



BEER & PUDDING RACE

FINAL INSTRUCTIONS

BAKEWELL 23RD MARCH 2025



THORNBRIDGE
BREWERY



WELCOME

TO THE TFG BEER & PUDDING TRAIL RACES

This document is designed to provide you with all the information you need to have a safe and fun event with us in Bakewell, but if you do have any other questions, contact our Race Director at Brom@trailsforgood.co.uk.

EVENT TIMINGS

23/03/2025

- | | |
|----------------|--|
| 07:30AM | Event HQ opens for registration and bag drop |
| 08:00AM | Start line opens for Short and Long course |
| 09:15AM | Registration closes |
| 09:30AM | Start line closes |
| 11:30AM | Winners announced at Event HQ |
| 11:59AM | Finish line closes |
| 12:30PM | Event HQ closes, Taproom opens to public |

THE IMPORTANT STUFF

CHECK YOU HAVE EVERYTHING (CHECK AGAIN!)

Before leaving home on race day, please **ensure that you have all of the mandatory kit required** with you.

LONG COURSE

- Off-road running shoes (i.e. trail or fell)
- Waterproof jacket with taped seams and integrated hood
- Waterproof trousers with taped seams
- Spare dry long-sleeve layer
- Hat or buff and gloves (i.e. head and hand cover)
- Nutrition for the race plus an emergency 500 calories
- Drinking water (minimum 500ml full at start) in a reusable bottle
- Bivvy bag, foil blanket or emergency shelter
- Whistle
- Fully charged mobile phone with a waterproof cover
- A map of the race route on either a GPS device or map with compass

SHORT COURSE

You must wear suitable off-road running shoes and be wearing or carrying kit appropriate for the expected and potential weather conditions. We will not be handing out plastic water bottles, so please bring your own reusable bottle which can be refilled at our water stations at event HQ and finish line.

GETTING AROUND OUR COURSES

To aid you in navigating our courses smoothly they will be waymarked with our branded directional arrows clearly visible at each key turn. Unfortunately, on rare occasions event signage is tampered with and so **if you are ever in doubt please refer to your gpx or marked paper map.**



Our course is entirely on Public Rights of Way so there are a few rules we need to follow to ensure everyone has an awesome time. **Please watch this video on the Countryside Code**, it's the most entertaining version. Woolly fun aside, our events are only possible when we all respect the countryside and those we share it with, and for that reason anyone breaking this code may be warned or disqualified by our marshals.

IN AN EMERGENCY

Please grab your mobile phone now and **save our event contact number 07831098304** and **download the free what3words app**. You must call this number during the race if you or another participant become injured and need our help, quoting your what3words location so that we can direct our nearest Outdoor First Aid qualified marshal to you. **When life is at risk, please call 999 and ask for the Police and then Mountain Rescue.**

WITHDRAWALS (DON'T DO YOURSELF, OR US, A MISCHIEF)

If at any point while you are out on course you need to withdraw, you can call the event contact number and we will support you in returning to event HQ. Even if you do not require our assistance **when withdrawing mid-race (i.e. not crossing the finish line) you MUST contact us and return your timing equipment to event HQ**, otherwise after the cut-off time you will be deemed a lost runner and we will begin searching for you.

A FEW THINGS BEFORE THE GOOD STUFF

Our event is licenced by the Trail Running Association (TRA) and so we are required to implement their rules for competition. Most notably, that means all runners must be **18+** on the day of the event and **are not permitted to run wearing headphones or to run with their dogs (or other pets).**

We work with the lovely folk at SPORTident for our event timing using their reusable equipment to cut down on single use waste. You therefore **MUST return your timing equipment to us before leaving** our event. Failure to return the timing equipment may result in a charge of up to £50.

BEER & PUDDING RACE 
BAKEWELL, PEAK DISTRICT

THE GOOD STUFF

EVENT HQ

From 7:30am we'll be waiting for you at event HQ in the **Thornbridge Brewery Taproom in the Riverside Business Park in Bakewell (DE45 1GS)** which is accessible by car from the A6. You can use What3Words [///assembles.thirsty.aunts](https://www.what3words.com/#!/assembles.thirsty.aunts) to find us at the back of the estate.

PARKING

Parking is available at the **Riverside Business Park** outside of Thornbridge HQ and Taproom for **up to 4 hours free by entering your licence plate on the tablet at the bar**. After this you will need to pay for parking via an app, details of which are in the Taproom. Further paid parking is available at Bakewell Bridge which has Pod Point EV charging available. If you park on public roads please be considerate of residents.

REGISTRATION

You must **visit registration in the Thornbridge Brewery Taproom a minimum of 20 minutes prior to your chosen start time** (check your booking confirmation email), but we recommend giving yourself more time.

In the Taproom you will collect your race number, timing equipment, and complete kit check (see page 3). There will also be tea and coffee available, toilet facilities, and our bag drop service.

Don't forget to enter your car registration at the bar if you are parked in the Riverside Business Park.

THE START LINE (READY, SET...)

The start line is a 5-minute walk from registration. From HQ walk back towards the A6. Before crossing the bridge out of the business park turn left and walk past the Tin Hut Cafe and Wye Bakehouse. You'll exit the business park, keep the River Wye on your right hand side, and roughly 300 meters on your left you will find our start line on the public footpath opposite Holme Bridge ([///noodle.joked.lotteries](#)). **You must arrive at the start line for the beginning of your chosen start wave** to hear the short safety briefing before being allowed to start. If you miss the briefing, you may be held back until the next start wave.

ON COURSE (ADVENTURE!)

It is time to enjoy your Trails For Good adventure. Be sure you have familiarised yourself with all of the important safety information on pages 3 & 4 so that you can focus on looking awesome for our event photography. **ALT Taft Media will be out snapping your adventure and you'll have access to these photos 48 hours post-event at no additional cost** as part of our 'Memories not merch' campaign. Please be aware that **there will also be a videographer from Sam Davis Photography present** at this event. If for any reason you wish not to have your photograph taken or image used please contact us ahead of race day.

AT THE FINISH

Our finish line is **located on the public footpath next to Agricultural Way leading to the Bakewell Agricultural Business Centre** ([///jungle.shifters.clinic](#)). Here you will be able to refill your water bottles before a short walk along the River Wye back to the event HQ at Thornbridge Brewery Taproom. Once you've returned your timing equipment you'll be rewarded with a free can of award winning Thornbridge beer and an authentic Bakewell Pudding made freshly in the bakery only a few hundred meters away. Stay and enjoy the beer and pizza available at the Taproom and visit the Bakewell Bakery factory before you leave the Riverside Business Park for more tasty treats.

PRIZE GIVING

At 11:30am we will announce the female and male winners of the short and long course. This speedy crew will get their names on the Beer & Pudding trophy along with £25 to spend at Thornbridge Taproom on Pizza and Beer to hopefully slow them down a bit for next time.

KEY DETAILS

Date - 23rd of March 2025

Time - From 7:30am

Event Contact Number - 07831098304

Event HQ - Thornbridge Brewery Taproom (DE45 1GS)

Start Line - public footpath opposite Holme Bridge
///noodle.joked.lotteries

Finish Line - public footpath on Agricultural Way
///jungle.shifters.clinic

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