



Welcome to LRC Tees Trailtastic

Event Information





WELCOME to Tees Trailtastic



We are honoured you have chosen to be a part of our trail running event in the glorious Teesdale countryside.

Tees Trailtastic was launched in 2024 by Long Run Collective with the goal of creating an event for runners to experience the fun of trail running and have an off-road adventure. The green and glorious trails of Barnard Castle inspired us to welcome people to the area and see for themselves how good trail running can be for the mind, body and soul! We hope you'll agree with us and have a great time out on the trails. Good luck and have a great run!





Event Schedule

Sunday 23rd June

07:00 – Registration opens at the TCR Hub

08:45 – Pre-event warm up led by Susie

09:00 – Mass start for both the 3.5 mile and 9 mile event

10:15 – First post event yoga cool down session (15mins)

11:00 – Second post event yoga cool down session

12:00 – Final finisher with event cut off time.

12:15 – Third and final post event yoga session

Everyone is welcome to post event complimentary baked goods and drinks served in the TCR HUB and at 12pm we will announce the spot prize winners. If your race number is announced and you have already left, we will post it out to you.





CAR PARKING

Secure parking will be available at Teesdale School car park (DL12 8HH) which is a short walk (0.44miles to be precise) from the race HQ at the TCR Hub (DL12 8TD). It is £3 to park and there will be a volunteer there to greet you upon arrival.

GSK are not able to provide car parking anymore!

Once parked please use the pedestrian walkways to access the TCR Hub. The race HQ will be signposted from the car park. Once the school car park is full there are other car parks in the centre of Barnard Castle – some street parking is available but a lot is residential.

To support the environment we would encourage car sharing as much as possible. If you would like to car share with a fellow competitor please let us know and we can connect you.





REGISTRATION

Upon arrival, head to registration which will be at the entrance to the Hub.

At registration, you'll be given your race number and pins to attach it. The 3.5 mile runners will be wearing a green coloured number and 9 mile runners will be wearing a white number.

The event is **not** chip timed – we will be manually timing your “gun time” and posting results later in the day online.

Make sure you are wearing the number on your front so that the marshals can easily see as you fly past. Please add your emergency contact details on the back of your number and any medical conditions.





Course maps

Please see the links here to access the course maps

COURSE MAP [3.5mile event](#)

COURSE MAP [9mile event](#)





COURSE INFORMATION

Both courses will be marked the entire way with a mixture of directional arrows and ribbons. It is a mixture of grassy fields, woodlands trails, climbs and descents in Deepdale Wood and short sections of tarmac near the river.

There will be marshals at the key junctions including the two road crossings near GSK at the start and for the 9 mile event in Lartington approximately halfway around the course. The marshals are there to help you but please note you are responsible for knowing the course and obeying the highway code when crossing the busy roads. Please do not rush.

There will be two drinks station on course providing water, Precision Fuel & Hydration and snacks – please carry your own if you prefer your own fuel. If it is a hot day we will add more aid stations.

Please do not litter on the course – we ask you return with everything you started with, including any wrappers for gels or bars.





Facilities at the TCR HUB

There are toilets available on site but no changing rooms or showers.

We will be providing all finishers with drinks (both hot and cold) along with baked goods for everyone at the finish and there will also be a catering van on site providing a mixture of drinks and food items.

There are no lockers on site so please leave all valuables in your car.

We will be delivering free post event yoga – weather permitting – outside on the grass. These will be short sessions led by Susie to help your body recover from your run – suitable for everyone. Please see the event schedule for the approximate timings.





EVENT RULES

The race is licensed by the Trail Running Association and is run under UK Athletics rules.

- **Safety - No personal stereos, MP3 players or iPods to be used during the event itself at any time. Enjoy the sounds of nature around you 😊**
- **Safety - Competitors have a primary responsibility for their own safety.**
- **Course - Competitors must follow the course as designed unless leaving for retirement in which they must proceed to the nearest marshal station. If they get lost or take a wrong turn they must return to the correct course – they may be assisted.**
- **Other rights of way users - the course follows public footpaths and is therefore open to other users. Please recognise they have equal rights to be on the path and be courteous.**





EVENT RULES

The race is licensed by the Trail Running Association and is run under UK Athletics rules.

