

**FOXTrail** 5K  
Winter Running Series

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**EVENT GUIDE**  
**RACE 5 - FOXLAKE**  
**SATURDAY 14<sup>TH</sup> MARCH**



# WELCOME

Thank you for your entry to the Foxtrail Winter Series.

We can't wait to see you all on Saturday 14<sup>th</sup> March to finish 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.

We look forward to welcoming you to the race.



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## MONDAYS AND THURSDAYS

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|   |       |
|---|-------|
| ALL-DAY BREAKFAST ROLLS   | £4.80 |
| <small>Choice of one filling; Smoked Bacon, Pork Sausage, Vegan Sausage, Haggis, Stornoway BP, Fried Egg or Tattie Scone. Extra filling is £1.40.</small> |       |

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## FRIDAYS TO SUNDAYS

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|   |       |
|---|-------|
| ALL-DAY BREAKFAST ROLLS   | £4.80 |
| <small>Choice of one filling; Smoked Bacon, Pork Sausage, Vegan Sausage, Haggis, Stornoway BP, Fried Egg or Tattie Scone. Extra filling is £1.40.</small> |       |

|  |             |
|--|-------------|
| SOUP OF THE DAY  | £5.50/£5.95 |
| <small>On its own or served with Bread or Oatcakes</small> |             |

|   |       |
|---|-------|
| SOUR DOUGH TOASTIES   | £9.50 |
| <small>Garnished with crisps, salad and house dressing. Choice of Double Cheese, Cheese &amp; ham or Cheese &amp; Chutney</small> |       |

|                      |        |
|----------------------|--------|
| SOUP & TOASTIE COMBO | £11.45 |
|----------------------|--------|

|   |       |
|---|-------|
| KIDS TOASTIES                                       | £5.50 |
| <small>Choice of Cheese or Cheese &amp; Ham</small> |       |

|  |        |
|--|--------|
| KIDS LUNCH BOXES<br><small>(PRE ORDERED PREFERABLE)</small>            |        |
| LITTLE ONES: with filled roll, pombears, drink, chocolate bar or fruit | £6.95  |
| BIG KIDS COLD: 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 traces from cross contamination. Please make us aware of any allergens, intolerances and or dietary requirements.

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@foxtrailscotland



# IMPORTANT POINTS

- Registration is 12.30pm-13.40pm 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



# 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 there's a bus stop right at their entrance) or a taxi. Please see: [www.scotrail.co.uk](http://www.scotrail.co.uk) and [www.lothianbuses.com](http://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.

## Bag Drop

There will be an unmanned bag drop facility on site. Bags will be left at owner's risk.

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.



# RACE SCHEDULE

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

| Time  | event  |
|-------|--|
| 12.30 | Registration for all Events Opens at Foxlake HQ  |
| 13.40 | <b>Registration Closes</b>                       |
| 13.45 | Race Briefing for all races                      |
| 13.50 | Mass Warm Up from East Rock Run Club             |
| 14.00 | Full Distance Race Start                         |
| 14.10 | 5k Race Start                                    |
| 15.00 | Prize Giving 5k & 5k Series (Approximate Time)   |
| 15.30 | Prize Giving 16 & Full Series (Approximate Time) |

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.



# 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!



**HOT FOX SAUNA AND COLD PLUNGE**

We are super excited to introduce our brand new addition to Foxlake!

