

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 located at the end of Berkeley Drive, Bamber Bridge, Clayton-le-woods, Preston PR5 6BY. You will see our event shelter and flag when entering the car park.

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 etc and anything over 3.5 hours is £4.50. 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 event shelter.

### **Timings**

Registration will open at 09:00am to collect your number, no numbers will be posted out prior to the event.

Race briefing will be at 9:45am.

Race start will be at 10:00am.

### **The Race**

The course is a mixture of tarmac, gravel and dirt paths and is approx. a 5k loop. You can run as many or as few of these within the 6hr time limit. If you wish to run one loop then it is ok to finish.

The route has been measured using Garmin and also Plotaroute website.

There will also be turn signs for those wanting to do ½ and full marathon, as you will be required to do an extra out & back to make the distance.

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

The course will be fully marked with arrows and we will have marshals at key points around the course.

There will be an aid station at the end of each lap, which will have water, cordial, coke as well as sweet and savoury snacks. You can also leave your own food / drinks on the table, but please have them labelled with your name. To help us reduce our waste, please bring along a cup / bladder for us to fill. This can be left at the aid station.

Once you cross the finish line you will be handed a medal and chocolate.

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

Michael and the team