



BURY RUNNING FESTIVAL



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 2022 BURY RUNNING FESTIVAL!

In partnership with Bury Council, the Bury Running Festival is taking place on Sunday 20th November, and we can't wait for you to join us in the town centre for this amazing day of running. In this race guide, we've got all the key information to make sure you're 100% ready for your event.

WHAT'S ON?

BURY 10 MILE

It's a brand new event! The Bury 10 Mile offers experienced runners the chance to challenge themselves, while taking in the sights of the town and being cheered on by the crowds.

BURY 10K

The staple event of the Bury Running Festival, the Bury 10K is a perfect choice for those who want to challenge themselves, fundraise for a cause close to their hearts, or simply try something new.

ARENA GROUP BURY FUN RUN

Taking place right after the 10 Mile and 10K, this event is a great way for runners to show their children the joy and excitement of running events! All participants get a medal and plenty of goodies after crossing the finish line.

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](#).

A BIG THANK YOU!

The Bury Running Festival 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.



PLAN YOUR DAY

The 2022 Bury Running Festival is nearly here.

It's almost time! Whichever great event you've chosen, it's not long now until you'll be standing at that start line. Here's some key information that will help you prepare for the big day.



WHAT TO EXPECT?



FOR ALL atmosphere

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



Runners

You should be incredibly proud to be a part of the Bury Running Festival. We are expecting to raise thousands of pounds for local charities thanks to runners like you. On behalf of all the charities involved, THANK YOU – we couldn't do it without you.



Eventers

Without the support of our amazing Eventers from Bury College, Run Together Radcliffe, Totterington & Bury West Rotary Club and Bury Rotary Club, this event simply wouldn't be possible. Please take the time to give them a big thank you!

KEY TIMINGS

SUNDAY

- 7:00AM** Race Office and Baggage Store open in Event Village
- 8:40AM** Bury 10 Mile official warm up
- 9:00AM** Bury 10 Mile starts
- 9:10AM** Bury 10K official warm up
- 9:30AM** Bury 10K starts
- 9:50AM** First Bury 10 Mile runner expected
- 10:00AM** First Bury 10K runner expected
- 11:30AM** 10K and 10 Mile cut off time
- 11:45AM** Arena Group Bury Fun Run starts





GETTING THERE

Travelling to Bury is easier than you might think! We encourage all entrants to use public transport or car share with family and friends if possible.



By bike

There are bike racks around Bury town centre for you to use. Please note that road closures also apply to bikes.



By car

Bury is a well-placed town, approximately a 30-minute drive from Manchester, Burnley, and Blackburn, and around an hour's drive from Leeds and Liverpool.



By bus

Bury Bus Station/Interchange is on Haymarket Street. Please see the Transport for Greater Manchester website for more information.



By train

Bury Bolton Street Station is approximately a 10-minute walk from the start line, and is serviced by Eastern Lancashire Railway.

P

Parking

The Rock Shopping Centre and Castle Leisure Centre both have extensive parking available and are close to the start line. Please note Castle Leisure Centre Car Park will only be accessible from Bolton Street after 8:00am due to road closures.



BURY 10 MILE AND 10K YOUR RACE NUMBER

The Bury Running Festival is a collection only event. You'll need to pick up your race number before or on event day.

IMPORTANT

You will receive an email regarding race number collection closer to the event day.

Can I collect a race number on behalf of someone else?

You can! Just make sure you bring an email or text from them which confirms they're happy for you to pick it up for them.



BURY 10 MILE AND 10K YOUR RACE NUMBER

How should I wear my race number?

Please make sure that your number is fixed to the front of your t-shirt or running vest. It must be clearly visible. Please be careful when using safety pins that you don't pierce or damage the timing chip.

What will I need my race number for?

You will need your number to access the start line and to use the Baggage Store. It will also need to be visible to photographers from Marathon Photos on course, so they know which photos you're in.

1234

1234

Baggage tag

There is a tear-off strip attached to the bottom of your race number, which you can tie around a handle of your bag if you want to use the Baggage Store.

Your timing chip

Your timing chip is attached to your race number – please don't tamper with it or damage it.