Hot Fox Sauna can be used in multiple ways; a quick and fun way to warm up between sets, after water activities or to relax whilst the kids are on other activities. For the full sauna and cold plunge experience, get your endorphins fired up with the hot and cold and get the positive health benefits of both.

|  |  |
|--|--|
| <b>SINGLE SESSIONS</b>   | <b>PRIVATE HIRE</b> (Max 10 people)  |
| <ul style="list-style-type: none"><li>- Must be Aged 16+</li><li>- £10 per person for 30 minutes</li></ul> | <ul style="list-style-type: none"><li>- £130 per hour</li><li>- Aged 6+ only allowed in private sessions</li><li>- Under 16's must be accompanied by an adult (1:1 Ratio) and must wear a buoyancy aid when entering the cold plunge pool.</li></ul> |

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 booking and info email [info@foxlake.co.uk](mailto:info@foxlake.co.uk)

**FOXLAKE** [info@foxlake.co.uk](mailto:info@foxlake.co.uk) ~ 01620 860 657 ~ [www.foxlake.co.uk](http://www.foxlake.co.uk)

Hot Fox Open 10am-5pm on Race Day  
bookings 12pm-5pm are offered at £6 per person  
(usually £10pp)

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[@foxtrailscotland](https://www.instagram.com/foxtrailscotland)



# TIMING AND FINISH

## **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 1<sup>st</sup>, 2<sup>nd</sup> and 3<sup>rd</sup> male and female on both the full event and the 5k event.

As this is the last event of the series there will also be a prize-giving for the series, prizes will be awarded to 1<sup>st</sup>, 2<sup>nd</sup> and 3<sup>rd</sup> male and female on the series

Race results will be available at [www.durtyevents.com/results](http://www.durtyevents.com/results).

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



# 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.**



Our Friends at Foxlake are offering an exclusive 20% off Foxfall bookings throughout April to all our FoxTrail Runners

Foxfall is a unique low ropes course challenge over water. Unlike any other ropes course challenge in the UK, there's no safety harness, just the water looming below! It's the ultimate test of skill, balance and will power for adults and kids alike. The question is: can you make it to the zip tower without falling in?

A great Easter holiday challenge for all the family.

Book Now using discount code: **Runner20**



[Book Now](#)



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# ROUTE INFORMATION

## Aid Stations

There will be an aid station on the 16k course at approximately the halfway point.

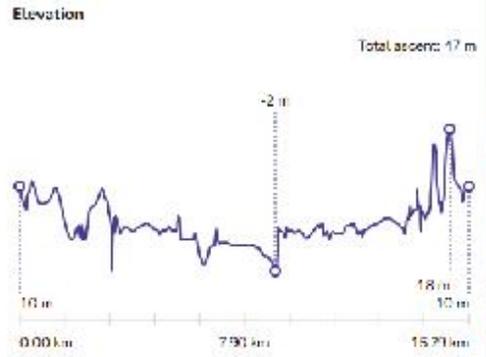
## A Greener Foxtrails!

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!





Please note: Once you go around the feather flag on the beach there are no further course markings until you reach the bridge to nowhere

# DURTY TRAIL WEEKENDER SUNDAY 9<sup>TH</sup> AUGUST



**FOUR TRAIL RUNS:  
5K, 10K, 25K, & ULTRA**



**BOWHILL ESTATE  
SELKIRK**



## DURTY TRAIL WEEKENDER

Top trail running, Big Views,  
Scottish Borders Magic.

