is visible to the event marshals at Check points who will be taking numbers for safety reasons.

BEFORE THE RACE

Consider taking out personal insurance against accident or injury whilst participating in sporting activities. Bring appropriate footwear for the race conditions.

REGISTRATION AND TIMINGS

Please pay very close attention to timings.

Sunday 24rd March

Hawkhirst Scout Activity Centre

Race registration: 15:00 to 17:30

Coach Depart 1 : 17:10

Coach Depart 2 : 17:40

Race Briefing: 17:50

Race Start: 18:00

Race Closes: 21:30

Prize Giving: 20:30

All runners must register before the registration closes at the venue below.

Hawkhirst Scout Activity Centre, Kielder, Northumberland, NE48 1QZ

[Map for Hawkhirst](#)

Race Start and Race Briefing at North Shore of Kielder Dam (Car Park) via free coach transfer.

EVENT HQ

START / FINISH AREA

HQ will be the Hawkhirst Scout Camp.

The Activity Barn (there will be signage on the day) as shown on event HQ map as Registration. You will be directed by lighting and signage at the end of the route into the Activity Barn to finish.

RACE PARKING

Event parking will be in 2 locations depending on the amount of runners turning up on the day. We will require your help and cooperation during this time. We will start by parking everyone on site at the Scout Camp and hope to be able to accommodate 280 or so vehicles providing you all following the marshals instructions.

Once this car park is full we will be directing cars to the overflow car park at Kielder Campsite. Which is 4 miles away and the journey takes approximately 10 minutes. We will have a shuttle bus in operation to bring runners and any family in car to the event HQ for registration. booking is under will appear on the door of the room.

It's then simply a case of going to that building and finding your name on the door of a room.

Post event we will be running the same shuttle service to return runners and families to their cars.

Pick up and drop off point is at the Campsite and at the coach drop off point located on event HQ map.

CAR SHARING

We have also signed up with the excellent Race Lifts website for anyone that would like to share travels costs/reduce your carbon foot print, or just needs a lift.



All three races are listed at <https://racelifts.org/>.

COACH TRANSFER

Please pay very close attention to timings.

The race start is in a different location to the race HQ / registration and race finish. As such we need to transfer all runners to the start from race HQ after registration. This has proved a rather logistical headache and we will require your co-operation and patience during this transition. We will be using 3 coaches & 1 mini bus doing the transfer twice.

Please note the coach depart point is at the bottom of the small wooded bank that you drove up to get to the main Hawkhirst car park once you entered the scout site, so please allow 5 minutes to walk to the coaches.

1st Depart 17:10

2nd Depart 17:40

It is essential that you give adequate time to arrive at the HQ, park, find accommodation and register (inc kit check).

In some cases this may mean you arriving on site earlier than planned, we do apologise but unfortunately this has to be the case to ensure all runners arrive at start on time.

We will have 4 x event shelters set up to shelter all runners whilst awaiting the start of the event. If you want to take extra cloths to wear while you wait we will have a van to transport the clothing back to the event HQ for when you finish.

RACE ROUTE

The route will be marshalled, signed, taped and flagged with high visibility reflective tape (being you are all using head torches, it should light up like cats eyes!).

You will be following the Lakeside Way from the Dam to the Hawkthirst Scout Camp in an anti-clockwise direction (keep water on your left).

We always spend a lot of time diligently marking out our marked events, but as always navigating a trail course remains the runner's responsibility, so please make yourself familiar with the race route.

RACE FINISH

To finish the event you will be required to arrive in the event HQ located in the Activity Barn where you registered. Your number and time will be taken and you will be given you finish medal and t-shirt.

You must ensure you get your number taken at the finish to appear in the results

ACCOMMODATION / MEALS

Accommodation

(There is still accommodation available, please use [this link to check accommodation](#))

If you are staying with us on site, then please take notice of the event HQ map, which shows the location of the on site accommodation.

It also shows the locations of the tent pitches, **please only bring small tents i.e not family style tents with multiple rooms as it is not a holiday campsite, and will only accommodate small to medium size tents.** Pitches will not be allocated and will be on a first come first served, so please once you arrive set up your tent and then get registered, and please ensure you give plenty of time to put up the tent.

Arrive (please arrive in plenty of time to get to your room / set up tent and then register) any time after 14:30 on Saturday.

We will have a list at registration of what building you are in and the name the

Bedding is provided in rooms, but you will need to bring your own towels.