PACERS

Our team of pacers, sponsored by Arla Protein, are from Northern Pacing Volunteers and will be there to support 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 five-minute intervals between sub-40 minutes to 1 hour 15 minutes.

They're all very friendly, so feel free to have a chat with them before the event, and be sure to say thanks once you've crossed the finish line!



RACE DAY



Baggage storage

Please leave time to drop your bags at the Baggage Store in the Event Village, which opens at 7.00am. You will be able to retrieve your baggage from the same place after your run.



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.



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** through Up & Running, use the code: **RFASHOKZ** on the Up & Running [website](#).



STARTING THE RACE



Zones

This is a self-penning event, so you'll need to decide how far back you want to be from the start line. If you're expecting to be very fast, please head up the front. If you're taking it a bit slower, please hang back. This will help to prevent congestion when we start the race.



DURING THE RACE



Clothing

Please note that any clothing left anywhere other than in the Baggage Store will be collected at the end of the race and donated to charity.



Fuel and hydration

It is very important to stay hydrated. 10K runners will find a water station on course around the 5.5km mark at Kirklees Trail Path. 10 Mile runners have three water stations - these are at 2.2 miles (Scobell Street), 4.8 miles (Harwood Road) and at 7.1 miles (Kirklees Trail Path). All runners will receive water at the finish from our sponsor Water in a Box.



Toilets

Please only use the allocated toilets for this event, which can be found in Parsons Lane Car Park. Run For All operates a zero tolerance policy – any participants seen urinating anywhere other than a designated toilet will be disqualified.



Litter

It's important that we leave the town the same way we found it, and we're committed to keeping Bury 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 drink stations on course and using these will 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.



CROSSING THE FINISH



At the finish

Please respect others when finishing. If you're not looking for a big finish, please move to the side and make room for others. We know that you will be keen to take a well-deserved rest but continue past the finish line to collect your water, as stopping suddenly can be dangerous to those behind you.



Finish drinks

After you continue past the finish line, you'll be able to grab some water to help you rehydrate. The finish drinks have been kindly supplied by Water in a Box.



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.



AFTER THE EVENT



Food & drink

Bury has an abundance of restaurants and bars to satisfy your refuelling needs. Check out the vibrant town centre after the event.



Goody bag

Make sure you pick up your goody bag after you finish. There'll be plenty of tasty treats provided by our sponsor GoPuff, as well as your event t-shirt and medal.



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.



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

You will get a text or email with your finish time shortly after the event, so long as you registered these details with us. All results will also be available on the Run For All 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](#).



Partner charities

We have several great partner charities for this event, and you will be able to find Bury Hospice in the Event Village. Make sure you visit them before or after the event to say hi!

