



# CITY OF LINCOLN 10K



# YOUR RACE GUIDE

COURSE INFO | FIND YOUR NEXT CHALLENGE | DAY TIMETABLE & MORE!

All profits from Run For All will go directly to the Jane Tomlinson Appeal. All entrants are encouraged to fundraise for the charity of their choice.



# WELCOME TO THE 2023 CITY OF LINCOLN 10K

Race day is almost here and we are preparing for another great day of running and fundraising at this year's City of Lincoln 10K.

With the return of the Arena Group City of Lincoln Mini and Junior runs taking place on the same day, we look forward to welcoming families of all sizes and abilities to join us for another great morning of sport. There is no better way to kickstart a love of running to the next generation!

In the guide you'll find key race day information, including race number information, key timings, transport suggestions and what to expect on the day.

In the meantime, don't forget to tag us in your training pictures on social media using #CityofLincoln10K

In partnership with City of Lincoln Council



CITY OF  
*Lincoln*  
COUNCIL

## A BIG THANK YOU!

The City of Lincoln 10K means race day buzz, roars from the crowds, countless inspiring stories and thousands of pounds raised for charity. We can't thank you enough for being part of this amazing event.



## Jane Tomlinson's Run For All

Run For All is part of the lasting legacy of the late amateur athlete and fundraiser Jane Tomlinson CBE.

At Run for All, we continue Jane's vision to provide a fundraising vehicle for a huge number of local and national charities.

Find out more [here](#).



# PLAN YOUR DAY

We know that some of you will be starting to plan your day, so here's some key information that will help you prepare.



## WHAT TO EXPECT?

### RUNNERS

Thousands of like-minded runners will be joining you on the day. Each runner will have their own reason for taking part, whether it be a personal challenge or fundraiser for a charity close to their heart, so do bear that in mind when race day does come along.

### FOR ALL ATMOSPHERE

At Run For All we pride our events on being FOR ALL and this event is no different. So, whatever your own personal goals are, please remember that we want to create an inclusive, supportive environment for everyone.

### EVENTEERS VOLUNTEER PROGRAMME

Need a hand? Our friendly Eventeer team will be on-course and around the venue in their fluorescent yellow hi-vis to help you out and provide support.

## KEY TIMINGS

### 08:00AM

Race Office and Baggage Store opens outside Yarborough Leisure Centre

### 09:00AM

Arena Group City of Lincoln Junior run starts

### 09:05AM

Arena Group City of Lincoln Mini run starts

### 09:45AM

City of Lincoln 10K warm up begins on Riseholme Road

### 10:00AM

City of Lincoln 10K start

### 10:30AM

Winner expected at the finish line at Priory Gate



# YOUR RACE PACK



## IMPORTANT

If you registered before Friday 3rd April, your race number will be posted to the address that you entered when you registered for the event. If you registered on or after Friday 3rd April, you will need to collect your race number from the Race Office outside Yarborough Leisure Centre from 08:00am on event day.

## GOOD TO KNOW

### WHAT DO I DO IF I CAN'T TAKE PART?

If for any reason you can't take part on race day, it is vital that you do not let someone else use your race number. Your race number is registered specifically to you and used to identify runners when there is a medical emergency.

Keep your race number dry and safe. To be extra prepared, pin your race number to your race top or vest. Then there is no way you could possibly lose it.



### WHAT WILL I NEED MY RACE NUMBER FOR?

You will need your number to access the start line.

### BAGGAGE TAG

You will need your number to use the Baggage Store.

Your bib and timing chip does not need to be collected in after the event. It can be kept as a memento of your race day.

### TIMING CHIP

Your timing chip is affixed to your race number, please do not remove, fold the chip or pierce your physical timing chip with safety pins.



# PACERS



Our team of pacers, sponsored by Arla Protein are from Northern Pacing Volunteers and will be on-hand to support you on your run. The team are looking forward to supporting you on your run.

Each pacer will have a flag attached to them with finish times and will run at a steady pace. If you keep up with them, you'll be able to achieve the time on the flag.

Our pacers will be pacing at sub 40 minutes and sub 1 hour 30 minutes. They are all very friendly, so feel free to go have a chat with them before the event, and be sure to say thanks once you have crossed the finish line.



