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**PARTICIPANT
EVENT GUIDE**

**PRESTON PARK, BN1 6SD
SATURDAY 11 APRIL**



WELCOME

We can't wait to see you at the 2026 Brighton Miles on Saturday 11 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 six essential things you need to know...

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

1.

BE SAFE AND SECURE

Our priority is keeping you and spectators safe at Brighton Miles.

- We work closely with the police and other agencies to ensure a safe event for all
- Measures include bag searches and stewards on site
- Please follow their instructions and report anything suspicious
- In an emergency, call 999

HEALTH AND MEDICAL ADVICE

- Complete your medical info on the back of your bib - it could save your life
- Only participate if you're fit and well. Running with illness or injury is dangerous

SAFEGUARDING

If you have a child or young person taking part, please make sure you have **filled out the medical info on the back of their bib** and **removed the collection strip from the right side of their bib**.

The number on the collection strip will match the bib number and you will need to show the strip to collect your participant on Event Day. Before their mile, **please make sure you've removed the collection strip and bring it with you on Event Day**.

After your participant has completed their mile, please go to the Collection Area, which will be clearly signposted, and find the collection pen that matches the colour of their bib number.

Show the collection strip to our Safeguarding Team to collect your child or young person. An example bib is shown on the next page.

We implement a variety of safeguarding measures for the event, but the parent or guardian attending with the child or young person remains responsible for them throughout the event.



2.

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 Monday 6 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:

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

Or from 09:30 onwards on Saturday 11 April, from Preston Park. The **what3words** location is: [///sleep.scars.lake](https://www.what3words.com/sleep.scars.lake)

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 a signal.

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

MEDAL CHOICE

This year, you had to confirm at registration whether you wanted a medal.

This choice will be displayed on your bib. It isn't possible to change your choice. Thanks for your understanding.

UNDERSTAND YOUR BIB

Your bib (example below) indicates:

1. Your unique bib number
2. Your start wave number
3. Your medal choice
4. Tear-off collection strip





3.

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 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.

4.

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 4.

WAVE	ARRIVAL TIME	START TIME	WAVE NAME
1	10:00	10:30	Junior parkrun Wave
2	10:15	10:45	Family Wave 1
3	10:30	11:00	Daily Mile Wave
4	10:45	11:15	Clubs and Community Wave
5	11:00	11:30	Children's Wave 1
6	11:10	11:40	Children's Wave 2
7	11:20	11:50	Family Wave 2
8	11:35	12:05	Children's Wave 3
9	11:45	12:15	Children's Wave 4
10	11:55	12:25	Children's Wave 5
11	12:05	12:35	Family Wave 3
12	12:20	12:50	Superhero Wave
13	12:35	13:05	Family Wave 4 (in partnership with Brighton Girls)
14	12:50	13:20	Family Wave 5
15	13:05	13:35	Welcome Wave

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 – for breastfeeding/pumping and a playpen for young children
- 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 and deposit your waste into the correct section to maximise recycling levels.

DONATE YOUR OLD TRAINERS

We're working with **kitround** and **JogOn** to reduce the environmental impact of sports kit while helping more people to get active. Please consider donating good-quality running and sports kit and trainers to our partners, who redistribute them to schools and community groups in the UK.

START PROCEDURE

1. Participants will be called into the Athlete Only Area, according to their start wave
2. The medical info on the back of the bib must be completed. Please 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
5. The timing chip on your bib number will activate when you cross the Start Line

WELCOME WAVE

At 13:35 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
- Nam Yang Martial Arts
- VYD Football
- Bevendean Gymnastics Club
- Brighton Baseball
- Brighton Phoenix