EVENT VILLAGE MAP



1

Race Office



Baggage Store



Finish drinks

2

Massage



Toilets

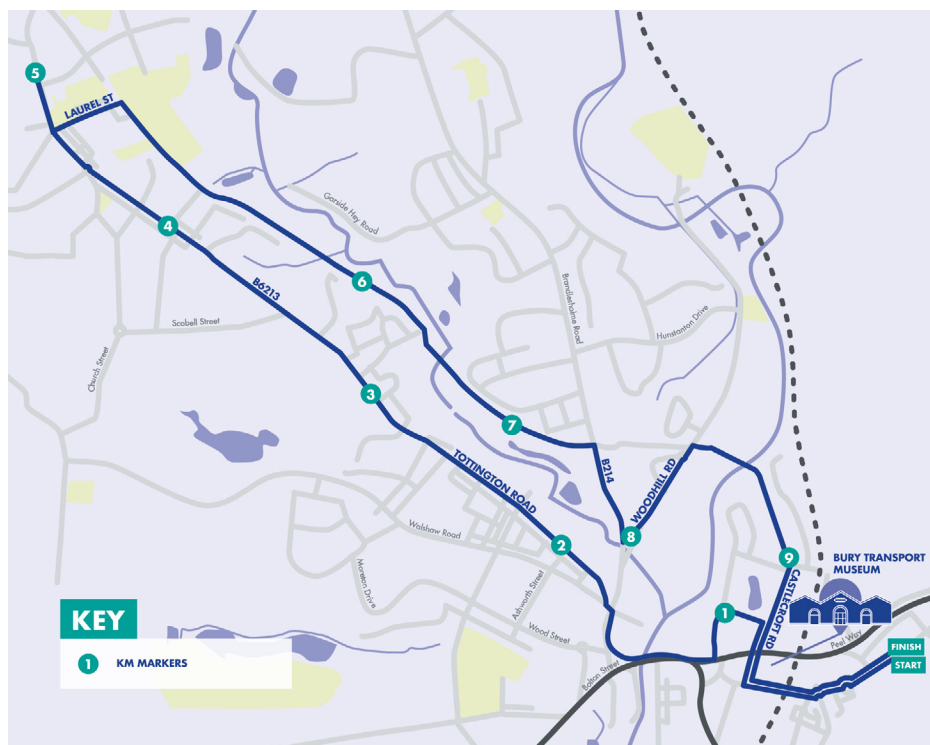
3

Charities

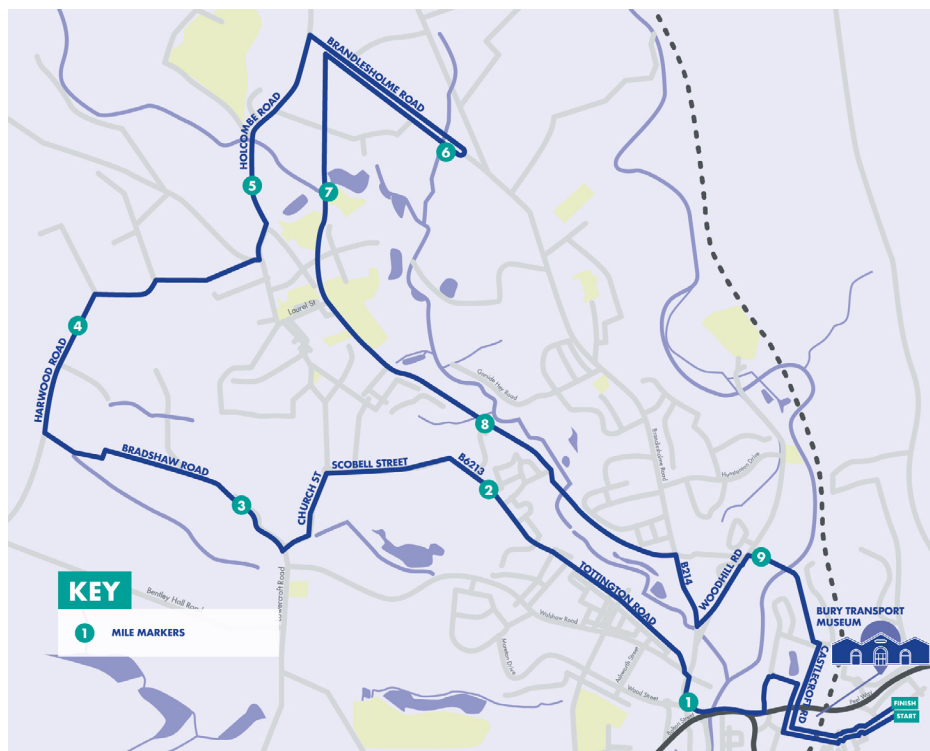


First Aid

10K ROUTE MAP



10 MILE ROUTE MAP



GOOD LUCK TO THE RUNNERS OF BURY



We are on a journey to discover the inner strength of people just like you.

We hope you enjoy our range of tasty, all natural, high-protein products!

**SWEAT, SMILE, REPEAT
AND #FEEDYOURDRIVE
WITH ARLA PROTEIN.**



100% recyclable & sustainable.

