

TRAIL OUTLAWS



RAF Benevolent Fund SPADEADAM Half Marathon 2019

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

After the successful race last year to help celebrate the RAF Centenary. This year we are delighted to be working with [RAF Benevolent Fund](#), who have been at the heart of the RAF family for 100 years this year.

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 the driver 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.

PRESENTATION

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

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.

HOT FOOD & REFRESHMENTS

The RAF will be selling hot drinks and bacon/sausage sandwiches. Any sales will help with site funds.

FACILITIES ON SITE

Runners and supporters will have access to toilets.

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 Hoodies buffs, and long sleeve tops.

RAF BENEVOLENT FUND DONATIONS

As part of the hosting the race we have been asking for donations for the [RAF Benevolent Fund](#). People entering the race have kindly donated £414.24. We have added £1230((£2.50 a runner)) from entries so far. **So the current total is £1644.24. Thanks to everyone that has entered and helped support the RAF Benevolent Fund. They will be there on race day, so please show your support.**

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 :)



“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](#)“

Jason will also be at the race to offer a post race massage. He will be based in the race registration area. Massages are £5 for 10 minutes and 5% of the money will go to the RAF Benevolent Fund.

TRAIL OUTLAWS TRADING POST

TRAIL OUTLAWS HOODIES £25
Free Vest with every hoodie



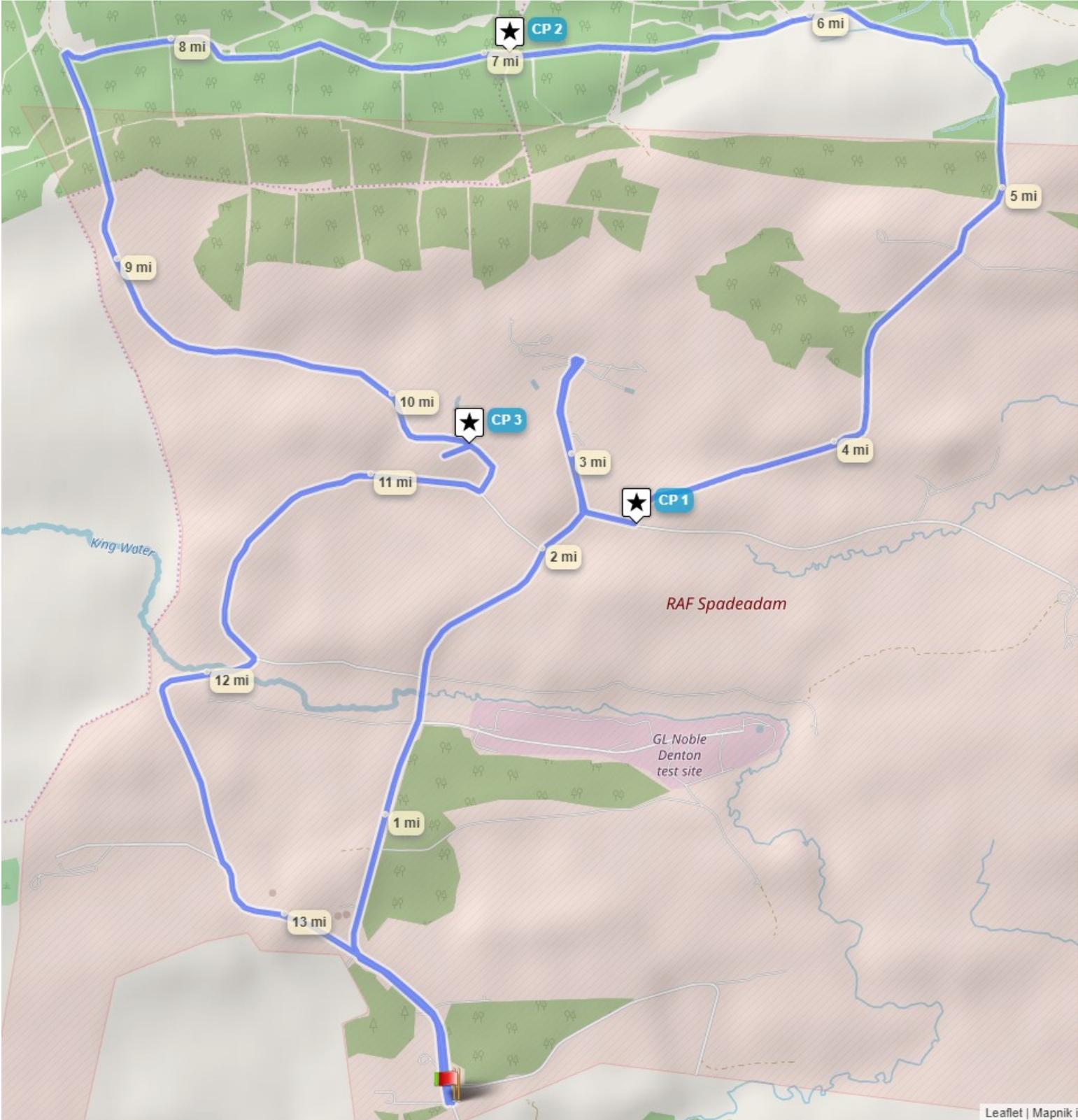
TRAIL OUTLAWS T-SHIRT £10



TRAIL OUTLAWS LONG SLEEVE £15
NEW for 2019!



RAF SPADEADAM HALF MARATHON ROUTE



RACE INFORMATION

RACE ENTRIES/RESULTS

<https://www.run-spadeadam.co.uk/spadeadam-results-2019.php>

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

WITH THANKS TO:



**Royal Air Force
Benevolent Fund**