

FOXTrail 5K
Winter Running Series

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athlete Guide
RACE 1 - FOXLAKE
SATURDAY 15TH November



Welcome

Thank you for your entry to the Foxtrail Winter Series.

We can't wait to see you all on Saturday 15th November to kick off this years Winter Trail Running series. This document is full of useful information, please read it as it will answer all if not most of your questions.

This document includes information on the following:

- [Race Timings](#)
- [Race Logistics \(inc. Starts and Bag Drop\)](#)
- [Transport](#)
- [Registration and Race Timing](#)
- [Course Description](#)
- [On Course Nutrition](#)
- [Race Rules](#)
- [Accommodation](#)

Jaybirds Larder the On-Site café will be supplying the after event refreshments and will be open throughout the event if your supporters are looking for a cuppa or a spot of lunch. See menu opposite for an example what's likely to be on offer.

We look forward to welcoming you to the race.



MONDAYS AND THURSDAYS

ALL DAY BREAKFAST ROLLS £4.80

Choice of one filling: Smoked Bacon, Pork Sausage, Vegan Sausage, Haggis, Shornoway BP, Fried Egg or Tattie Scosh. Extra filling is £1.40.

FRIDAYS TO SUNDAYS

ALL DAY BREAKFAST ROLLS £4.80

Choice of one filling: Smoked Bacon, Pork Sausage, Vegan Sausage, Haggis, Shornoway BP, Fried Egg or Tattie Scosh. Extra filling is £1.40.

SOUP OF THE DAY £5.50/£5.95

On its own or served with Bread or Oatcakes

SOUR DOUGH TOASTIES £9.50

Garnished with crisps, salad and house dressing. Choice of Double Cheese, Cheese & ham or Cheese & Chutney

SOUP & TOASTIE COMBO £11.45

KIDS TOASTIES £5.50

Choice of Cheese or Cheese & Ham

KIDS LUNCH BOXES

(PRE ORDERED PREFERABLE)

LITTLE ONES: with filled roll, pombears, drink, chocolate bar or fruit £6.95

BIG KIDS COOLD: with filled roll, drink, crisps, chocolate bar or fruit £9.50

HOT: with cheese toastie hot chocolate, crisps, chocolate bar or fruit £11.95

We try to accommodate all allergies however please note that we have a small kitchen and handle most common allergens so we can't guarantee trays free from cross contamination. Please make us aware of any allergies, intolerances and or dietary requirements.



Important Points

- Registration is 8.30am-9.40am please arrive in plenty of time to park, register and get ready
- Toilets are provided on site please use them, we do not want to lose the use of the venue
- There are no cups at our feed stations you will need to bring your own
- Your dibber is your timing chip the information is stored on the chip so you must return this at the end
- If you withdraw from the race at any point you must report to the finish line
- If you have entered the series you will only receive 1 race number and you must bring it to each event



Race Timings and Logistics

Location

The race venue will be Foxlake Adventures, Dunbar, EH42 1XF. (Race Registration & Finish Line).

How to get there

Public transport is a viable way of getting to the race. You can jump on a train from Edinburgh to Dunbar then grab a bus (East Linton bound buses, ask for Foxlake Adventures) or a taxi. Please see: www.scotrail.co.uk and www.lothianbuses.com for more info.

Parking

There is plenty of parking around the Foxlake site. However, think of the planet and car share/take public transport if you can. Please follow signage and marshals' instructions on arrival.

Schedule

Critical race day times are below:

Saturday 15th November

0830	Car Parking Open for all Events
0830	Registration for all Events Opens at Foxlake HQ
0940	Registration Closes
0945	Race Briefing for all races
0950	Mass Warm Up from East Rocks Run Club
1000	Full Distance Race Start
1010	5k Race Start
1130	Prize Giving 13k and 5k (Approximate Time)



Please pay particular attention to registration timings, if you're not registered on time you can't race! 😊

NB. If you have entered the full series, you will keep the same number for use at each event, but you will still need to come to registration to collect your timing chip.

Bag Drop

Please don't leave valuables in bags. We do not accept any responsibility for lost or stolen items.

Facilities at the Start & Finish Line

Race HQ at Foxlake has areas for shelter, toilets and a café. This will be the start and finish area for this event.



Registration, Timing and FINISH

Registration

You'll receive your timing chip (Sport Ident 'dibber' type) and one race number at registration. The race number goes on you, **please pin the number on your front**, please **do not fold this number or pin it to your leg** it makes it very difficult for marshals to read. The timing chip goes on your wrist you will need to use it on the finish line.