There are very basic self-catering facilities on site and we will bring some microwaves, toasters and kettles. But be aware there are no cookers that are for use by the public.

Meals

Post event meals and breakfasts (paid for at entry) supplied by the Scout Association are taken directly after you finish in the Sunley Hostel building/ canteen area, or the next morning between 0800 – 1000 for breakfast.

[Accommodation available here.](#)

TRAIL ETIQUETTE

As trail runners we pride ourselves on respecting the trails.

We would ask you to do the same, please respect, be polite and give way to other users of the trails during the event.

Last year we had a lot of litter on course after the event around the CP's where runners had clearly ran away from CP's with cups and thrown them to the side of the path. This is not the Great North Run! This behaviour is totally unacceptable and anyone witnessed doing this will be disqualified.

Keep to the marked route.

MEDICAL COVER

Full medical cover is provided for both events by AED Medical.

EVENT REFRESHMENTS

We will have a table located in the canteen area with a variety of snacks and foodstuffs for you to eat when you finish. This will not be substantial (as in not a meal) so should you require a good bite to eat please bring food in your car or pre book a meal prepared by the scouts.

Hot drinks will be available for all runners, hot chocolate, coffee, tea, beef stock.

There will be a contribution tin located near to the refreshments with a small suggested donation. All donations will go to the Northumbrian National Park Mountain Rescue Team (NNPMRT).

MANDATORY KIT & SAFETY

HYPOTHERMIA

Please take note of the kit required, this is all mandatory. This may seem a lot. But trust us, every runner in the 2016 event was very thankful when the storm hit. Please also don't think that last year because the weather was mild it was less of a risk. We actually had more acute cases of hypothermia last year in dry mild weather than we did in the storm.

No matter the conditions on the day you will be at a higher risk of hypothermia when you stop, this causes us an issue mainly at the Dam CP where we have most of our DNF's.

If you do need to DNF at any CP please follow these very simple guidelines to reduce your risk of hypothermia:

- If you have any wet clothing on (particularly your top) remove it and dry if possible.
- Put on any dry layers you have you are not already wearing. This includes hat and gloves.
- Keep moving around, even slow moving will help to generate heat that will keep you warm.
- Get out of the wind/elements in a car (all CPs will have vehicles at them).
- Take out your foil blanket and or bag and get in it or wrap it around you.

***suggested extra kit should forecast weather conditions require.**

We will be conducting a formal kit check at race registration, failure to produce and carry required kit for the duration will result in disqualification from the event. Should you have any questions about kit, please use the FaceBook or Google prior to emailing as we will not have time to answer a lot of kit questions.

- Proof of ID (Kit check only)
- Whistle
- Head Torch with spare batteries
- Survival Bag / Foil Blanket
- Hat and Gloves (Hat not Buff)
- Quality Waterproof Jacket
- 500ml water carrying capacity
- Emergency Food (Mars bar etc)
- Personal Cup
- Mobile phone fully charged
- **Waterproof Trousers ***
- **Leggings ***
- **Spare Base Layer ***

CHECKPOINTS

North Hall Road – 6.5 miles

Water / Sweets / Cola

Viaduct – 10.25 miles

Water / Sweets / Pretzels / Cola

The above is meant to supplement your own race nutrition, please do not rely solely on the CP's to get you around the course.

Through our experience in the past couple of years at this event and many more, we are adopting a different approach and offering different food stuffs at different CPs. This is as a result of the incredible amount of wastage that occurs should we try to accommodate everyone at every CP. It is simply not feasible. And we end up with A LOT of waste.

We know that this will not supply all with their requirements i.e special diets e.g Gluten Free, Vegan.

We suggest if you have any special fuel requirements during or post event that you carry your own.

We are also this year not providing cups at Checkpoints. So please make sure you fetch your own cup if you are not drinking from your own water that you are carrying. You can get light collapsible cups online for a couple of pounds.

SCOTT SPORTS

We would like to thank our event sponsor Scott Sports who have been a key part in growing the Dark Skies Run @ Kielder.

Scott will be fetching their Kinabalu and Palani range of trainers for runners to test at Kielder. A great opportunity to test out the latest version of these great trainers.

FINAL WORD

That's all the what's, where's when's and stern stuff covered, now onto the fun part.

We are delighted how well received the event has been by you the runners in only its 5th year!
With the 10 & 14 events selling out its 400 places in a record 24hrs.