# Upp

Running fast, reliable

# Next Level Broadband

Check out our PB at

[upp.com](http://upp.com)

Rated  
Excellent



★ Trustpilot



**LINCOLN 10K**  
**TEAM CHALLENGE**



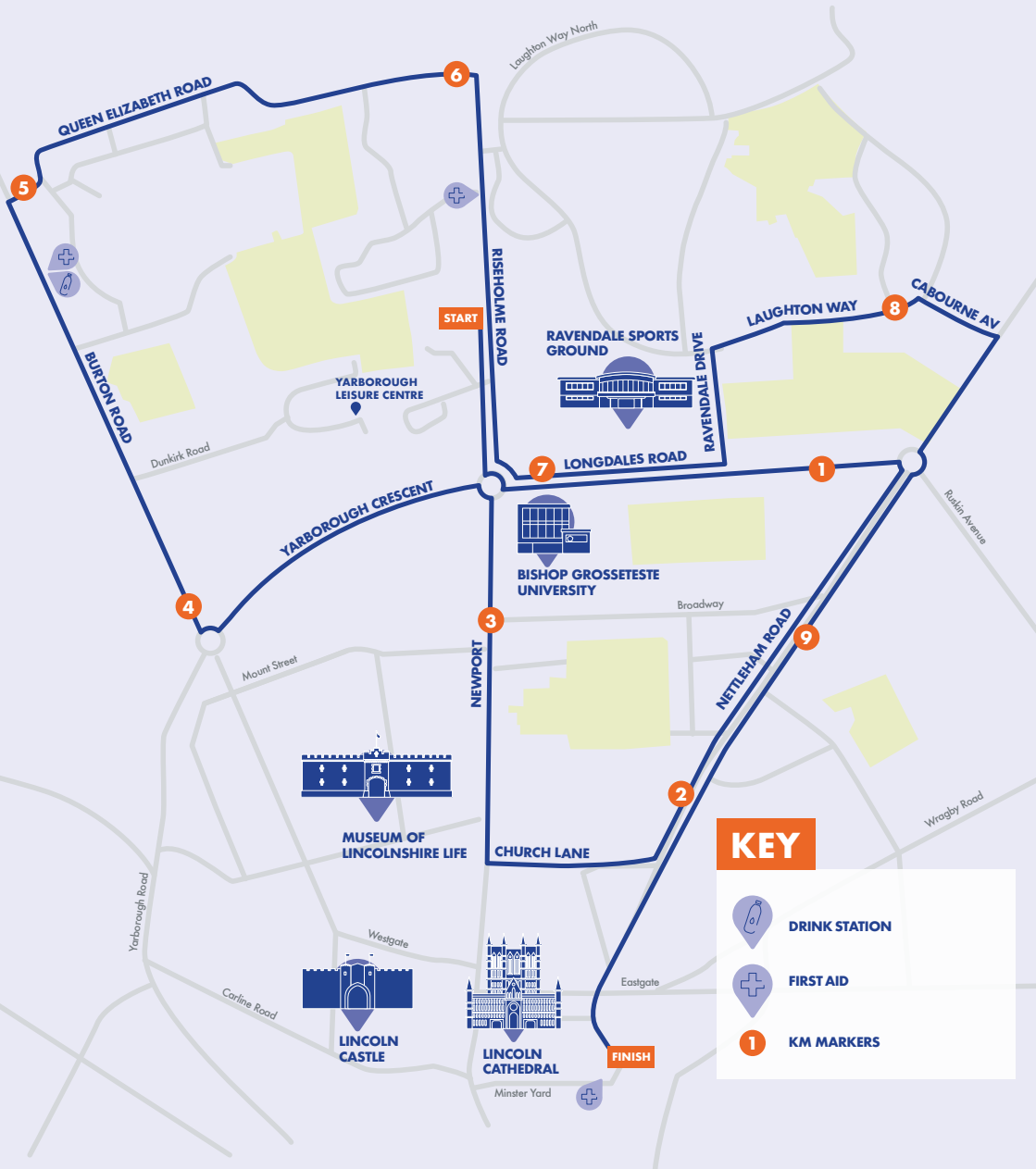
Introducing the 2023 City of Lincoln 10K University of Lincoln Team Challenge. Sitting alongside the main event of the day, the newly branded 'Team Challenge' is open to teams of at least five members (with no upper limit on participant numbers).

The Team Challenge will see teams battle it out to be crowned Team Challenge Champions. Rather than competing as individuals, participants will work collectively to cross the line in the quickest combined time.

Our Team Challenge has been enjoyed by teams of all varieties, so we look forward to welcoming colleagues, friends, family or teammates together and enter a team to this year's event.

For more information, head to [www.runforall.com](http://www.runforall.com)

# ROUTE MAP



# GETTING THERE

Travelling to Lincoln is easier and quicker than you might think, so we encourage all entrants to use public transport or car share with family and friends if possible.



## BY BIKE

There are bike racks at Yarborough Leisure Centre, near the Event Village, for you to use. Please note that road closures apply to bikes.



## BY TRAIN

Trains to Lincoln arrive at Lincoln Railway Station, on St. Mary's Street. This is approximately a 30 minute walk from the start line on Riseholme Road. For more information, please click [here](#).



