



DARK SKIES RUN[®]

@ KIELDER

DARK SKIES RUN

@KIELDER 2018

In association with:



IN SUPPORT OF



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 4th annual running of the Dark Skies Run @ Kielder 26.5, and the 2nd running of the Dark Skies Run @ Kielder 14.

And for those really wild folk the opportunity to do the “Double” 40.5 miles in 24hrs, in the Dark.

After 2016’s Storm Katie 20 minutes before the start of the race, in 2017 we were blessed with beautiful daytime weather and clear skies for the run during the evening.

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 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. UKA and TRA membership include insurance. Bring appropriate footwear for the race conditions.

REGISTRATION AND TIMINGS

Please pay very close attention to timings.

Saturday 24th March

26.5 Event

Hawkhirst Scout Activity Centre

Race registration: 14:30 to 16:45

Race Briefing: 17:15

Race Start: 17:30

Race Closes: 00:30

Prize Giving: 23:30

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

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

[Map for Hawkhirst](#)

Sunday 25th March

14 Event

Hawkhirst Scout Activity Centre

Race registration: 15:30 to 19:00

Coach Depart 1 : 19:10

Coach Depart 2 : 19:40

Kielder Dam

Race Briefing : 19:55

Race Start: 20:00

Race Closes: 23:30

Prize Giving: 22:30

All runners must register before the registration closes at the venue as per 26.5 Hawkhirst.

Race Start and Race Briefing at North Shore of Kielder Dam (Car Park).

You will be transferred to the start via coach from Hawkhirst to Kielder Dam approx 12 min one way trip.

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, will be where registration for both the 26.5 and 14 event will take place. This is also where both events finish. You will be directed by lighting and signage at the end of the route into the Activity Barn to finish.

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 0700 – 0900 for breakfast.

COACH TRANSFER

Please pay very close attention to timings.

Sunday 25th March

14 event only

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 19:10

2nd Depart 19:40

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.

ACCOMMODATION / MEALS

Accommodation

(There is still accommodation available for both events, please go to <https://www.darksbiesrun.com/dark-sbies-kielder-travel.php> too book accommodation should you wish)

If you are staying with us on site on the Saturday post 26.5 or the Sunday post 14, then please take notice of the event HQ map, which shows the location of the onsite 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 (26.5) or after 15:30 on Sunday (14).

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

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.

[Accommodation available here.](#)

RACE PARKING

Event parking for the 26.5 and 14 event 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 of Matthews Linn (as shown on race route map attached). This is exactly 1 mile away and the journey takes approx 90 seconds. We will have a shuttle bus in operation to bring runners and any family in car to the event HQ for registration.

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 in Matthews Linn car park and at the coach drop off point located on event HQ map.

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.

RACE ROUTE

Navigation of both routes is very simple.

26.5 event

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 around Kielder Water for its entirety in a clockwise direction (keep the water on your right).

The start and finish of the event is at the Hawkhurst Scout Camp.

14 event

As above for the route marking.

You will be following the Lakeside Way from the Dam to the Hawkhurst 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 runners' 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

CHECKPOINTS

26.5 event

Viaduct – 5.5 miles

Water / Sweets

North Hall Road – 9.3 miles

Water / Sweets / Pretzels / Cola

Dam – 16 miles

Water / Sweets / Pretzels

Tower Knowe – 17.5 miles

Water / Bananas / Cola

Leaplish – 24 miles

Water / Sweets / Pretzels

14 event

North Hall Road – 6.5 miles

Water / Sweets / Cola

Viaduct – 10.3 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 for all of our 2018 events switching to paper cups for all event cold refreshments at aid stations. This is to reduce the plastic wastage again we have at these events. This is another reason for limited food stuffs at CP's as paper costs more !

MEDICAL COVER

Full medical cover is provided for both events by North East Rescue and Medical Services (NERAMS).

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.

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

Please advise families and friends that the drinks are for runners only as we are unable to cater for all. We don't like to mention this but at other events we have had runner's refreshments and foods eaten in such quantities by others that there has not been enough for all the runners.

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).

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 it's 4th year !
With the 14 event selling out its 400 places in a record 36hrs after opening, and the 26.5 selling out within the first month.