We thank you for choosing to run on the trails with Trail Outlaws and we insist above all else that you bring along your smile and trail running spirit and enjoy your day / evening with us. Even if we have another storm!

As we love seeing you smiling (and suffering a little) on the trails along the way.

See you all Soon :)



POWER IS
NOTHING
WITHOUT
TRACTION

—
THE NEW SUPERTRAC RC

TRAIL OUTLAWS TRADING POST

The following items will be available to purchase at the race.
5% of all sales at this race will be donated to NNPMRT.

TRAIL OUTLAWS HOODIES £30

COLOURS PURPLE, CHARCOAL GREY AND BLACK (Sell for £35 online)



TRAIL OUTLAWS T-SHIRT £10



TRAIL OUTLAWS CAP £12.50



TRAIL OUTLAWS LONG SLEEVE £15 NEW FOR 2019!



ACTIVE ROOT

Active Root, the natural ginger sports drink will be providing hydration at the Wooler half marathon and full marathon! If you want to try Active Root before your race follow the link below to get a free sample sachet.

<https://activeroot.co.uk/free-sachet-ginger-sports-drink>



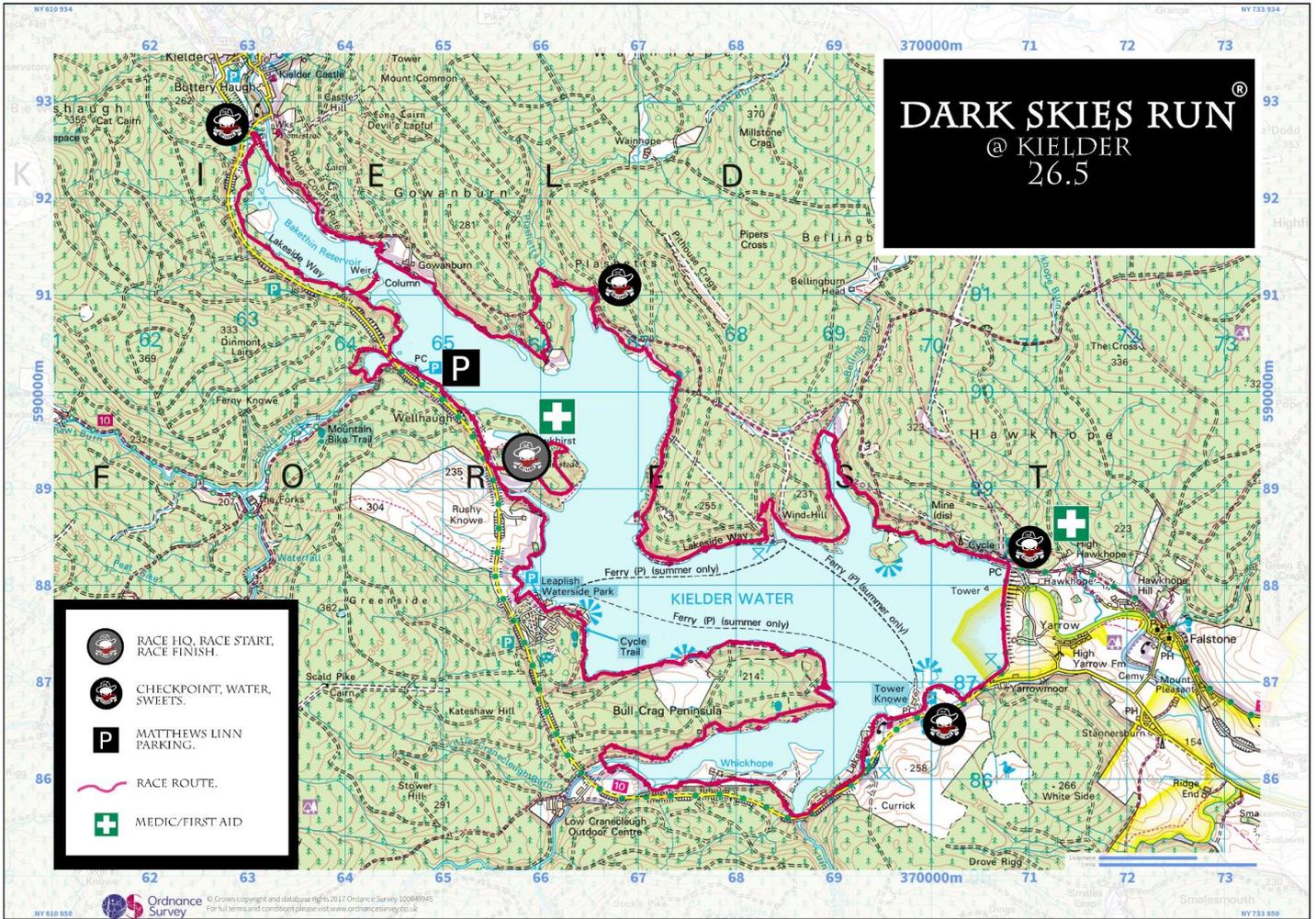
Event photography provided by Lee 'Hippie' Nixon. Lee is a runner and passionate photographer, he will be on hand to take some shots of you and the event over the course of the weekend at various locations. All photos are free after the event from FB and the Flickr page that will go up post event. So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



