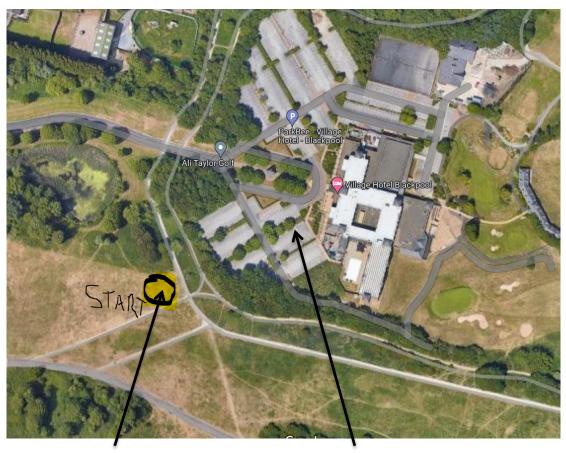
# **Lancashire Loop Trail Run - 23rd November 2025**

We hope you are all fit & ready for our Lancashire loop running event. Please have a read of the instructions for the day, if you require any further details, please get in touch.

## **Race Location:-**

The start area will be located on Lawson's field close to the Village Hotel, East Park Drive, Blackpool, FY3 8LL. This will be a 2 minute walk from the carpark of the hotel.

Please keep a look out for our race flag.



Race Registration

Car Park

# Race registration:-

Registration opens @ 8:30am

Race briefing @ 9:15am

Race start @ 9:30am

# Parking:-

There is plenty of free parking in the village hotel car park. There is also free parking on East Park Drive, but this is a 5-10 minute walk from the start.

NB: The hotel car park signs say that payment is required, using an app. We have checked with the hotel and have been informed that the cameras are turned off on a weekend. No payment is required.

## **Aid Station:-**

The village hotel has a Starbucks in the foyer, which will be open from approx. 8:00am for pre-race snacks and drinks.

We will have an aid station at the start / finish area for you to pass each lap. We will also have a water station located at the furthest point on the course, approx. 3 miles. There will be lots of goodies to keep you going. We will have sweets, chocolate, flapjack, savoury treats, water, cordial and coke.

We will also have a table available for runners to leave their own drinks, cups, food. Please ensure you have it labeled.

NB: We have found that lots of waste is being generated from the paper cups that we use (approx. 350 for this event). To help and try to reduce our waste from this event, please bring along a cup or bottle for us to fill.

#### Litter:-

The park is a beautiful area with lots of wildlife so please do not litter the course. We will have rubbish bins at the aid stations and there are also plenty around the route.

## Dogs:-

Unfortunately due to permit conditions and insurance cover, we cannot allow dogs (or other pets) to run with you.

#### **Toilets:-**

We will also have a portaloo at the start area.

#### Race numbers:-

All numbers will be allocated at the registration. Nothing will be posted out prior to the day.

#### **Shoes:-**

Having run the course myself this weekend, the paths are wet and muddy. Please do not use your best white running shoes, they will get wet and muddy.

# Baggage:-

We will have room in the event shelter for runners to leave their bags. Please note we do not accept any responsibility for the bags, they are left at your own risk.

If you are looking to use the full 6 hour time limit to complete the event, we would recommend bringing a head torch / torch.

Remember this event is being held at the end of November and the nights are getting dark early. The course also has lots of tree cover.

Hopefully everything is covered in here. Please get in touch if you require any further information.

See you on the 23rd for a great day of running.

Michael & the PFW team