

# Cottam Canter – 9<sup>th</sup> May 2026

We hope you are all fit & ready for our Cottam Canter 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 and registration is located at the UCLAN sport arena in Preston. The address is UCLAN sport arena, Cottam, Preston, Lancashire, PR2 1SG

As you turn off Tom Benson Way into the sports arena the start/finish area and registration will be located in first car park on the right hand side, just before the 2 football pitches. Please look out for our flag and event shelter.



Car Park

## **Race registration:-**

Registration opens @ 09:00am

Race briefing @ 9:45am

Race start @ 10:00am

### **Parking:-**

There is plenty of parking in the first car park and it is free to park.

### **Aid Station:-**

We will have an aid station at the start / finish area for you to pass each lap. There will be lots of goodies to keep you going. We will have sweets, chocolate, flapjack, savory treats, water, cordial and coke. We will also have a table available for runners to leave their own drinks, cups, and 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. 200 for this event). To help and try to reduce our waste from this event, if possible please bring along a cup or bottle for us to fill.**

### **Litter:-**

The route is through lovely countryside, canal towpath and parkland. Please do not litter any of the route. We will have a bin at the aid station.

### **Dogs:-**

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

### **Toilets:-**

We have been given permission to use the toilets at the sports arena. They are approx. 5 min walk from the car park. You will pass the loo after each lap.

### **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 firm and in good condition. I would suggest road shoes are good, but the choice is yours.

**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.

All runners will receive one of our specially designed medals for the event.

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

See you on the 9th for a great day of running.

Michael & the PFW team