If you have a series entry remember to **keep your number** as you will need to bring it along to each event.

Please make sure you **return your dibber** at the finish line or you will not be given a result and will incur a replacement charge of £35. Not returning your chip may also result in us sending out a search party for you, please don't make us come looking!

Finish + Prize-Giving

Prize-Giving will be held near the Finish line as soon as possible after the event. Relax, have a cuppa on us and claim your prize (or cheer on those that did win a prize!).

Prizes will be awarded to 1st, 2nd and 3rd male and female on both the full event and the 5k event.

Race results will be available at www.durtyevents.com/results.

Race Photographs will be published on our social media channels and website as soon as possible after the event.



HOT DRINKS

LATTE	£3.80
FLAT WHITE	£3.80
CAPPUCCINO	£3.80
AMERICANO	£3.30
ESPRESSO SINGLE	£2.40
MOCHA	£4.20
HOT CHOCOLATE REGULAR	£3.50
LUXURY HOT CHOCOLATE	£4.20
KIDS HOT CHOCOLATE REG	£2.95
KIDS HOT CHOCOLATE LUX	£3.80
ETEAKEET TEAS	£2.90
SPICED APPLE	£3.40
CHAI LATTE	£3.40
DIRTY CHAI	£4.30

Syrups available: .90p

Decaf, oat milk and sugar free syrups available

COLD DRINKS

ICED COFFEE	£4.20
Choose from Black or Latte with syrup of your choice	
MILKSHAKES	£4.20
Vanilla, Strawberry or Creo	

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Route Information

Course Description:

The course will be fully way-marked and marshalled.

The course is entirely off road and can be muddy in places. You are likely to encounter other users and members of the public, please be courteous – they have the same rights as you to be there. 'Race Head' will not be an acceptable excuse for being nasty!

Surfaces vary from rough rooted paths, to muddy trails and sandy coastal paths. There are some rougher sections of footpath alongside the beach in places – please take extreme care. A bit of everything, just what you'd expect from a trail race!

The course distance is approximate and intended as a guideline for you to estimate the nature of the event. We're not interested in what your Garmin says 😊.

Footwear: We suggest that trail running shoes will be the sensible choice, road flats are not recommended. Whilst the course is generally on good surfaces, there are sections that are less good and a little more challenging.

Aid Stations

There will be an aid station on the 13k course at approximately the halfway point.

