

TRAIL OUTLAWS

ROYAL
AIR FORCE

RAF SPADEADAM



RAF SPADEADAM Half Marathon 100 Year Edition

In association with:



INFORMATION

Please read the pre-race information carefully. If you have any questions about the race, then please info@trailoutlaws.com or phone 07734309500 Tim 07984307900 Garry

RACE INFORMATION

The RAF Spadeadam Half Marathon has published results available going back to 2006. Dave and Rachael Welby asked us to get involved, to help make sure that the 2018 version of the race helped celebrate the RAF Centenary and get people running in this fabulous part of the country. So we would like to thank you all for entering the race and we look forward to welcoming you all to RAF Spadeadam.

We hope you enjoy the route as much as we do. It has an amazing mix of long undulations, amazing views and military hardware on show!

PRE REGISTRATION

The title of the race, hopefully makes it obvious that the race is taking place on an RAF base. In order to get everyone onto the base with minimum delays, it would be a HUGE help if everyone could register their vehicle and passengers. Please use this link to register if you have not already done so via this [link](#).

RACE NUMBERS

Please note that race numbers will be given out at race registration on the day of the race. You MUST show valid photo ID before a number can be given to a runner.

BEFORE THE RACE

Consider taking out personal insurance against accident or injury whilst participating in sporting activities. UKA and TRA membership include insurance.

Fetch appropriate footwear for the race conditions.

RACE REGISTRATION

Race registration for the event opens at 09:30 and closes 10:30.

Race Schedule:

Briefing	10:55
Start	11:00
Presentations	13:30
Finish	14:30

All runners must register before the race starts, t-shirts will be given out at registration.

Medals will be given out upon completion of course.

Registration Address:

RAF Spadeadam,
Brampton,
Gilsland,
Cumbria,
CA8 7AT

[Map for RAF Spadeadam](#)

RACE PARKING

Event parking will be on the base itself, there is no parking on the road outside the base under any circumstances.

START / FINISH

The race starts close to the race registration area.

Upon getting to the finish, you need to have your NFC wristband scanned by our readers. **PLEASE start to remove your wristband as you approach the finish, to help scan your time.**

Please do not run off presuming that your number and time have been taken, as you will not appear on the results if you have not been scanned.

You will then be able to collect your finisher's medal.

PRESENTATION

Winner's presentations and age category presentations will take place at approximately 13:30.

BARBECUE & REFRESHMENTS

Trail Outlaws will be providing hot drinks and snacks at the end. Please consider making a small donation to the RAF100 appeal.

FACILITIES ON SITE

Runners and supporters will have access to toilets and showers (NOW not available). Please bring your own towel if you want to have a shower.

Bags can be left at the start/finish area. But, please be aware that we cannot guarantee the safety of any belongings left at the start and we will not be able to hold onto people's car keys or valuables, these are your responsibility.

RACE DAY SHOP

The Trail Outlaws Trading post will be located at race registration should you wish purchase extra merchandise Trail Outlaws £10, Trail Outlaws Vest £15 or Trail Outlaws Buff £5 (Buffs come in 4 colours, Pink, Yellow, Orange & Purple. Caps are £12.50. Mugs are £5. 10% of all sales goes to the RAF100.

RAF100 DONATIONS

As part of the hosting the race we have been asking for donations to the [RAF100](#). People entering the race have kindly donated £164.05. We have bumped this up to £1,164.05 and we hope to raise further from a raffle, money from shop sales and donations on the day. So please fetch plenty of change 😊

POPPY APPEAL

Ass hopefully many of you already know, we also raise money at every race we host to support the Poppy Appeal. As part of the hosting the race 11 places were sold via the Poppy Appeal and all the money from those places will go directly to the Poppy Appeal.

RACE ROUTE

The route will be fully marshalled, signed and flagged.

There will be marshals and signs, but navigation of the course remains the responsibility of the runner.

CHECKPOINTS

There are three checkpoints

CP1 is at 3.3 miles and will have water and sweets

CP2 is at 7 miles and will have water, red cola and sweets.

CP3 is at 10.25 miles and will have water and sweets

FIRST AID

First Aid cover at the event is being provided by AED Medical.

There will be First Aid responders and Paramedic located at the event.

Should you get into difficulty on the course please alert another runner or marshal who will be able to pass on any information and alert us for help.

FINAL WORD

Thank you very much for choosing to take part in the RAF Spadeadam Half Marathon. We want to make this a fabulous annual event with a fun and friendly atmosphere. So fetch your best smiles ☺

Have a great time, run with a smile on your face and we are sure you will agree, trail running is the best kind of running ☺

ALL RACE FINISHERS GET ONE OF THESE:-



TRAIL OUTLAWS TRADING POST

The following items will be available to purchase at the race.
10% of all sales at this race will be donated to RAF100.