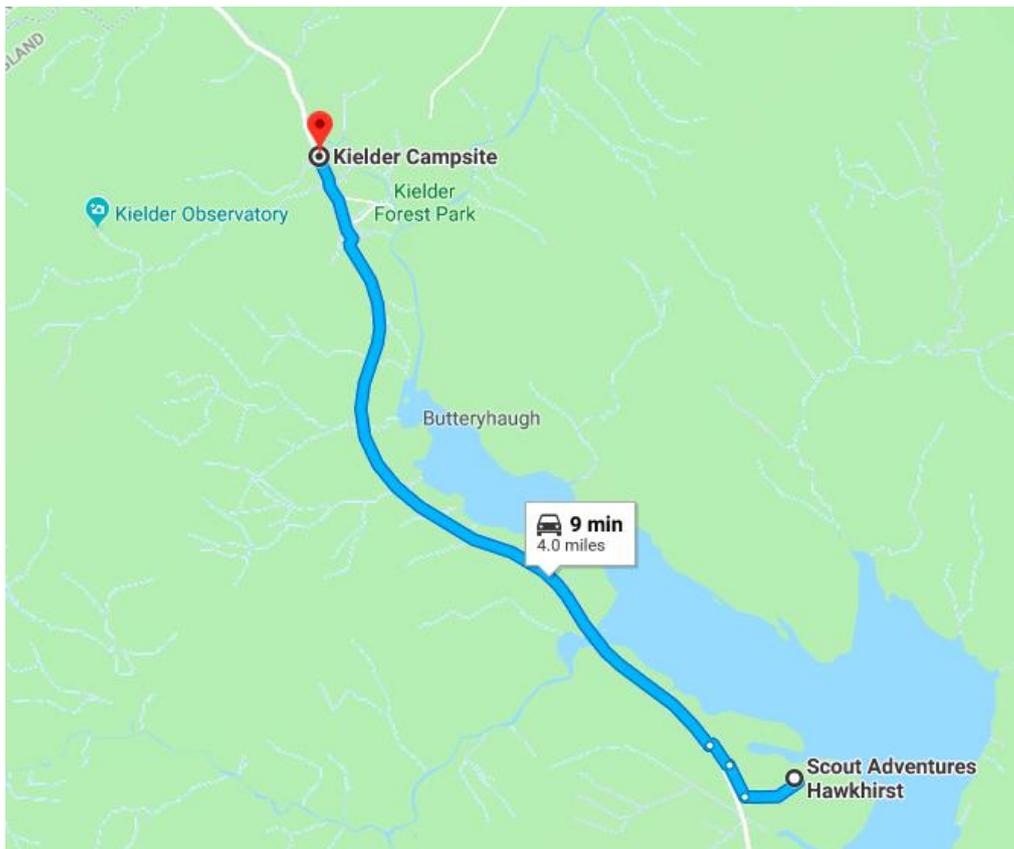
Our event this year like all our Trail Outlaws and Dark Skies Run events is supported by SCOTT Running UK.

They have their UK headquarters in North East England and it was a great fit to partner with them for our local events.

Their kit and in particular trainers are leading the way in UK and European trail running.

