

Preston Park, BN1 6SD
Saturday 5 April

**PARTICIPANT
EVENT GUIDE**

WELCOME

We can't wait to see you at the 2025 Brighton Miles on Saturday 5 April – we hope you're as excited as we are!

Please read this guide carefully – it contains all the information you need to have an amazing day.

We know there's a lot to take in, so we've broken it down into five essentials things you need to know...

- 1. Your Event Pack**
- 2. How to get to the event**
- 3. When you arrive at the event**
- 4. After crossing the Start Line**
- 5. After crossing the Finish Line**

1. YOUR EVENT PACK

You should receive your Event Pack, containing your bib (example below) and safety pins to attach it to your top, in the post by Thursday 3 April.

If you have not received your pack by 17:00 on this date, please complete the **replacement pack form**.

Replacement packs

If you need a replacement Event Pack, you must fill in the form and collect your pack between:

10:30 and 18:00 on Friday 4 April, from DoubleTree by Hilton Brighton Metropole, Kings Road, BN1 2FU.

QR code

If you need to collect a pack, please show your unique QR Code, which we emailed to you with your important start information, to our team at the collection point. Please take a screenshot of the email in case you can't get signal.

Please note: we're unable to send any replacement packs in the post.



PARENTS AND GUARDIANS

If you have a child or young person taking part, please tear off the strip on the right of their bib, and keep it safe. The number on the detachable strip will match the bib number.

After your child or young person has completed their wave, please go to the Collection Area and find the collection pen that matches the colour of their bib number.

Show the strip to our Safeguarding Team to collect your child or young person.





2.

HOW TO GET TO THE EVENT

The Brighton Miles takes place in Preston Park – just follow the signposts! The full address for the park is: Preston Road, Brighton and Hove, Brighton BN1 6SD.

Where possible, we recommend walking, cycling or taking public transport to the event. There will be no parking available at Preston Park.

CYCLING

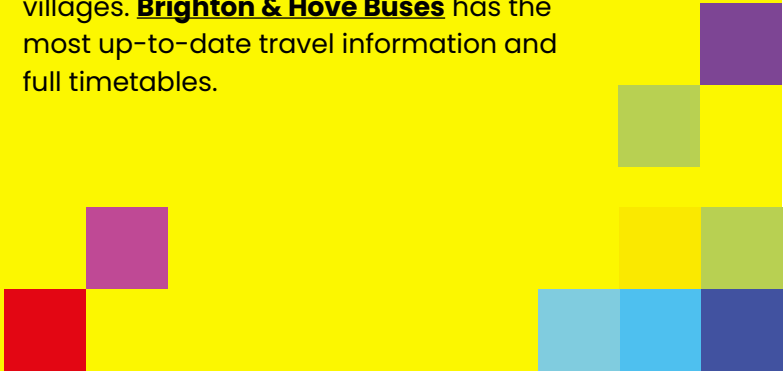
A secure bike park with 75 places is available at Preston Park. Places are available for free on a first-come, first-served basis.

BY TRAIN

Preston Park is between London Road and Preston Park train stations. Plan your journeys at nationalrail.co.uk, southernrailway.com or thameslinkrailway.com.

BY BUS

Bus services run across the city, also connecting with many local towns and villages. **Brighton & Hove Buses** has the most up-to-date travel information and full timetables.



3.

WHEN YOU ARRIVE AT THE EVENT

Please read the timetable below and arrive at the allocated arrival time for your wave, which will be displayed on your bib number – see the example on page 3.

WAVE	ARRIVAL TIME	START TIME	WAVE NAME
1	09:45	10:15	Junior parkrun Wave
2	10:00	10:30	Family Wave 1
3	10:15	10:45	Children's Wave 1
4	10:25	10:55	Children's Wave 2
5	10:35	11:05	Allsorts Wave
6	10:50	11:20	Children's Wave 3
7	11:00	11:30	Children's Wave 4
8	11:10	11:40	Welcome Wave
9	11:25	11:55	Children's Wave 5
10	11:35	12:05	Children's Wave 6
11	11:45	12:15	Family Wave 2
12	12:00	12:30	Children with Cancer UK Wave
13	12:15	12:45	Walk and Talk Wave
14	12:45	13:15	Brighton Girls: Women and Girls Wave
15	13:00	13:30	Clubs and Community Wave
16	13:15	13:45	Family Wave 3

FACILITIES

You're welcome to enjoy the Event Village before and after your wave. Traders will be offering food and drink. Toilets, including accessible toilets, will also be available.

