

We hope you are fully fit and ready for the run next Thursday.

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

### **Location**

The event is taking place in Great Eccleston, starting and finishing at the scout hut. Please see map below for location in the village. I have also included the What3words location as well. There is room for approx. 20 cars to park down near to the scout hut, with the rest street parking around the village. There will be plenty of parking in the village square. You will not be more than a 5 minute walk from the start wherever you park in the village. Please take a minute or two to check out the map below.

Address for the scout hut is:

Off Hall Lane, Great Eccleston, Preston, PR3 0XN

What3words: ///premiums.scorch.slant

### **Timings**

The Scout hut will open from 5:30pm for registration. You can collect your number from inside the scout hut.

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

Race start will be at 06:30pm This will take place on the road outside the scout hut.

### **The Race**

The course is set on open roads starting in Great Eccleston. From here you will head towards the village of Elswick, passing the village green, before looping back towards Great Eccleston. The course is approx. 4 miles.

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 junctions warning drivers, but please be careful when out on the course. Please keep to the left hand side of the road at all times and where possible stick to the pavement.

As the roads are not closed to traffic and for your own safety, in ear / on ear headphones are **NOT** allowed during the race. Bone conductor headphones are acceptable but we strongly advise not to wear these.

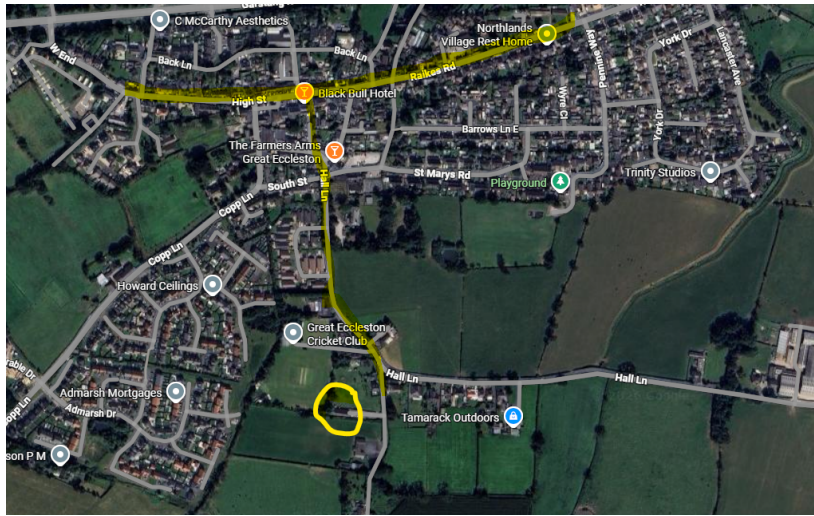
We will have a lead bike and tail runner for your safety. There will also be a medic onsite.

Once you cross the finish line you will be handed a voucher to collect your pie and your medal.

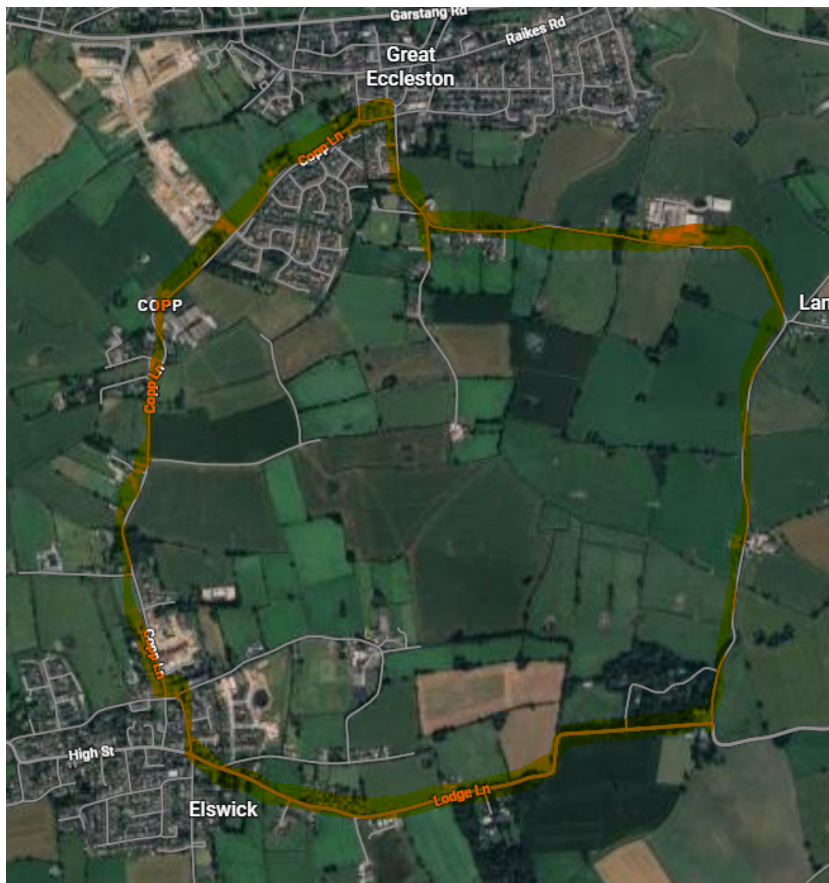
There will also be soft drinks available at the finish.

See you all next week

Michael and the PFW team



Location of the scout hut is at the yellow circle. There will be plenty of parking on the high street and this is approx. 5 minutes walk to the start.



The route for the run leaves Great Eccleston heading down Copp lane towards Elswick, turning down Lodge Lane, before heading back to Great Eccleston along Watery Gate Lane and Hall Lane.