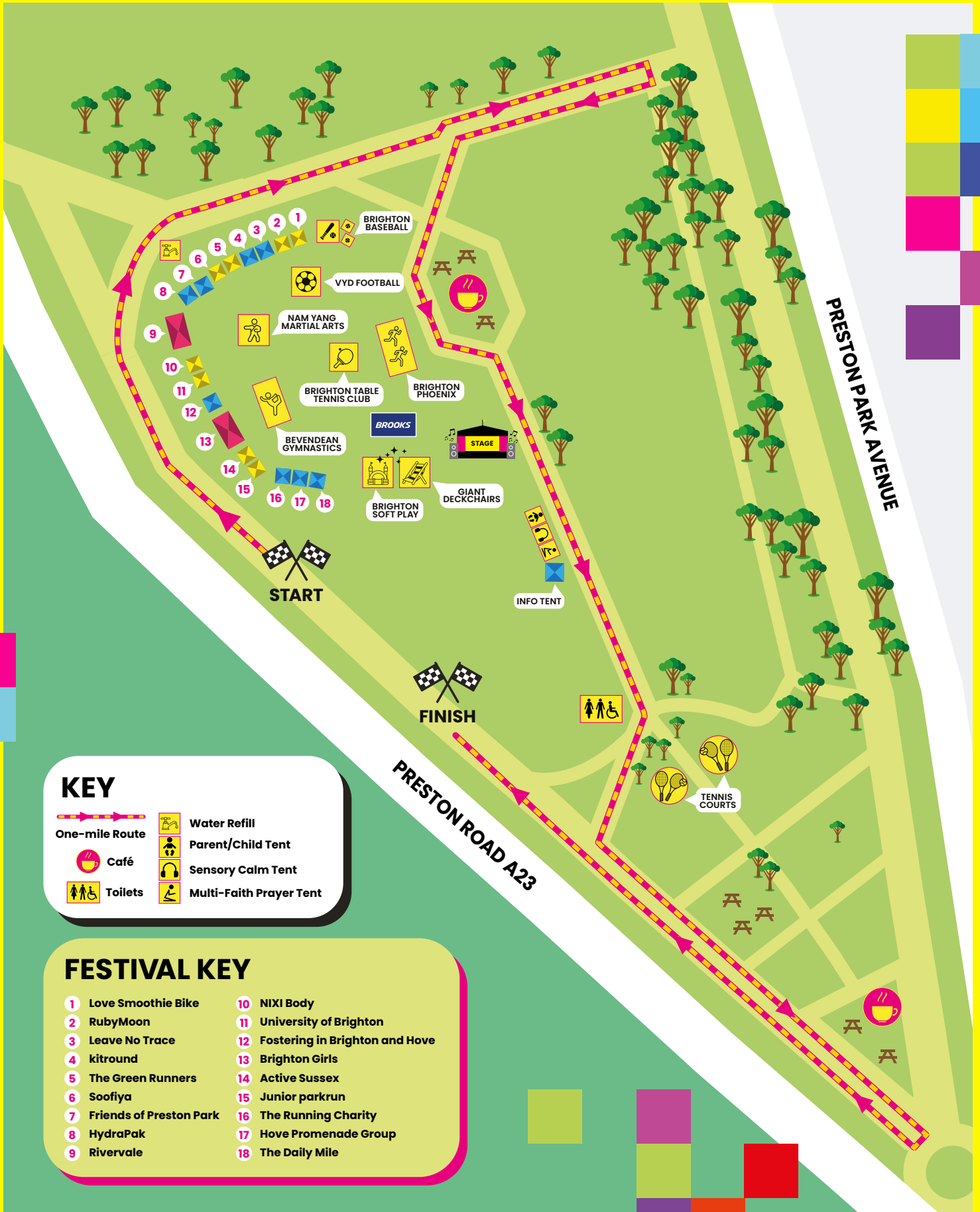
We will have lots of other local organisations with us for you to meet, including The Daily Mile. Look out for their activity trail on the day to be in with the chance of winning a prize.

GREEN VILLAGE

Visit the Green Village, which is part of the Event Village, for fun activities with an environmental theme!

- Pedal your way to a refreshing smoothie on our smoothie bikes
- Fish for litter with Leave No Trace Brighton
- Browse for preloved kit at the kitround stand
- Visit The Green Runners to have your trainers repaired
- Get creative with Brighton artist Soofiya

COURSE AND FESTIVAL MAP



KEY

- One-mile Route
- Café
- Toilets
- Water Refill
- Parent/Child Tent
- Sensory Calm Tent
- Multi-Faith Prayer Tent

FESTIVAL KEY

- | | |
|---------------------------|-----------------------------------|
| 1 Love Smoothie Bike | 10 NIXI Body |
| 2 RubyMoon | 11 University of Brighton |
| 3 Leave No Trace | 12 Fostering in Brighton and Hove |
| 4 kitround | 13 Brighton Girls |
| 5 The Green Runners | 14 Active Sussex |
| 6 Soofiya | 15 Junior parkrun |
| 7 Friends of Preston Park | 16 The Running Charity |
| 8 HydraPak | 17 Hove Promenade Group |
| 9 Rivervale | 18 The Daily Mile |

5.

AFTER CROSSING THE START LINE

The Brighton Miles one-mile course 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.



6.

AFTER CROSSING THE FINISH LINE

Once participants cross the Finish Line, they will collect their finisher's medal, if they requested one at registration, and a can of 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 collection 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.

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 skills, creativity and logical thinking through coding projects, including robotics and game design.

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 13 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 2026 Brighton Miles – we hope you have a great day with us!

THANKS TO OUR PARTNERS



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