



Thank you for entering the:-

THE CHEVIOTS CHALLENGE -2021

In association with:-



RACE INFORMATION

Please read the pre-event information carefully. If you have any questions about the race, then please email info@trailoutlaws.com. Or message us via Facebook.

We are delighted that the 39th Cheviots Challenge is back for 2021. The event is still run by the Northumberland National Park Mountain Rescue Team (NNPMRT). Trail Outlaws are helping out this year to provide event timing and also to introduce a race option.

RACE PARKING

There is a field dedicated to parking for the event. It is at the entrance to the village and marshals will guide you into position. Please do not park on the grass verge at the turning into the village.

A link to the parking location is available below. Grid reference NT921062

Address:-
Alwinton
Morpeth
NE65 7BQ

<https://goo.gl/maps/KLSFTufFjYSucor9A>

BEFORE THE EVENT

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

Please wear appropriate footwear.

RACE NUMBERS

Please note that race numbers will be given out at race registration on the day of the race. Please do not remove the foam tags on the rear of the numbers, as these are needed for the timing system scanners.

RACE REGISTRATION

Long Walk

Registration will take place on **Saturday 4th September between 07:00 – 08:30.**

You must collect your own number.

Short Walk

Registration will take place on **Saturday 4th September between 07:00 – 08:30.**

You must collect your own number.

Long Run

Registration will take place on **Saturday 4th September between 09:00 – 09:45..**

You must collect your own number.

Short Run

Registration will take place on **Saturday 4th September between 09:00 – 09:45..**

You must collect your own number.

Race Registration Address:-

Alwinton
Morpeth
NE65 7BQ

Grid reference NT920062

<https://goo.gl/maps/CGq86Jc4eDN11aNA9>

Please ensure your race number is clearly visible at all times. This will help the marshals identify everyone at check points.

RACE FINISH

The race finishes at the same place as the race start above. Again please pass through the timing system scanners at the entrance to event field.

Medals will be given out when you finish.

If you purchased a t-shirt as part of your entry this will also be given out as you finish.

You will also be given a food voucher when you finish that can be redeemed at the Rose and Thistle pub.

EVENT START

Long Walk

Start 08:00 – 08:30

Finish 20:00

Short Walk

Start 08:00 – 08:30

Finish 20:00

Long Run

Start 10:00

Finish 20:00

Short Run

Start 10:00

Finish 20:00

Please pass through the timing system start/finish scanners which are placed between the gates at the entrance to the event field.

MEDICAL / FIRST AID

First Aid cover at the event is being provided by NNPMRT.

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.

TOILETS

There are toilets available at the public car park and Rose and Thistle pub..

CHECK POINTS & REFRESHMENTS

The online maps show the checkpoints that you pass through and which ones have water.

CHANGE FROM LONG TO SHORT COURSE

At checkpoint 2 you will have the opportunity to change from the long course to the short course. You must inform a marshal at the checkpoint though.

<p>RETIRING FROM THE EVENT</p> <p>If you decide you do not wish to continue with the event. Then you must inform a marshal at a checkpoint or at the finish area. Please also remove your event number and pass it back to a marshal.</p> <p>RACE ROUTE</p> <p>Please close any gates you open and do not leave any litter</p> <p>Although sections of the course are marked, navigation of the route for this 'challenge event' remains your responsibility. So please make sure you are familiar with the route and have a map and compass with you.</p> <p>Long walk/run https://osmaps.ordnancesurvey.co.uk/route/9827441/Cheviots-Challenge-Long-Course</p> <p>PDF Version https://cheviotschallenge.co.uk/races/cheviots-challenge/files/Cheviots%20Challenge%20Long%20Course.pdf</p> <p>Short walk/run https://osmaps.ordnancesurvey.co.uk/route/9827293/Cheviots-Challenge-Short-Course</p> <p>PDF Version https://cheviotschallenge.co.uk/races/cheviots-challenge/files/Cheviots%20Challenge%20Short%20Course.pdf</p>	<p>MANDATORY KIT</p> <ol style="list-style-type: none"> 1. Appropriate footwear for the terrain (walking boots or fell running shoes) 2. Waterproof top and trousers 3. Spare fleece or similar garment 4. A functioning torch and whistle (six flashes or blasts in an emergency, repeated every minute). 5. A simple first aid kit 6. A map and compass (and know how to use them) 7. A survival (bivi) bag 8. Reserve food and water/drink 	
<p style="text-align: center;">FINALLY</p> <p>Please be aware that the first mile of the route follows a quiet public road that is not closed to traffic. We will have marshals on the road and signs up to let drivers know . But, please be observant and follow the highway code.</p> <p>We look forward to welcoming you to Alwinton on Saturday. We hope you enjoy the challenge and the route.</p>		

Participant Code of Conduct Appendix

Please ensure that you read and observe this code of conduct to ensure a safe and enjoyable event for everyone.

- Runners should not turn up at the event if you are showing any symptoms of covid-19 as outlined by the NHS
- Come ready to run - minimise your interaction with race staff, volunteers and participants by being as self-sufficient as possible
- Come alone if you can
- Under no circumstances swap your number or give your place to another participant
- Be respectful to volunteers and participants
- Observe social distancing wherever possible
- Carefully consider your travel plans, avoiding public transport if at all possible
- Leave more time than you normally would to get to and from the event
- Be prepared to bring your own water and food and carry it with you during the race and please dispose of rubbish responsibly
- Be aware of your personal hygiene e.g. avoid spitting and nasal clearance
- Be mindful of your surroundings and impact on other participants, spectators, volunteers and the public. Don't run with or carry children in the race.
- Bring your own hand sanitizer and face mask
- If you experience COVID symptoms soon after the event, then please make this known through the government's Track & Trace system

ENTRY/RESULT INFORMATION

ENTRIES/RESULTS SHORT WALK

<https://cheviotschallenge.co.uk/cheviots-challenge-ws-results-2021.php>

ENTRIES/RESULTS LONG WALK

<https://cheviotschallenge.co.uk/cheviots-challenge-wl-results-2021.php>

ENTRIES/RESULTS SHORT RUN

<https://cheviotschallenge.co.uk/cheviots-challenge-rs-results-2021.php>

ENTRIES/RESULTS LONG RUN

<https://cheviotschallenge.co.uk/cheviots-challenge-rl-results-2021.php>