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 :)

MANDATORY KIT & SAFETY

HYPERTHERMIA

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 hyperthermia 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 hyperthermia when you stop, this causes us an issue mainly at the Dam CP where we have most of our DNF's on the 26.5 event. 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.

26.5 & 14 event

- Whistle
- Head Torch with spare batteries
- Survival Bag / Foil Blanket
- Hat and Gloves (Hat not Buff)
- Waterproof Jacket (taped seams)
- 500ml water carrying capacity
- Emergency Food (Mars bar etc)
- Mobile phone fully charged
- **Waterproof Trousers ***
- **Leggings ***
- **Spare Base Layer ***

YOU'VE RAN AROUND THE WATER IN THE DARK,
NOW ITS TIME TO RUN AROUND THE MOUNTAIN



DARK SKIES RUN® @ GALLOWAY

13TH & 14TH OCTOBER 2018

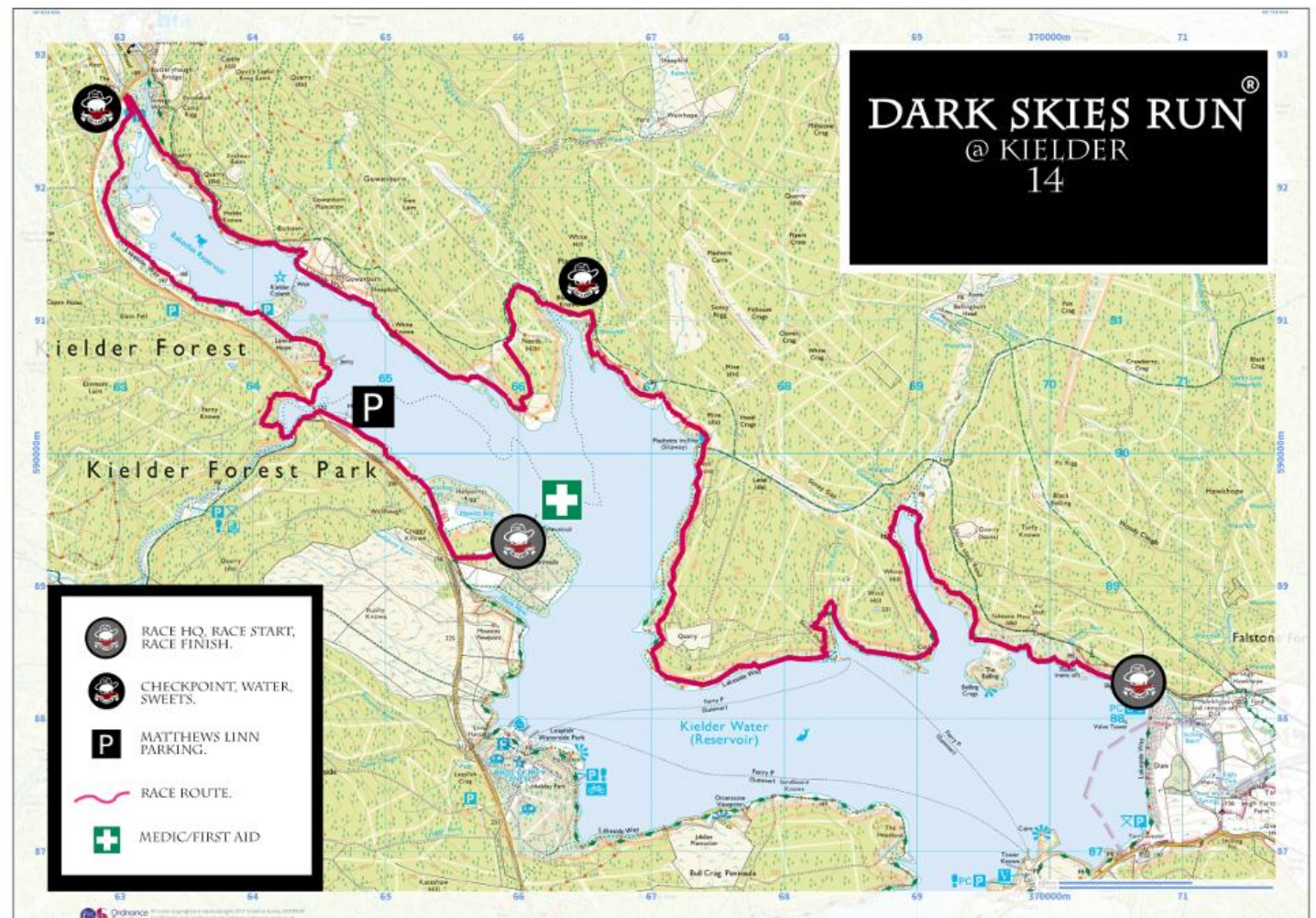
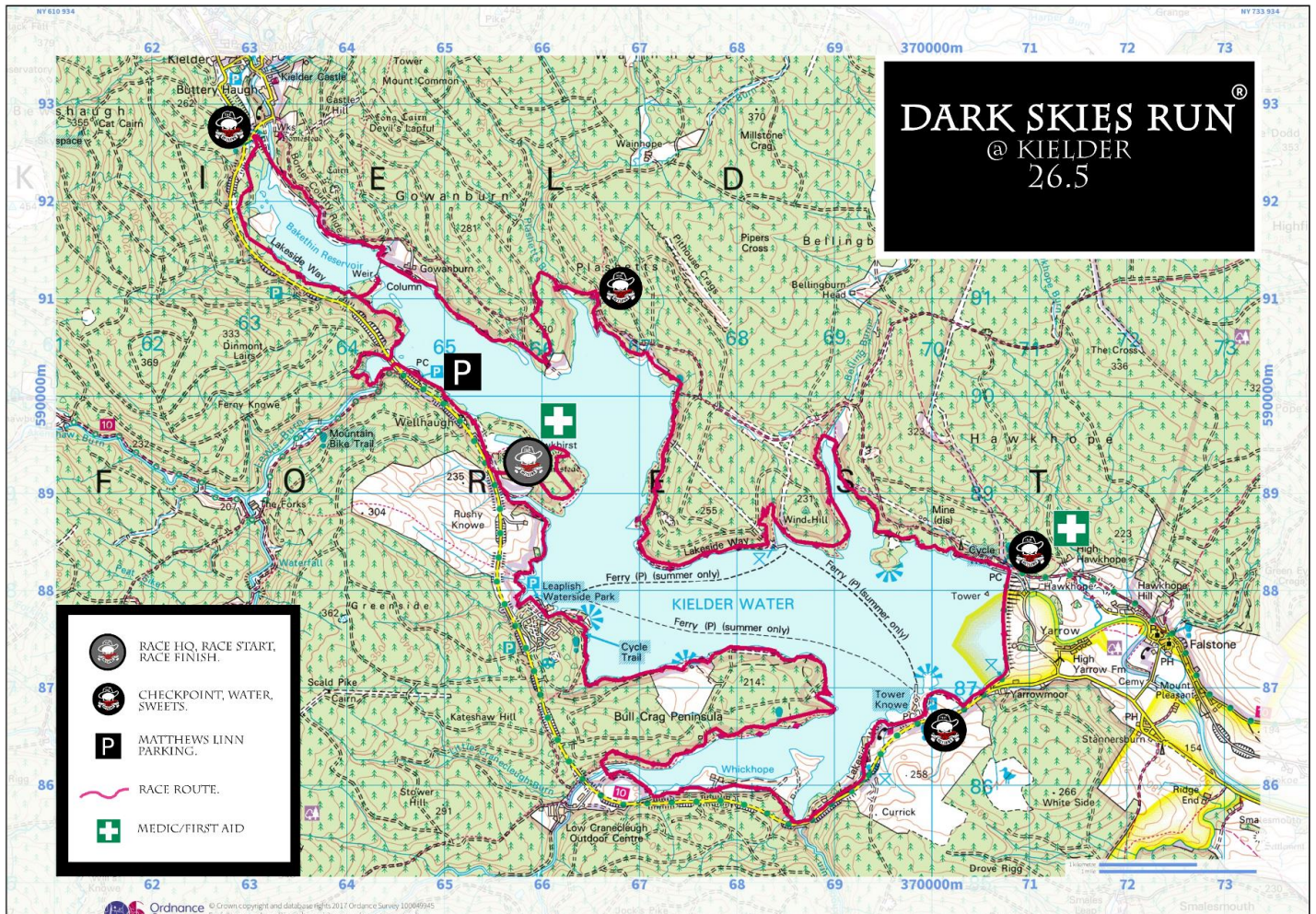
USE THE CODE **DARKSKIES** TO GET
15% OFF YOUR ENTRY AT GALLOWAY