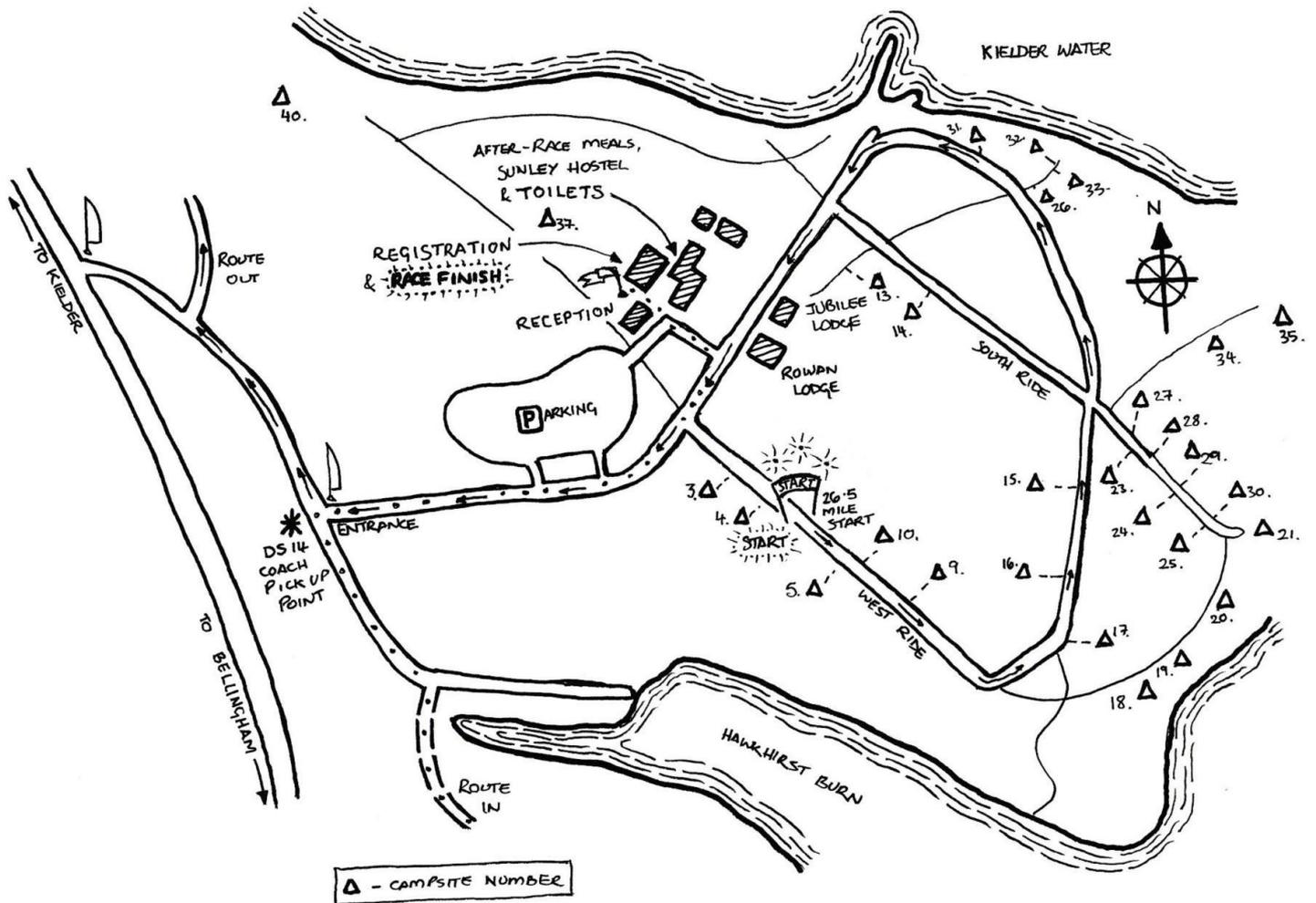


Second car park at Kielder Campsite. Marshals and signs will direct traffic which is just 4 miles from the race.



Event HQ Map

(This map was drawn for us by the very talented Mr David Anderson)



RACE WEBSITE :

[HTTPS://WWW.DARKSKIESRUN.COM/](https://www.darksiesrun.com/)

RACE ENTRIES LIST/RESULTS :

[HTTPS://WWW.DARKSKIESRUN.COM/RESULTS](https://www.darksiesrun.com/results)

RACE RULES :

[HTTPS://WWW.DARKSKIESRUN.COM/DARK-SKIES-KIELDER-RULES.PHP](https://www.darksiesrun.com/dark-skies-kielder-rules.php)

TERM AND CONDITIONS :

[HTTPS://WWW.DARKSKIESRUN.COM/TANDC.PHP](https://www.darksiesrun.com/tandc.php)