## BY CAR

Lincoln has great motorway links: northbound on the A1 and A15; southbound on the A1 or M180 and A15. It will take around 1 hour and 45 minutes to travel from Leeds and 1 hour 30 minutes from Hull.



## BY BUS

Lincoln's buses are operated by Stagecoach. For more information, please click [here](#).



## PARKING

There is free parking available for runners and spectators available at Yarborough Leisure Centre car park and Sudbrooke Drive car park.



## BY SHUTTLE BUS

Please note that return shuttle bus services will run between near the finish line and both car parks post-race. The service will start at 11.15am and the pick up location will be Bailgate Methodist Church Bus Stop.

## UP & RUNNING

EST. 1992

# 6 REASONS TO STEP INTO STORE



Stores nationwide



Free in-store gait analysis



Expert advice in-store & online



Fun, free & friendly weekly 5k runs



Fast & free delivery



Award-winning customer service







## GET YOUR OFFICIAL PERSONALISED RACE MEMENTO ON THE DAY AT THE EVENT

Celebrate that finish line feeling with a City of Lincoln 10K print marking your achievement in style

With a range of sizes available for you to personalise with your name and choice of finishing time or bib number

Start your collection today!  
[personalbestvests.com](https://personalbestvests.com)  
@personalbestvests



FIND US AT THE  TENT IN THE EVENT VILLAGE

# RACE DAY

## PRE RACE



### BAGGAGE STORE

Please leave time to drop your bags at the Baggage Store in the Event Village, which opens at 08:00am.

Baggage can be dropped at the baggage trailer until 09:40am, which will then move down to Castle Hill Car Park ready for collection at the end of the event.

Anyone wishing to drop baggage after this point can do so in the pop-up tent next to the Race Office. This baggage, however, will remain at this location and will be required to be collected from here after the race has finished.



### HEADPHONES

You are welcome to wear headphones, but please make sure that you are aware of your surroundings all around the course. If you wish to listen to music on your run, please make sure that you're able to hear the marshals' instructions, emergency vehicles and fellow competitors.



### WARM UP

Make sure you get to the start line on Riseholme Road by 9:45am to take part in the official warm up. This is a great way to get moving and ready to run.



### TOILETS

Toilets will be available outside Yarborough Leisure Centre, as well as limited public toilets available near the Event Village at Lincoln Castle. Run For All operates a zero tolerance policy - any participants seen urinating anywhere other than a designated toilet will be disqualified.



## APPROVED HEADPHONES FOR RUN FOR ALL EVENTS

Using bone conduction technology, award-winning SHOKZ (formerly AfterShokz) deliver stereophonic sound through your cheekbones to your inner ear.

This means you can enjoy your music and still hear everything around you including traffic, emergency vehicles and other warning noises, as well as race instructions from marshals and fellow competitors.

For your exclusive Run For All 15% discount, use the code: RFASHOKZ on the Up & Running [website](#).

## STARTING ZONES

At the start there will be flags to mark timing zones and it will be up to you to find the appropriate zone to start in according to your predicted time. In your zone, you'll be surrounded by runners with a similar finish time and pace, which will help ease congestion and make for a safer start to the race.

## CLOTHING



It is important to note that all clothing discarded at the start of the race will be collected and donated to an appropriate charity. Unfortunately, we are unable to keep any clothing that has been left in the starting area, unless dropped in the Baggage Store prior to the race.

## DURING THE RACE



### TOILETS

There will be toilets located at the 6km markers.



### LITTER

It's important that we leave the city the same way we found it and we're committed to being tidy. Recycling bins will be provided around the Event Village and we ask that you use them.

Bins will also be provided over the 100 metres following the drinks station on course and we request that you use these to help our clean-up crews. If you want to hang on to your water beyond the provided bins, please pass any litter to your nearest marshal.



### FUEL & HYDRATION

It is very important to stay hydrated. You'll find your water station on course at the 5K mark on Burton Road. As well as on course, all runners will receive water at the finish.

## CROSSING THE FINISH

One last push towards the finish! The race finishes at Priory Gate, on the east side of Lincoln Cathedral.

Please respect others when finishing and be aware of those around you. Many are keen to finish with a flurry – please move to one side if you are not looking for that big finish.

After finishing, continue down Minster Yard to Lincoln Castle (grabbing your water and goodies on the way), and you'll find the official Event Village.



### FINISH DRINKS

After you continue past the finish line, you'll be able to grab some water to help you rehydrate.



### GOODY BAG

Make sure you pick up your goody bag after you finish. There'll be plenty of tasty treats, as well as your well-deserved finisher's medal.

