

Please have a read through these instructions for the day and if you have any questions please get in touch.

### **Location**

Registration will be held in Cuerden Valley Park Cafe located at the end of Berkeley Drive, Bamber Bridge, Clayton-le-woods, Preston PR5 6BY. There is plenty of on site parking which has charges of £1.50 for up to 1.5 hours, £2.50 for up to 2.5 hours. This is paid at the machines in the car park and can be done before leaving.

The start and finish will be next to the cafe.

### **Timings**

The cafe will be open at approx 5:00pm and refreshments can be purchased in there.

Registration will open at 5:30pm to collect your number, no numbers will be posted out prior to the event.

Race briefing will be at 6:15pm and held outside the front of the cafe.

Race start will be at 6:30pm.

### **The Race**

The course is a mixture of tarmac, gravel and dirt paths with all runners heading south through the park.

The course will cross a road, marshals will be posted here to stop traffic, please do not take risks in crossing if vehicles decide not to stop. after approx 3 miles you cross back over the same road before heading out across fields and into woods.

We will have an aid station at approx 3 miles with cupped water.

We recommend wearing road shoes. Please wear appropriate clothing for the weather conditions on the day.

Please also note that the roads are not closed to traffic. We will have marshals and signage at all road access points warning drivers but please be careful when out on the course.

As the roads are not closed to traffic and for your own safety we strongly advise not wearing headphones during the race unless they are the bone conductor type. It is easy not to hear marshals and go the wrong way.

The course will be fully marked with arrows and we will have marshals at key points around the course. There is also a tail runner for your safety and a medic onsite.

Once you cross the finish line you will be handed a medal and chocolate. There will also be a water station with cupped water.

We hope you enjoy the night and look forward to seeing you next week.

Michael and the team