Better Water • Better World



UK SPRING
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RESPONSIBLY
PACKAGED

Drop in at www.waterinabox.co.uk
Make a splash with us on social media



UP & RUNNING EST. 1992

6 REASONS TO STEP INTO STORE



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gait analysis



Fun, free & friendly
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PARTNER CHARITIES



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Arena Group

BURY FUN RUN



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WELCOME RUNNERS

The Bury 10 Mile and 10K aren't the only running events taking place on 18th September! Don't forget about the Arena Group Bury Fun Run! This 1.2km event is a perfect opportunity for the whole family to get active and enjoy running together.

GETTING READY FOR YOUR RUN

We hope you're excited for the Arena Group Bury Fun Run! Here are some top tips to help you get ready to race.

BEFORE THE EVENT



BAGGAGE

Please note that there is no baggage storage available for the Fun Run. We encourage runners to leave spare jackets and clothes with family and friends.

WARM UP

All runners are required to come to the start line at 11:40am for a quick warm up before running.

KEY TIMINGS

11:40AM Bury Fun Run warm up

11:45AM Bury Fun Run starts



AFTER THE EVENT

GRAB A DRINK

Running is thirsty work. There will be water available at the finish line for all participants – don't forget to grab a drink!

GET YOUR GOODIES

There will be tables at the finish line with medals and snacks laid out for all participants, so be sure to grab some goodies.

CELEBRATE

You've done it! Don't forget to take some pictures to preserve the moment and grab yourself a celebratory treat.

ROUTE MAP



FUNDRAISING



JANE TOMLINSON
APPEAL



In 2022 the Arena Group Bury Fun Run will be supporting the Jane Tomlinson Appeal

The Appeal is the legacy of the late inspirational Jane Tomlinson CBE who made headlines worldwide by completing a series of seemingly impossible challenges – after being told she had incurable cancer and just months to live.

Jane, a mum-of-three, defied her diagnosis to take part in countless marathons and famously rode across Europe and the USA to raise funds for charity.

The Appeal aims to carry on Jane's extraordinary achievements by continuing to support children to be happier and healthier and improve the lives of people living with cancer. This is done through four key projects.

Kinesio Taping - non-drug therapy

Exploring the benefits of Kinesio Taping – and how it can alleviate pain in people living with cancer. Click [here](#) to find out more

OWLS children's bereavement care

Support for children who have suffered the devastating loss of someone special, like a parent or sibling. Click [here](#) to find out more

Children's health and well-being

Programmes to improve the mental and physical health of primary school children in disadvantaged areas. Click [here](#) to find out more.

Early detection of breast cancer

Supporting research into a blood test to detect breast cancer earlier, potentially saving countless lives. Click [here](#) to find out more

LEAVING NO TRACE

Run For All is committed to keeping Bury green and we understand the importance of doing our bit for the environment. Bins will be provided across the event site and we urge people to use the facilities provided.

Bins will also be provided over the 100 metres following the drinks station and we request that runners use these to help our clean-up crews to leave city the way that we found it!

Let's work together to keep Leeds green and encourage other runners to do the same.

GOOD LUCK!

To all the runners of Leeds Fun Run, we hope you have a fantastic day!

Check out more of our 2022 events calendar at:

runforall.com



SPONSOR INFO....



We are delighted to welcome back Arena Group as the title sponsor of this year's Fun Runs supporting these events.

The workplace tech company has been a title sponsor since 2010, with the sponsorship forming a vital part of Arena Group's wider aims to support key community-based initiatives.

Arena Group, a Xerox Business Solutions Company, provides expertise in digital and IT services, copy and print, voice and communications, and document management.

Don't forget to tag your pre-race prep and on the day pics:

#RunWithArena.



**YORKSHIRE
10 MILE**

16.10.22

ENTER



YORK 10K

REGISTER INTEREST



**ROB BURROW
LEEDS MARATHON**

In Partnership with **Clarion**

ENTER

WHAT'S NEXT?

FANCY AN EVEN BIGGER CHALLENGE?

Join us for the Yorkshire Marathon and take in beautiful Yorkshire scenery as well as fantastic landmarks in the historic city of York.

Taking place on Sunday 16th October, a wonderfully supportive atmosphere is guaranteed throughout, making it the perfect next challenge.

ENTER HERE



**YORKSHIRE
MARATHON**

16.10.22

MAKE 2022

