



# YORK 10K

## 07.08.22



# 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 YORK 10K

**Coming up on Sunday 7th August, the York 10K is almost here! To make sure you're fully prepared for this exciting event, we have all the details you need to make sure you're race day ready.**

The York 10K boasts one of the most scenic routes in the UK. This is a great way to explore the city's historic architecture and leafy streets, all while getting active too. It's no wonder this is such a popular event, and we're sure you'll love it just as much as we do.

## A BIG THANK YOU!

The York 10K means race-day buzz, roars from the crowds, hundreds of runners crossing the finish line, countless inspiring stories, and thousands of pounds raised for charity. We can't thank you enough for being part of this 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

**The 2022 York 10K  
is nearly here.**

The wait is nearly over and in just a few short weeks you'll be at the start line ready to tackle one of Yorkshire's most fun and friendly 10Ks. 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 our events on being FOR ALL and this 10K is no different. So, whatever your own personal goals, please remember that we want to create an inclusive, supportive environment for everyone.



### Eventees

Without the support of our amazing Eventees, this event simply wouldn't be possible. Please take the time to give them a big thank you on course when you grab your water, or at the finish when they hand you your goody bag and medal.



### Runners

You should be incredibly proud to be a part of the York 10K. 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.



## KEY TIMINGS

### SUNDAY

**7.30AM** Race Office, Baggage Store and Assembly Zones open

**9.10AM** Warm up

**9.30AM** York 10K starts

**10.00AM** First male finisher

**10.05AM** First female finisher

**11.45AM** York Fun Run starts

# YOUR RACE PACK

## IMPORTANT

If you registered before Wednesday 20th July, your race number will be posted to the address that you entered when you registered for the event.

If you registered on or after Wednesday 20th July, then you will need to collect your race number from the Race Office in the Event Village, just off Knavesmire road from 7.30am on event day.

### **What if my race number doesn't arrive in the post before the event?**

Don't worry – you can come to the race office from 7.30am on event day and we'll give you a new 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.

## **Where will I need my race number?**

You will need your number to access the start line and to use the Baggage Store.



1234

1234

### **Baggage tag**

Your baggage tag is a tear-off strip attached to the bottom of your race number if you want to use the baggage drop off-facilities.



### **Your timing chip**

Your timing chip is already attached to your race number.



## GOOD TO KNOW

### Here are some of our top tips

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.

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.

Wear your chipped bib number on your chest on the outer layer of clothing e.g. if a running jacket is worn, wear your number on top of this. Do not cover your bib number and chip with a bum bag or running belt.

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.

0.00

### 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 5 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.



# CORPORATE CHALLENGE



The York 10K BHP Corporate Challenge is back for 2022!

This is a race within a race - businesses of all shapes and sizes will work together to cross the finish line in the quickest combined time and be crowned Corporate Challenge Champions.

But it's not all about winning – this is a great way to connect with your team and work together to achieve a common goal.

A big thank you to our title sponsor BHP, as well as the Business Desk, for sponsoring this year's corporate challenge.







## GETTING THERE

Travelling to York 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 around York Racecourse for you to utilise. Please note, road closures are applicable to bikes as well.



### By car

York has great motorway links to the M1, M62 and A1 (M), putting it within easy driving distance of all of the UK's major cities. Newcastle and Liverpool are less than two hours away, while London and Scotland are approximately four.



### By train

York is on the UK's main East Coast line and travelling by train is both fast and easy. It takes just two hours to reach York from London, while Edinburgh is around two and half hours away. There are also direct services into York from Liverpool, Manchester, Birmingham and the South West. Go to [www.nationalrail.co.uk](http://www.nationalrail.co.uk) for more information.



### By bus

The Askham Bar Park and Ride service will be operating on the day of the event for £2 per person.

Please click [here](#) for further information.

Please note Askham Bar is closed and locked at 6.30pm following arrival of the last Park & Ride service from town.

## PARKING



Car Parking Access via – Tadcaster Road > Sim Balk Lane > Church Lane > Bishopthorpe Road turning left into the area available to park.

You will need to exit the same way you came in. There will be no access up Bishopthorpe Road to York City Centre.



# RACE DAY



## Baggage storage

Please leave time to drop your bags at the Baggage Store in the Event Village from 07.30am. 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

Please familiarise yourself with the Assembly Zones at the start line. The zone you start your race in should correspond with your predicted time. In your zone, you'll be surrounded by runners with a similar finish time and pace, which will ease congestion and make for a safer start to the race.





# DURING THE RACE



## Warm up

Make sure you get to the start line by 09.10am to take part in the official York 10K warm up. This is a great way to get moving and ready to run.



## 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 so important to stay hydrated. You'll find your water station on course at 5K. As well as on course, all runners will receive water at the finish from our sponsors Water in a Box.



## Toilets

Please only use the allocated toilets for this event. 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 city the same way we found it, and we're committed to keeping York 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.



# 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 too early 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 our sponsor, Water In A Box.



## Meeting family & friends

Got some 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

York has an abundance of restaurants and bars to satisfy your refuelling needs. Check out York's vibrant city 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.



## Partner charities

This year the Event Village will host our wonderful partner charities. Make sure you head into the Event Village before or after the event to say hi!



## Massage

Thanks to Regen Physio, massage will be available in the Event Village. Soothe your tired legs with a FREE post-run rub-down!



## 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

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 – if you get out there and get active, then you should be proud of yourself!







## Marathon photos

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

# EVENT VILLAGE



## KEY

- |                            |   |  |
|----------------------------|---|--|
| <b>1</b> Finish goody bags |  Baggage Store |  Medical facilities |
| <b>2</b> Charity area      |  Finish drinks |  |
| <b>3</b> Race Office       |  Toilets       |  |

# ROUTE MAP





# GOOD LUCK TO THE RUNNERS OF YORK



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.**

**YORK 10K**



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EST. 1992

## 6 REASONS TO STEP INTO STORE



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Free in-store  
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Fun, free & friendly  
weekly 5K runs



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delivery



Expert advice  
in-store & online

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# PARTNER CHARITIES



Enhancing children's  
quality of life  
through mentoring







# 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**



**MIDDLESBROUGH 10K**

**04.09.22**

**ENTER**



**SHEFFIELD 10K**

**25.09.22**

**ENTER**



**YORKSHIRE  
10 MILE**

**16.10.22**

**ENTER**



**YORKSHIRE  
MARATHON**

**16.10.22**

**MAKE 2022**

