

When is it? Tuesday 22nd July 2025

What time will the race start? 7 pm

How much is it? £14 for attached UKA club runners and £ 16 unattached

How can I enter? <https://racebest.com/races/vww9c> (Race best on line entry system)

What do I receive after finishing? A race gift, water, sweets, crisps. There are main prizes and limited age related prizes too. £ 1 of your entrance fee is donated to the Friends of the Woods (who maintain our woods).

Is there an age limit? Over 16 years old on race day

Is there a time limit? We are hoping that all runners will be finished before or around approximately 75 minutes. (If we see you coming towards the finish don't panic we will wait for you). We will have a tail runner at the back of the race.

Where is it? Community Woods, Lintonville Terrace, Ashington. NE63 9JX

Is it off road then? Yes on very good firm paths, road shoes are usually ok.

What is the course like? It's mainly flat, good underfoot with mostly firm man made wide trails, 2 laps of our tried and trusted course.

Is this the same course as the Fell em Doon 5 km? No

Is there Parking nearby? There will be parking available nearby. Its then a few minutes walk to the start (you will be shown the way). Always great to car share though! The nearest bus stop is the main bus station a few minutes away from the start. Car Park postcode is Reiverdale Road NE63 9YY. It's behind the old Coop building. Please do not park elsewhere, the shops etc have limited time amounts for parking, that's your risk, our preferred car park is free for any amount of time. Our car park will be marshalled on the day. As you walk from your car you can walk past/through the bus station and past the Leisure Centre (Toilets are there), over the road and you will see the police station and railway crossing, the start is down that road. We can create 1 or 2 parking bays next to the start for disabled parking, so do contact us via face book or the club website to request this before the race date.

Do I need to register at an HQ? No, come to the race course for your number

Are there toilets at the Start? No, the preferred toilets for the race will be the nearby Leisure Centre and or Asda a few minutes' walk away. You walk past them from the car park

Is there somewhere to leave belongings? Yes, at the start, Club tent. There will be marshals around most of the time but it's all left at your own risk.

Will it be chipped timed? No, gun time.

Do you have a permit to hold the race? Yes we will, all through the TRA. (Trail runners Association)

Is it accurately measured? It measured by an accurate trundle wheel, as GPS watches don't always match in the woods. Take it that it's as accurate as we can get it.

Are buggies allowed on the course? No unfortunately not.

Can I run with my dog? No unfortunately not.

Can I wear headphones or similar devices? We rather you didn't, but if you must then UKA approved bone conducting headphones are fine. It's your responsibility to listen out for marshals or the race directors instructions. If you wear a hearing aid this is fine.

Can I fold the race number? No, please don't. It needs to be worn on the front of your top and nice and clear. Please do not put it onto your shorts, pants or back pack. If you are wearing a club top, then your club identification should be visible at all times.

Do I need to put my details on the back of my race number? Yes please, it's important that we can identify you quickly in case of an emergency.

Can I enter on day? Sorry no entries on the day. Number transfers to another runner, race deferrals and race prize winners. You may transfer your number to another runner for this race up to the 16th July 2025. (Using the on line entry system). After this date, sorry no more transfers. Sorry, no deferrals. Any unauthorised number swapping can be dangerous if anything happens to anyone with the wrong number, it can cause delays in receiving the correct medical attention or will spoil the results and prizes. Both parties will be reported to UKA and may be barred from ours and any other UKA affiliated races. The person in the wrong number will also be disqualified.

Do you have prizes? Yes for the first 1, 2, and 3 (Men and Ladies), also age group (in 10 year blocks) winners (M/F) will all receive a prize. Max of one prize per person, prize of higher value given. If an age graded winner is in the top 3 (male or female) then the next in that age category will win the age related prize. Please note that we will merge any age groups with less than four runners into another age group with regards to actual prizes awarded. Top M/F 1, 2, 3 prizes awarded on the day, age group winners prizes will be e mailed out.

How quickly will the results be out? We will try get provisional results out within a few days. These will be posted onto our race face book page initially and website once verified. You say you have my entry and were doing it manually, however it's not listed on the on line system. We update the on line system a couple of days before the race only.

I have another question who can I contact? Please send us a message via the message section of our face book page and we will get back to you. Or come along to one of our running sessions and see us whilst having a run on!