We want to make the event as inclusive and sustainable as possible. To help, we'll provide:

- a Water Refill Point
- a Parent and Child Tent
- a Sensory Calm Tent
- a Multi-Faith Prayer Tent

YOUR BELONGINGS

We can't look after your belongings while you take part in your wave, so please only bring items that you're able to run, jog or walk with. Alternatively, you may choose to leave your belongings with someone you know while you participate.

ANNOUNCEMENTS

Please listen carefully to any instructions and announcements on the PA throughout the day.

RECYCLING STATIONS

Please use the Recycling Stations. Our team will take your waste from you and separate it into the correct bin to maximise recycling levels.

DONATE YOUR OLD TRAINERS

We're **working with JogOn** to collect unwanted trainers. If you have any please bring them along so you can donate them to be recycled.

START PROCEDURE

1. Participants will be called into the Athlete Only Area, according to their start wave.
2. Be sure to pin your bib to the front of your T-shirt or top.
3. Make sure you have torn off the strip on your child's or young person's bib.
4. Enjoy a pre-wave warm up with Brighton Girls.
5. The timing chip on your bib number will activate when you cross the Start Line.

WELCOME WAVE

At 11:40, we'll have our Welcome Wave, which is especially for participants who are neurodivergent and participants with disabilities. At this time, we'll reduce the festival volume, stop announcements on the PA, and encourage spectators to take part in deaf applause: waving instead of clapping.

ENTERTAINMENT

There will be a variety of free activities for you to try in the Event Village before and after your wave.

These sessions, which provide fun for all the family, are run by our partners from:

- Brighton Table Tennis Club
- Fordy Run Club
- Hove Beach Park Padel Courts
- London Mavericks netball team
- Nam Yang Martial Arts Club
- Preston Park Gardening Club
- VYD Football Club



4.

AFTER CROSSING THE START LINE

The Brighton Miles one-mile course is fully enclosed and will be stewarded by staff and volunteers, with a safeguarding lead present.

Adults are welcome to take part, but where possible we encourage you to allow children to run unaccompanied in the children's waves.

Parents, guardians, and supporters can follow the entire looped course to cheer on their participant(s). The parent or guardian of the participant remains responsible for the whereabouts and behaviour of the participant at all times.

DROPPING OUT

If you, your child or young person wants to stop participating at any point on the course, please inform a steward.

If a child or young person is taking part unaccompanied and wants to exit the course, they must inform the nearest steward, who will take them to the Collection Area to be reunited with you.



5.

AFTER CROSSING THE FINISH LINE

Once participants cross the Finish Line, they will be able to collect their finisher's medal and a bottle of Buxton Natural Mineral Water.

Upon finishing, unaccompanied children and young people will be taken to the Collection Area by our Safeguarding Team.

They will be looked after by our team at the collection point, which matches the colour on their bib number, until a parent or guardian can collect them.

PARENTS AND GUARDIANS

Please remember: if you have a child or young person taking part, you will need the strip, which is attached to their bib number, to collect them from our Safeguarding Team in the Finish Area. Please go to the collection pen that matches the colour of their bib number.

FIRST AID

Our Medical Team will be positioned directly on the Finish Line. The health and wellbeing of our participants is extremely important to us, so please notify a member of the Event Team or Medical Team if you see a participant in need of medical assistance.

EVENT VILLAGE

The Event Village will have entertainment and stalls so you can make a day out of the event and stick around to support other participants.

CHILDREN WITH CANCER UK

Children with Cancer UK, the official charity of the Brighton Miles, will be in the Event Village to greet their participants and explain more about the incredible work they do.

BRIGHTON GIRLS

Visit the Brighton Girls stall in the Event Village and have a go at forest school skills and computer coding sessions!

The Forest School programme allows people to explore, create, and develop key life skills in a natural setting.

The school is also preparing the next generation of innovators. Students develop problem-solving, creativity, and logical thinking through coding projects, including robotics and game design.

CGI

We've partnered with CGI to create a world-first virtual reality experience of the Brighton Marathon. If you are running on Sunday or just interested in what it feels like to participate, go and check it out!

DIGITAL FINISHER CERTIFICATE

After the event, participants will be able to download a personalised finisher's certificate, which will be complete with their name and finishing time. Participants will be emailed the week following the event with a link to download their certificate.

RESULTS

Results will appear on the Brighton Marathon Weekend website by the end of Monday 7 April. If your result is incorrect or isn't showing, please fill in the online timing query form and our timing company will respond as soon as possible.

GOOD LUCK!

We can't wait to see you at the 2025 Brighton Miles – we hope you have a great day with us!

THANKS TO OUR PARTNERS

