

Avenham Amble – 12th May 2024

We hope you are all fit & ready for the Avenham Amble. 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 next to Avenham park cafe. The address for the café is Avenham park, Preston, PR1 8JT. Here you will find the race registration area (look for a large event shelter and flag.). If you follow the path by the river then you will find us.

Race registration:-

Registration opens @ 9:00am

Race briefing @ 9:45am

Race start @ 10:00am

Parking:-

There is plenty of free parking in the park car park. Please follow directions to the Continental pub, South Meadow lane, Preston, PR1 8JP It is important that you use South meadow lane and not any other route to get here as other roads are closed. The car park is just before the pub on the left hand side. See the image below which has the car park circled. The pub is next to the river in the photo.

There is also plenty of parking in the city centre. These will all be pay and display, but are still within walking distance of the park.

The second photo shows the direction to the race registration from the car park. Please walk under the railway bridge and follow the path by the river until you see our registration area (Large event shelter)

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, 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: To help and try to reduce our waste from this event (We will use approx. 200 cups) please bring along a cup or bottle for us to fill.

Litter:-

Please do not litter the course. We will have rubbish bins at the aid station and there are also bins in the park.

Dogs:-

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

Toilets:-

There are free public toilets close to the start area. Please do not use the café toilet, unless using the café for food / drink.

Race numbers:-

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

Shoes:-

99.5% of the course is on tarmac (or similar) type paths. We would suggest using road shoes.

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.

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

See you on the 12th for a great day of running.

Michael & the PFW team