POWER IS
NOTHING
WITHOUT
TRACTION

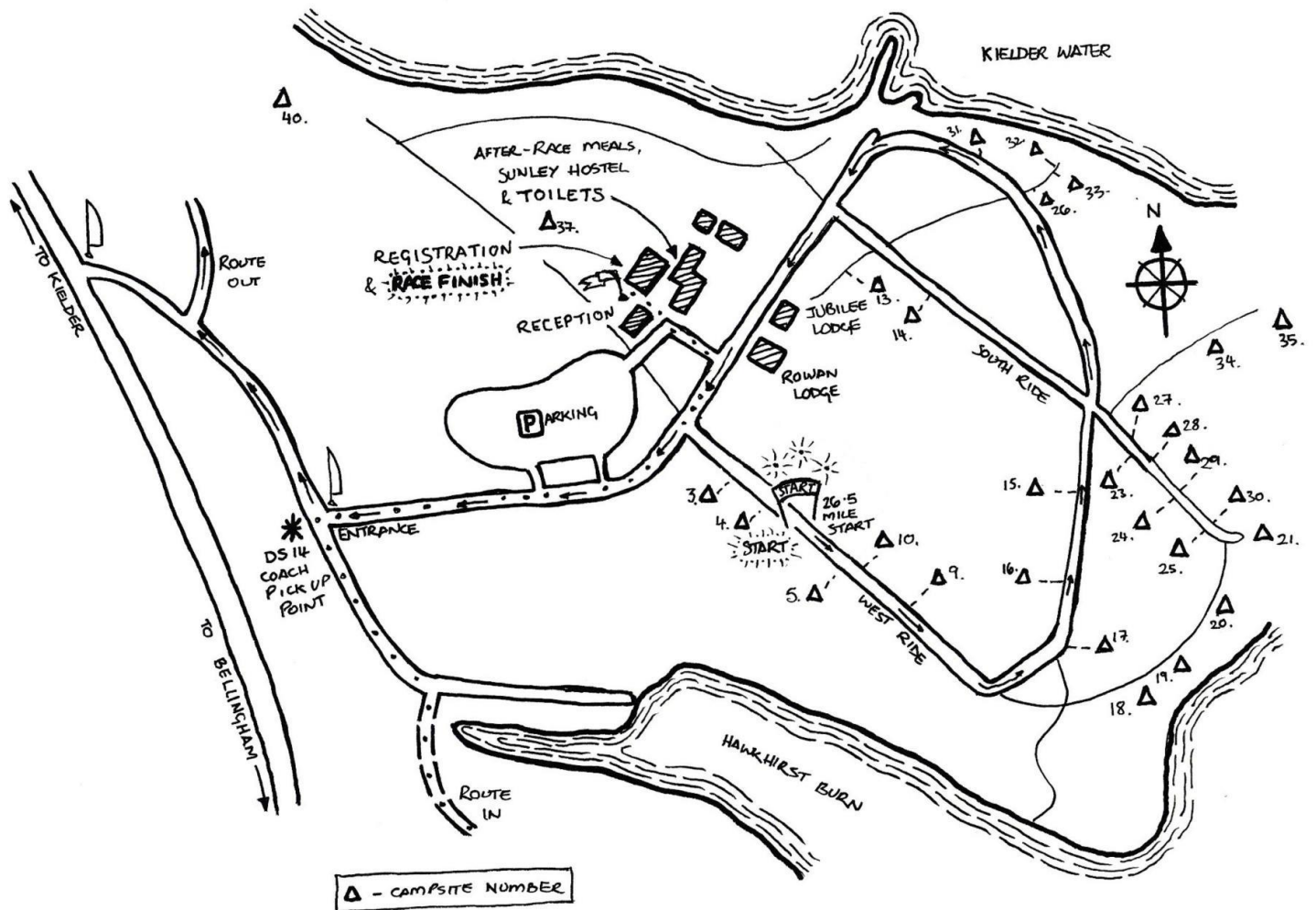
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THE NEW SUPERTRAC RC





Event HQ Map

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



RACE RULES :

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

TERM AND CONDITIONS :

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

RACE WEBSITE :

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