- **Behaviour at obstacles and narrow paths** – competitors should not jostle at stiles or other obstacles, nor should they push past slower runners on narrow paths. The correct etiquette is for the overtaking runner to shout ‘trail’ and the slower to safely step out of the way as soon as practical, standing still if necessary.
- **Countryside Code** – In England the ‘Countryside Code’ must be followed. You can view that [here](#).
- **Injured Participant** – If you come across another competitor who is ill or injured, please offer assistance and seek support from the nearest member of crew or medical staff.
- **Voluntary & compulsory retirement** – If you wish to retire from the race please report to the nearest race official and the finish team. Please remove race number. If asked to retire by a race official please do so immediately.
- **Full UKA rule book** available by clicking [here](#) – please see page 300.





SAFETY

There will be a competitor briefing five minutes before the start. This will be by the start line area outside the TCR Hub.

Medical teams will be on standby in case of accidents. If you see an incident, please report it to the nearest marshal who will alert the medical team. If **YOU** have an accident and you can't access help please call HQ on 07411 057946. **SAVE THIS NUMBER.**

IMPORTANT: Please write any medical details, along with your emergency contact number on the back of your number. You can also put a small red cross on the front of your number to indicate a known medical issue. If you don't feel well, please do not take part on the day.

If the event start time needs to be delayed please ensure that we have your contact details on Sientries ahead of the event so we can keep you updated. We will also post any changes on our social media pages – [Facebook](#) and [Instagram](#).



Recommended kit checklist to make sure there are no surprises on race morning...



Trainers – trail shoes recommended so you have some grip.

Race kit aka running clothing - lightweight, comfortable attire

Hat & Sunglasses (optional)

Fuel & hydration (optional)

Race belt (optional)

Light rain jacket (it is the North East after all!)

Clothing for after the event

Optional yoga mat – if you would like to join in with a free post event stretch / 15min yoga class led by Susie but you can do this on the grass without one.



Spot Prizes for all and Event Partners

NEW for 2025 – everyone will be entered into our prize draw where you will be in with the chance of winning prizes from our amazing partners. We are delighted that the event is supported by Precision Fuel & Hydration, Acorn Dairy, SPACE reformer pilates, John Flinn Physiotherapy and Life Jacket Skin Protection and there are some fantastic spot prizes for you to win. We will announce the winners on the morning of the event and ensure you receive your prize.

Precision Fuel and Hydration will be available during the event at the aid stations and at the finish.

Why not try some of their products ahead of the event using this 15% discount code **TM-LRC15**.





About us

Long Run Collective is a coaching and events business founded in 2019 by us - Susie and Georgie (sisters who grew up in Darlington and were both GB athletes). We created LRC with the mission to help people train and prepare for athletic and endurance events by taking a sustainable approach, so that they can enjoy their chosen sport/ sports 'for the long run'. Our philosophy is to take a holistic approach to sport, seeing athletic pursuits as part of an active lifestyle that leads to long term health and fitness. We help people work towards events of all shapes and sizes, from 5ks up to ultra marathons, with triathlons and duathlons in between. In the process we have helped people run their first marathon, try trail running ;), qualify for the Boston marathon, finish triathlons and Ironman events with big smiles, run the Comrades marathon in South Africa and more. We are passionate about staying active and having fun along the way, and we're grateful to the LRC community who inspire us every day. Thanks for reading and happy trails!





GOOD LUCK

We hope you all have a wonderful time taking part in
Tees Trailtastic.

We look forward to seeing you out there.

Remember to follow us on our [Facebook](#) and [Instagram](#) pages for any updates and please share and tag us in any of your event photos and videos using **#teestrailtastic**

“And into the forest I go, to lose my mind and find my soul.” John Muir