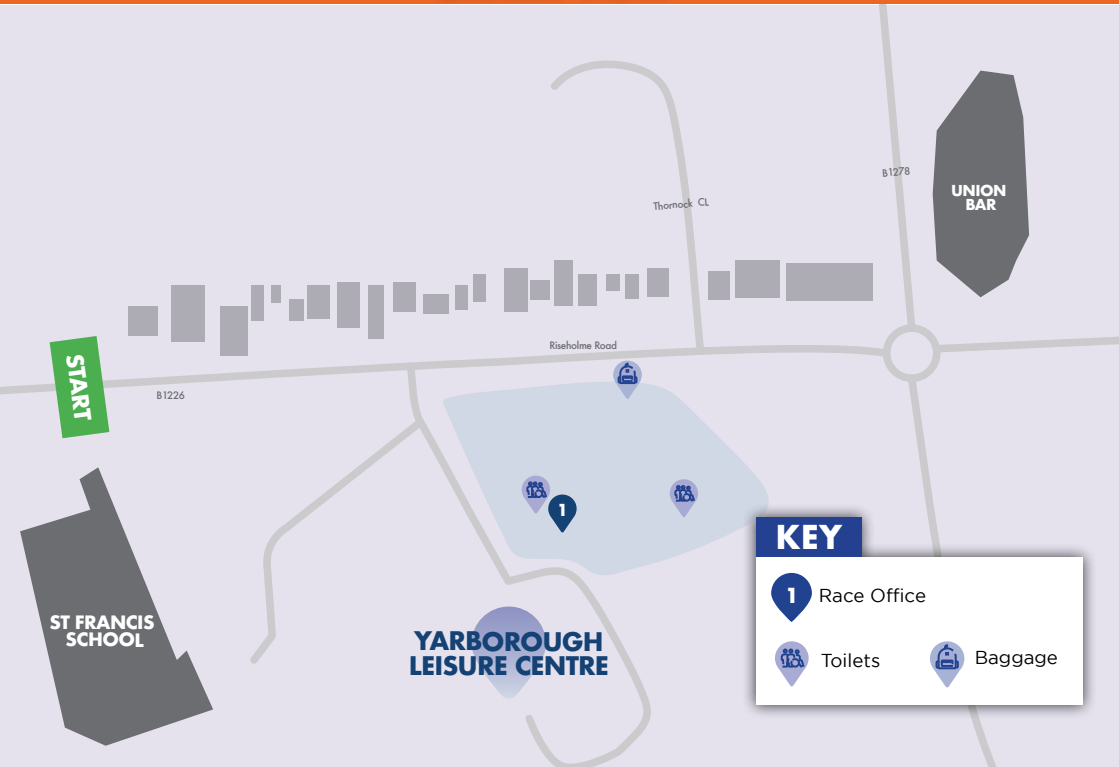


### MEETING FAMILY & FRIENDS

Got fans? Please arrange to meet your friends and family in the Event Village. This will help us keep the finish area clear and safe.

# EVENT VILLAGE MAP

## START MAP



## FINISH MAP



# AFTER THE EVENT



## FOOD & DRINK

In the Event Village, there will be a selection of food and drink choices to purchase. Lincoln has a variety of restaurants and bars to satisfy your refuelling needs. Check out the vibrant city centre after the event.



## PARTNER CHARITIES

You will be able to find our wonderful partner charities in the Event Village. You'll find our very own Jane Tomlinson Appeal, Sophie's Journey and the Lincs & Notts Air Ambulance. Make sure you head into the Event Village before or after the race to say hi!



## MEDICAL FACILITIES

As well as the medical staff on course, there will be a combination of first aid points and roaming first aiders around the Event Village. Please see the Event Village map for the locations of first aid and make yourself familiar with the whereabouts of these facilities.



## RECLAIMING BAGGAGE

You are advised to make your way to the Baggage Store to reclaim your property before meeting up with your loved ones. Please collect your bags as soon as possible so that you can avoid the queues.



## RESULTS

All results will be available on our website soon after the end of the event. However, keep in mind that it's not all about times – you should be proud of yourself just for getting out there and getting active!



## MARATHON PHOTOS

Smile! The Marathon Photos team will be on course throughout the event to snap your picture. Photographs can be purchased online [here](#).



# SPONSORS & PARTNERS



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THEBUSINESSDESK.com  
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# PARTNER CHARITIES





# WHAT'S NEXT?

DERBION  
RSMATHON  
04.06.23  
**ENTER**

Recipharm  
GEAR 10K  
30.04.23  
**ENTER**

DERBION  
RAM 5 MILE  
04.06.23  
**ENTER**



HULL 10K  
11.06.23

HULL HALF MARATHON  
11.06.23

**ENTER**

**ENTER**



10<sup>TH</sup> ANNIVERSARY  
YORKSHIRE MARATHON FESTIVAL

15.10.23

**ENTER**