



DARKATHLON

@KIELDER - 2024

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 07483267785 Hannah

Please read this document in full.

RACE INFORMATION

This is the 2nd running of the Darkathlon @ Kielder which consists of a 15 mile run, 25 mile bike ride and a 10K run. We are all crossing our fingers and toes for good weather for Kielder, however please consider that the weather can change – although we have ordered the good stuff!

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.

If you are in a team of 2 or more. Please ensure you swap your number in the transition area.

BEFORE THE RACE

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

CHECKPOINTS 15M RUN

North Hall Road – 6.5 miles

Water / Sweets / Cola - Cut off 15:45

Viaduct – 10.25 miles

Water / Sweets / Cola - Cut Off 16:45

Matthew's Linn-13.0 miles

Water / Sweets / Cola - Cut Off 17:28

Kielder Waterside – 15 miles

Water / Sweets / Cola – Cut Off 18:00

CHECKPOINTS 25M RIDE

Dam Wall – 7.5 miles

Water / Sweets / Cola - Cut off 19:15

North Hall Road – 15.5 miles

Water / Sweets / Cola - Cut off 20:28

Viaduct – 19 miles

Water / Sweets / Cola - Cut Off 21:03

Kielder Waterside – 25 miles

Water / Sweets / Cola – Cut Off 22:00

CHECKPOINTS 10K RUN

Bull Crag- 4.75 miles

Water / Sweets / Cola - Cut off 23:30

Kielder Waterside – 6.2 miles

Water / Sweets / Cola – Cut Off 00:00

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. We will also be selling collapsible cups in our Trail Outlaws shop which you can purchase.

REGISTRATION AND TIMINGS

Please pay very close attention to timings.

Saturday 18th May 2024

Kielder Water Side Park

Race registration and Transition setup: 10:00 to 12.30
Coach Transfer: 13.00
15M Race Start 14:00
25M Bike Start 16:00 (Single event only)
15M Race Closes: 18:00
Main Prize Giving: 21:30
10K Race Start: 21:00 (Single event only)
25M Ride Closes: 22:00
Race closes : 00:00

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

**Kielder Waterside Park,
Kielder Water,
Northumberland,
NE48 1BT**

EVENT HQ

START / FINISH AREA

HQ will be the Tipis at Kielder Waterside Park

**Kielder Waterside Park,
Kielder Water,
Northumberland,
NE48 1BT**

RACE PARKING

**Greenside Car Park,
Kielder Water,
Northumberland,
NE48 1AX**

Please follow the instructions of the marshals when parking to help ensure we can park everyone efficiently. It a short walk from the car park to the race HQ area.

MEDICAL COVER

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

RACE ROUTE

You will be following the Lakeside Way for the 15 mile run from the Dam Wall back to Kielder Waterside and the first transition to the 25 mile bike ride. To follow the Lakeside Way path around the lake. Remember to keep the water on your left!

The Lakeside Way is a well documented path. We will place some additional signs at the Kielder Castle Junction and the Viaduct.

The 10K route follows a route around Bull Crag and this will be marked with yellow flags and signs.

RACE FINISH

To finish the event you will be required to pass through the finish line near to the transition area. Your number and time will be taken and you will be given your finish medal and t-shirt.

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

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.

Previously 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! Please put any litter or anything you don't want in the bins provided.

MANDATORY KIT & SAFETY

We will be carrying out random kit check for the top five finishers and randomly for other finishers. Anyone not carrying full mandatory kit, could be subject to disqualification

- Whistle
- Head Torch (10K run Only)
- Cycle helmet
- 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 *

*Suggested extra kit should forecast weather conditions require.

FINAL WORD

We had great feedback from the event last year and look forward to meeting you all this year at this challenging event.

Thank you for choosing to run with us here at Trail Outlaws.

So now it's time to put your feet up, check your maps, triple check your kit, panic about your training, panic more about your training, check the weather forecast on the hour every hour for the next week, buy that anti chafing cream you've been meaning to get and finally read this document at least a dozen times!

See you all Soon!

TRAIL OUTLAWS TRADING POST

The following items will be available to purchase at the race. Please come and have a look in our shop!

