

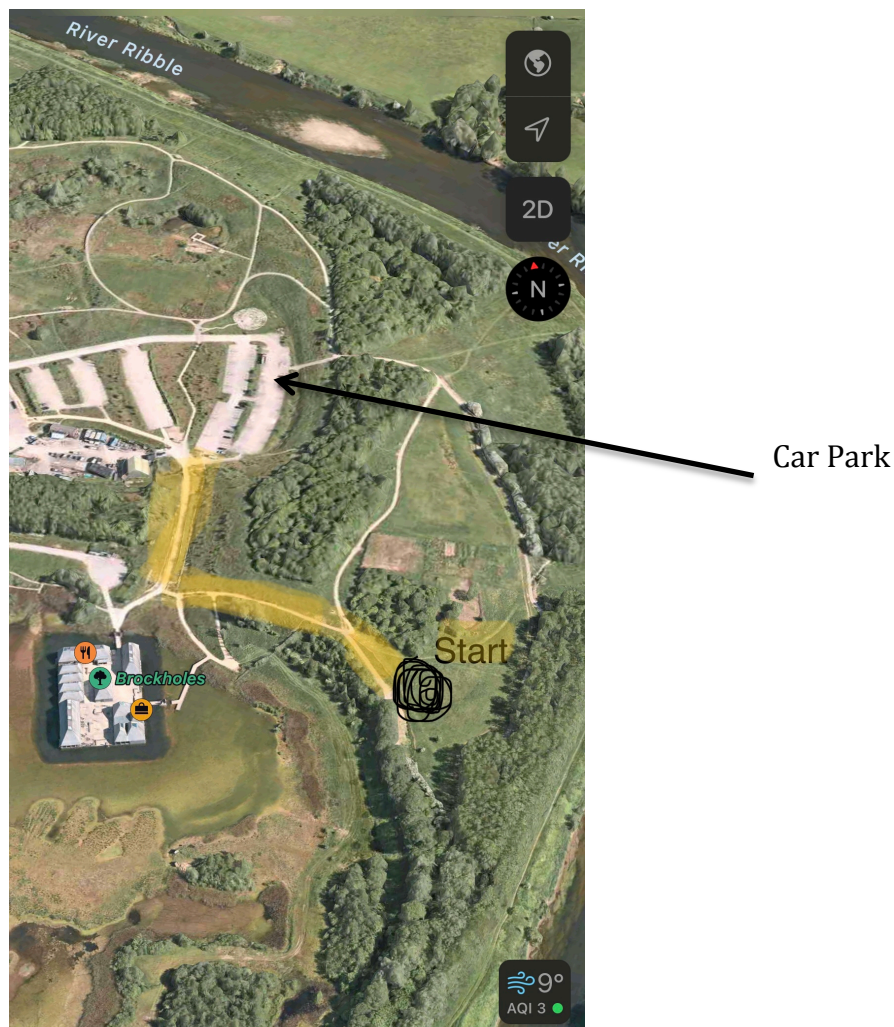
Brockholes Bimble – 10th May 2024

We hope you are all fit & ready for our Brockholes Bimble 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 Nature reserve is located just off junction 31 of the M6. The address for the reserve is Brockholes nature reserve, Preston new road, Samlesbury, Preston, PR5 0AG. Look out for the brown signs from the roundabout at the junction.

Once at the reserve head up the drive to the car park. Park up and walk towards the floating village. Before you reach the bridge take the path off to your left and up the hill. Here you will see our flag and event shelter. See map below. We will also put up an arrow to help guide you up the path.



Race registration:-

Registration opens @ 09:00am

Race briefing @ 9:45am

Race start @ 10:00am

Parking:-

There is plenty of parking at the nature reserve. There is a parking charge of £5 for all cars payable at the machines. Please note that this money does go to the wildlife trust and is used for the upkeep of the reserve.

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. These can be left at the aid station to use each lap.

Litter:-

The nature reserve is a beautiful area with lots of wildlife so please do not litter the course. We will have rubbish bins at the aid station.

Dogs:-

Unfortunately due to permit conditions and insurance cover, we cannot allow dogs (or other pets) to run with you. The nature reserve also has a no dogs policy.

Toilets:-

We have been given permission from the visitor center that we can use their toilet facilities. Please leave them clean and tidy, we wish to use this route again and don't want to upset them.

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 10th for a great day of running.

Michael & the PFW team