



Thank you for entering the:-

# THE CHEVIOTS CHALLENGE -2023

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](mailto:info@trailoutlaws.com). Or message us via Facebook.

We are delighted that the 41<sup>st</sup> Cheviots Challenge . The event is run by the Northumberland National Park Mountain Rescue Team (NNPMRT). Trail Outlaws are helping out this year to provide event timing and assist the team running the event.

## RACE PARKING

There is a field dedicated to parking for the event. It 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 3<sup>rd</sup> September between 07:00 – 08:30.**  
You must collect your own number.

### Short Walk

Registration will take place on **Saturday 3<sup>rd</sup> September between 07:00 – 08:30.**  
You must collect your own number.

### Long Run

Registration will take place on **Saturday 2<sup>nd</sup> September between 09:00 – 09:45..**  
You must collect your own number.

### Short Run

Registration will take place on **Saturday 2<sup>nd</sup> September between 09:00 – 09:45..**  
You must collect your own number.

### Fun Walk/Run

Registration will take place on **Saturday 2<sup>nd</sup> 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

### Fun Walk/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.

## RETIRING FROM THE EVENT

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.

## EVENT ROUTES

Please close any gates you open and do not leave any litter

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.

### Long walk/run 2023 Course

<https://explore.osmaps.com/route/13751153/cheviots-challenge-long-course-2022?lat=55.397596&lon=-2.234020&zoom=11.8241&overlays=&style=Standard&type=2d>

### Short walk/run 2023 Course

<https://explore.osmaps.com/route/13751169/cheviots-challenge-short-course-2022?lat=55.386611&lon=-2.199278&zoom=12.2074&overlays=&style=Standard&type=2d>

### Fun walk/run 2023 Course

<https://explore.osmaps.com/route/18411090/cheviots-challenge-fun-walkrun?lat=55.371396&lon=-2.169727&zoom=12.9926&style=Standard&type=2d>

### PDF Version of the 2023 Course and CPs

<https://cheviotschallenge.co.uk/races/cheviots-challenge/files/Cheviot%20Challenge%20Route%202023.pdf>

## MANDATORY KIT

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

## FINALLY

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.

We look forward to welcoming you to Alwinton on Saturday. We hope you enjoy the challenge and the route.

## ENTRY/RESULT INFORMATION

### ENTRIES/RESULTS SHORT WALK

<https://cheviotschallenge.co.uk/cheviots-challenge-ws-results-2023.php>

### ENTRIES/RESULTS LONG WALK

<https://cheviotschallenge.co.uk/cheviots-challenge-wl-results-2023.php>

### ENTRIES/RESULTS SHORT RUN

<https://cheviotschallenge.co.uk/cheviots-challenge-rs-results-2023.php>

### ENTRIES/RESULTS LONG RUN

<https://cheviotschallenge.co.uk/cheviots-challenge-rl-results-2023.php>

### ENTRIES/RESULTS FUN WALK/RUN

<https://cheviotschallenge.co.uk/cheviots-challenge-fun-results-2023.php>