TRAIL OUTLAWS T-SHIRT £10

**TRAIL OUTLAWS
CAP £12.50**



TRAIL OUTLAWS VEST £15



VEST



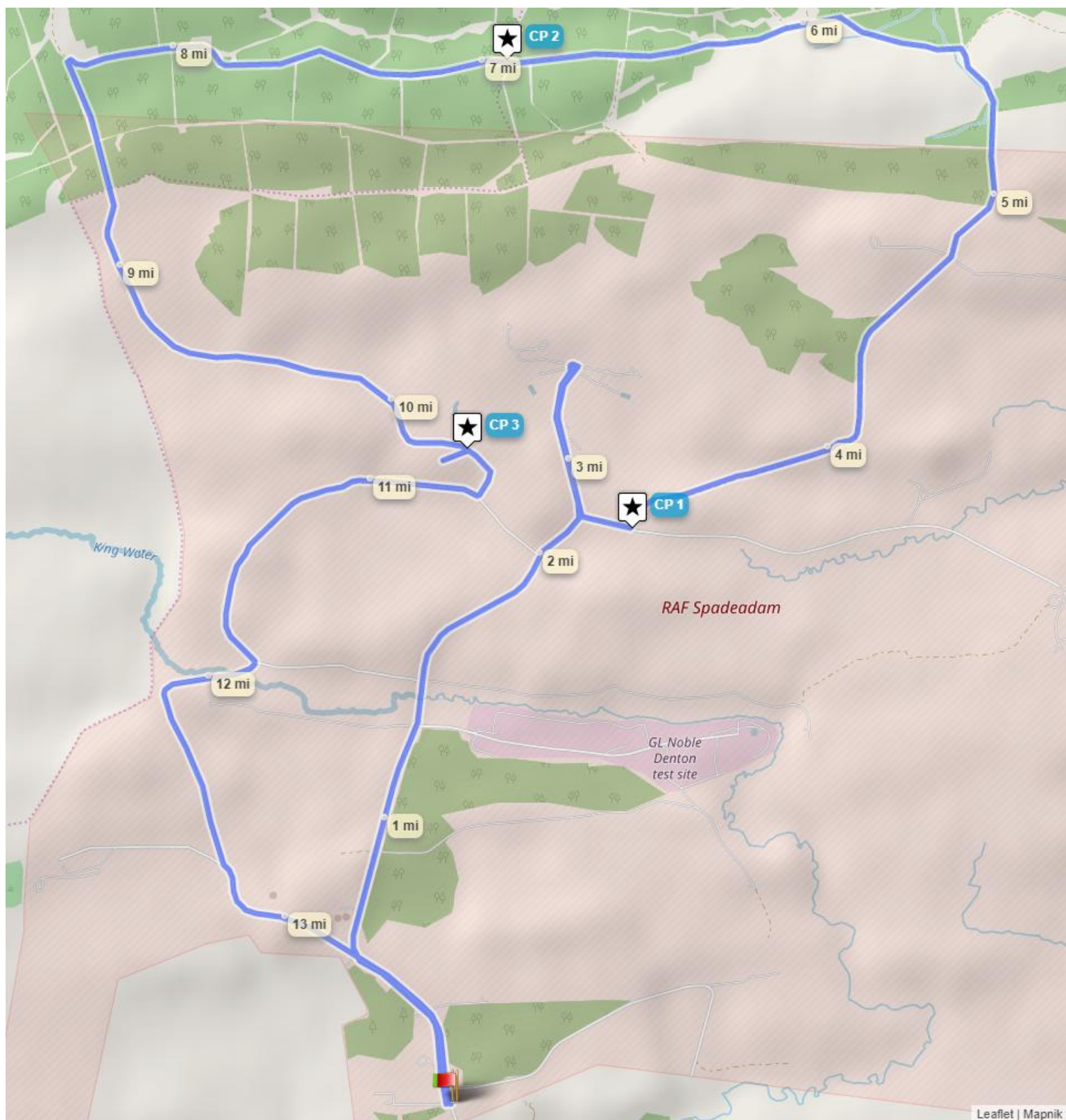
VEST



VEST



RAF SPADEADAM HALF MARATHON ROUTE



RACE RULES www.run-spadeadam.co.uk/spadeadam

TERMS AND CONDITIONS www.trailoutlaws.com/tandc

RACE WEBSITE www.run-spadeadam.co.uk/

TRAIL OUTLAWS WEBSITE www.trailoutlaws.com