TRAIL OUTLAWS HOODIES £40



TRAIL OUTLAWS VESTS £15.00

Women's and men's Fit



TRAIL OUTLAWS LONG SLEEVE TOPS

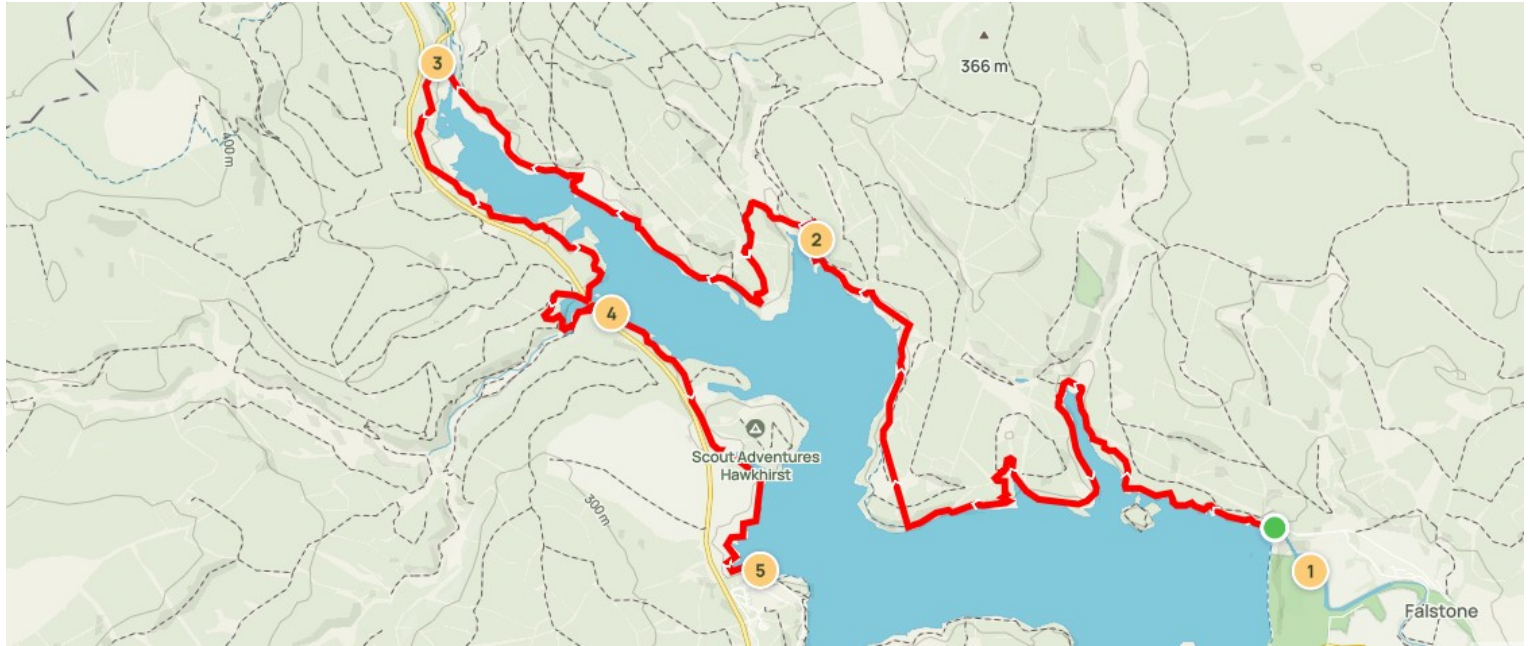
£20.00



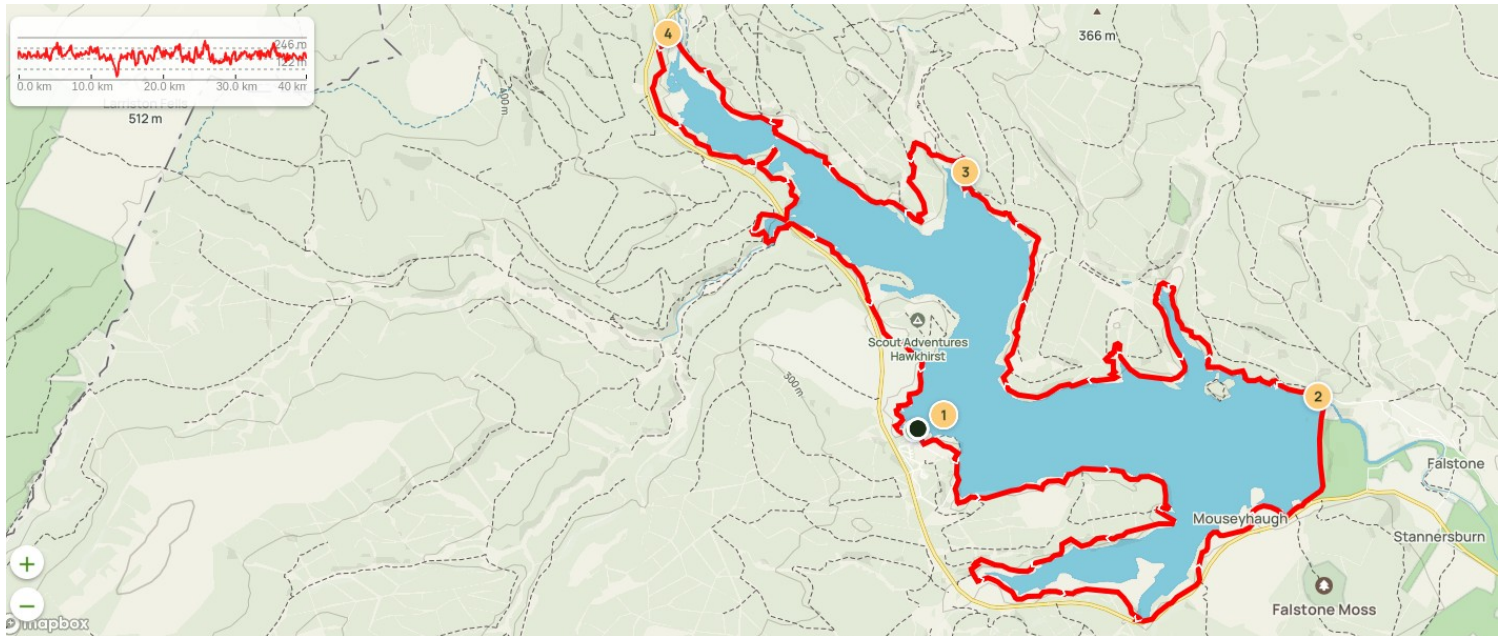
TRAIL OUTLAWS Caps, Mugs, Collapsible Cups, Head Torches, Buffs, stickers, keyrings & More.....



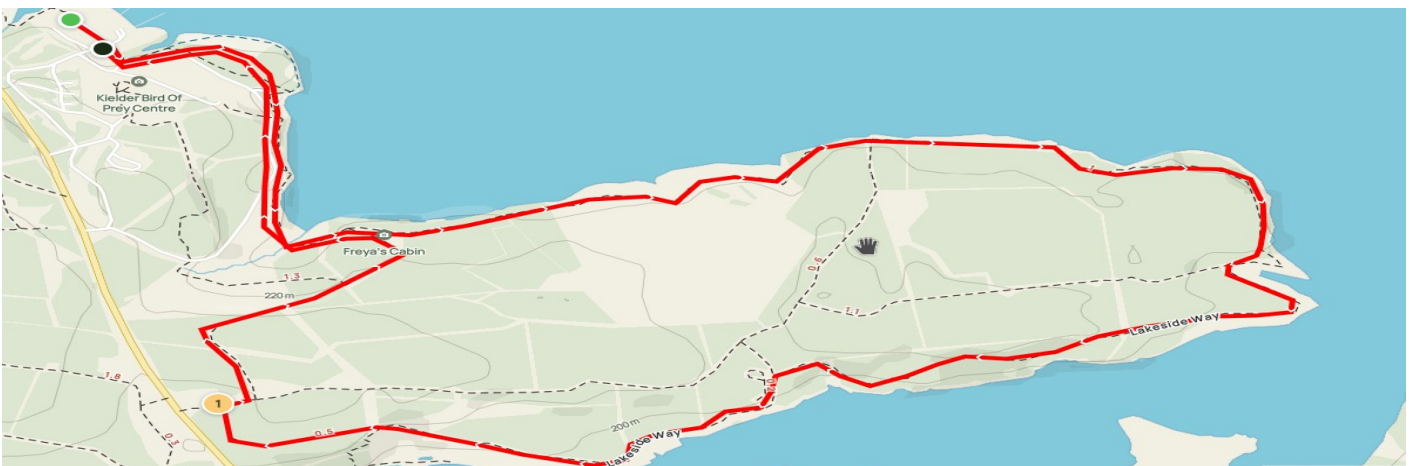
DARKATHLON 15M ROUTE



DARKATHLON 25M ROUTE



DARKATHLON 10K ROUTE



FULL ROUTE DETAILS AND PROFILES CAN BE FOUND ON WEBSITE.

RACE WEBSITE :

[HTTPS://WWW.DARKATHLON.COM/](https://www.darkathlon.com/)

RACE ENTRIES LIST/RESULTS :

[HTTPS://WWW.TRAILOUTLAWS.COM/RESULTS](https://www.trailoutlaws.com/results)

TERM AND CONDITIONS :

[HTTPS://WWW.TRAILOUTLAWS.COM/TANDC](https://www.trailoutlaws.com/tandc)