Get your Summer Trail Shoes  
Ready for the inaugural Dirty  
Trail Weekender

Sunday 9<sup>th</sup> August 2026

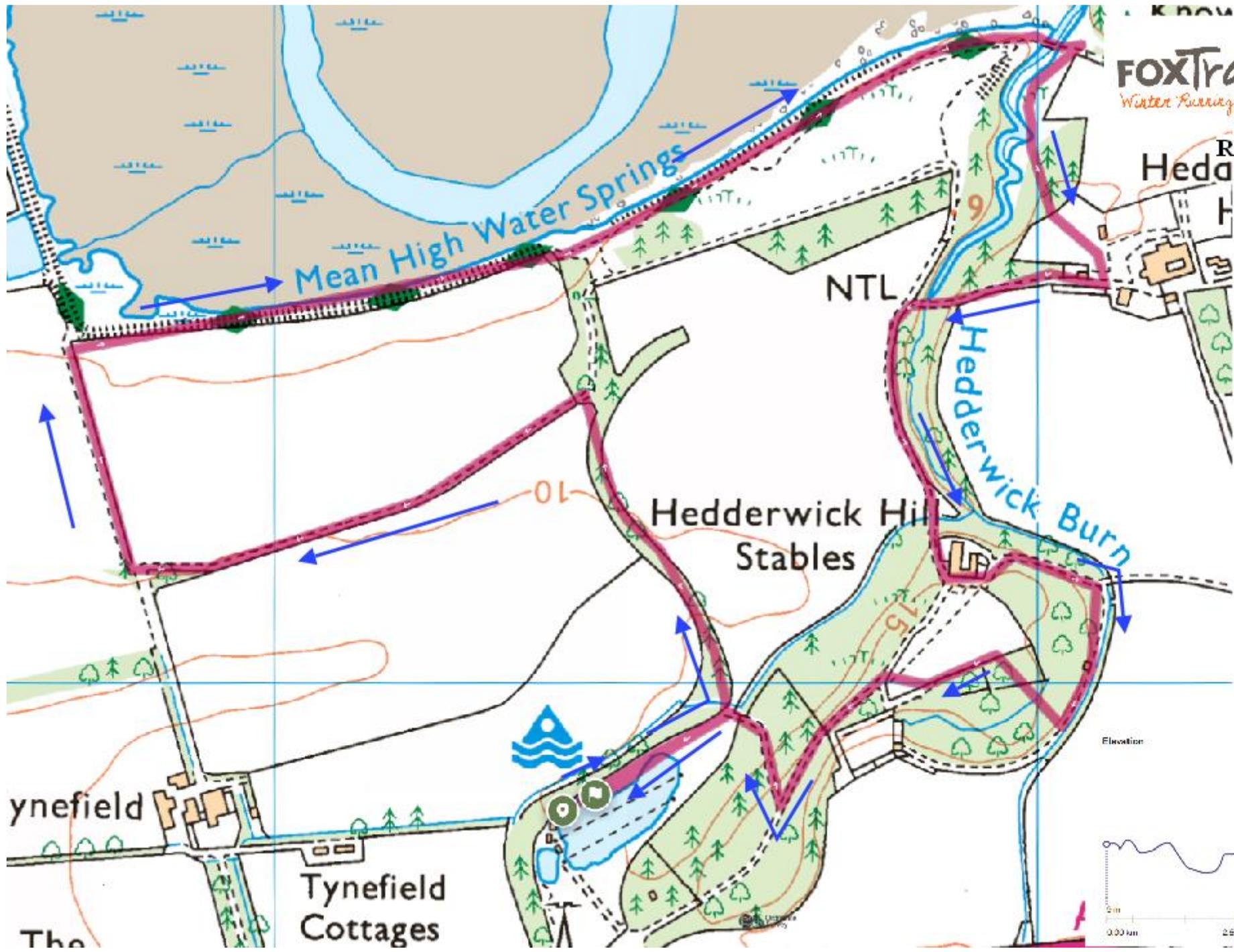
Set in and around the stunning  
Bowhill Estate, this is a proper  
celebration of off-road running:  
rolling trails, punchy climbs and  
scenery to take your breath away  
if the hills have not already done  
that!

Whether you are chasing  
elevation or just want an  
unforgettable run in a beautiful  
place, this one is for you.

Four Distances: 5k, 10k, 25k &  
50k

Visit:

[www.durtyevents.com/events](http://www.durtyevents.com/events)  
to find out more





Summer 2026 is on it's way, join us for an atmospheric trail run. Starting at Arron House and following trails through the Esk Valley passing tumbling waterfalls, still river pools and quiet natural forests. The finish line is at Stewart Brewing HQ where you can quench your thirst and celebrate your achievement over a beer (the first one's on us!).

Event Date - 6th June 2026

[Sign Up Now](#)



**STEWART  
BREWING**



# 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](mailto: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](http://www.harvestmoonholidays.com)



# WITH THANKS



# TO OUR SPONSORS