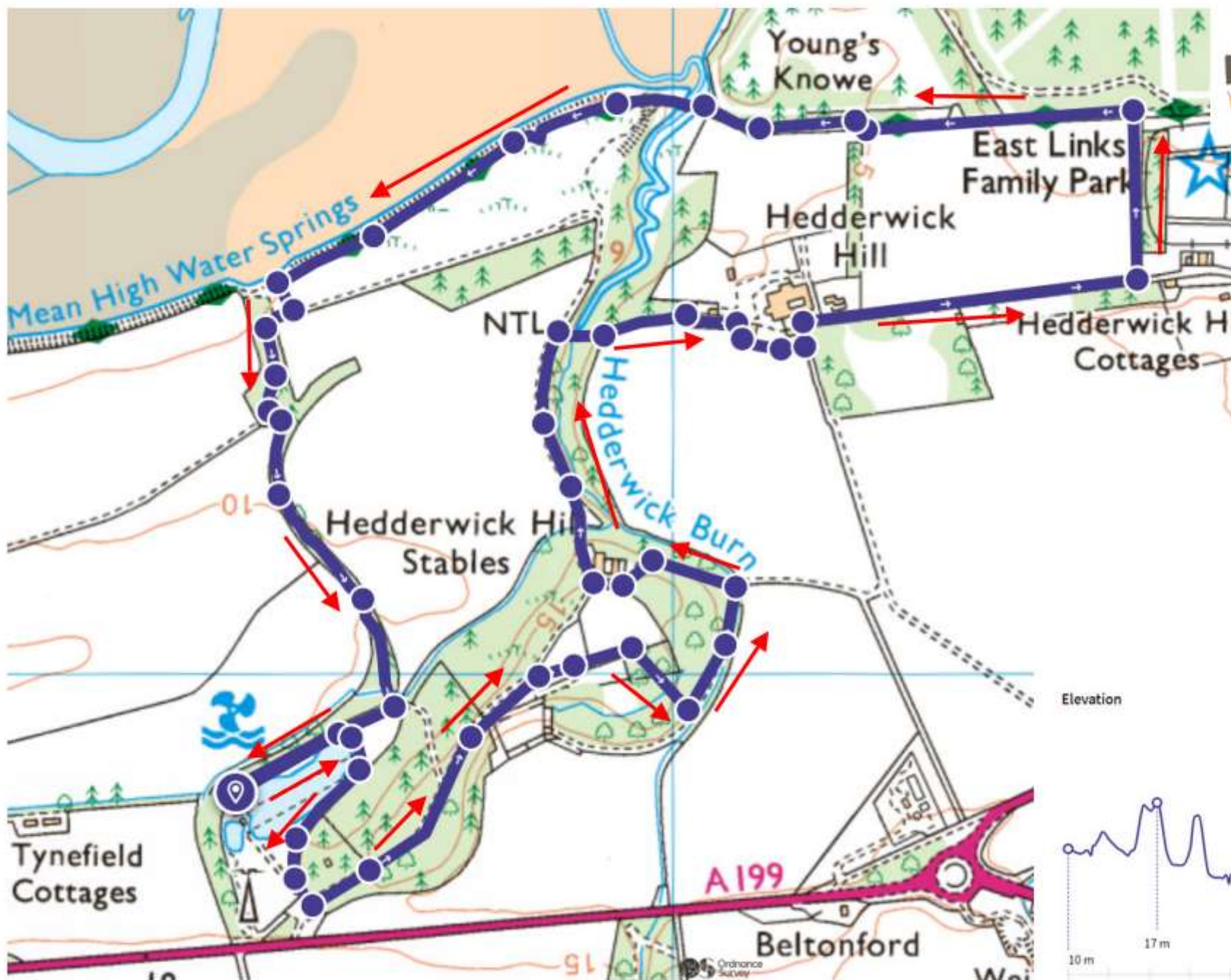
A Greener Foxtrails!

Feed station cups are our biggest source of waste. So, we're stopping using them. **Completely.** There will be no cups at feed stations, **you need to bring your own.** You will need to carry this with you and use it on the course if you wish to use feed stations.



Golden Rules

No Litter. Anywhere. Full Stop. This includes the car parks. It specifically includes gel wrappers, banana skins, cups etc. If you've got any of these, either bring back to the finish with you, hand to a marshal or use one of the bins at the Aid Station. We rely on the goodwill of landowners for the race to happen at all, and they do check the course after we're finished for this kind of thing. Please comply – we don't want to do it, but it's an instant DQ for littering. You've been warned!



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**Race 1 - 5km x 1 Lap
Foxlake Adventures**

Elevation

Total ascent: 51 m



And Finally

Volunteers – (Help Needed)

This event requires a small number of folks to make it happen – course marshals, aid station teams, registration and finish crew etc.

Do you have friends, family or clubmates that fancy coming along to help make this event happen? Volunteering will give them a unique view of the course and enable them to shout abuse (oops! I meant 'encouragement' 😊) at you along the way. If so... **we need them!** Please email info@durtyevents.com if you think you can help.

In exchange for their help we offer a whole heap of fun with like-minded people, our deep appreciation, and a warm fuzzy glow of being an essential part of making it happen, oh and there's free cuppa and biscuit in it for them 🍪. If you can bring a group of people (e.g. club, community organisation etc.) we can also make a donation to your cause.

Accommodation

For accommodation options, this is a good starting point:

<https://www.visitscotland.com/accommodation>

Harvest Moon Holidays are perfectly located for our events at Foxlake Adventures Dunbar and are the venue for our Harvest Moon Half Marathon. Check out their accommodation at www.harvestmoonholidays.com



**Hot Fox
SAUNA & Cold Plunge
30 minute session
Usual Price £10 per person
30% Off for FoxTrail Attendees**

The perfect way to relax and recover after your trail run

Foxlake are offering our a 30% discount on their sauna sessions to our runners and their family and friends
from 10am to 12pm on Saturday 15th November 2025

Booking available at: www.foxlake.co.uk/sauna

Sauna users must be Aged 16+

Please note that Towels are now Mandatory to be used to sit on in the Sauna. Flip flops must be worn when walking between the sauna and plunge pool. Both can be purchased in the reception.





For future adventures
check out our other great events at
www.durtyevents.com

With thanks



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