

2026



# ONE RACE FOR EVERY PACE

18.10.26

YOUR OFFICIAL MAGAZINE 2026



# 2026

## IS YOUR YEAR

After hours on your feet, early starts, moments of doubt and months of all-consuming training, you've made it, and the finish line is now in sight. It's time to celebrate everything you've achieved on your journey to the 2026 Altra Yorkshire Marathon Festival.

With race day fast approaching, this magazine has everything you need to put the finishing touches to your preparations and get ready for an unforgettable event-day experience.

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# YOUR EVENT TIMINGS

**06:00**

All Park & Ride sites open for parking

**07:00**

Race Office and Baggage Store opens in the Event Village in Campus South

**09:00**

Spectator shuttle bus to depart from Event Village for Stamford Bridge and Dunnington. Service to run every 15 minutes

**09:30**

**Altra Yorkshire Marathon mass start**

**10:00**

Altra Yorkshire 10 Mile warm up begins in the Assembly Zones

**10:15**

**Altra Yorkshire 10 Mile mass start**

**11:05**

Marathon wheelchair & 10 Mile winners expected

**16:45**

Final Altra Yorkshire Marathon participant expected

**06:30**

All Park & Ride and train station shuttle bus services to the Event Village begin

**08:30**

Assembly Zones open for marathon runners only

**09:15**

Altra Yorkshire Marathon warm up begins

**09:25**

**Altra Yorkshire Marathon Wheelchair start**

**09:50**

Assembly Zones open for Altra Yorkshire 10 Mile runners

**10:10**

**Altra Yorkshire 10 Mile Wheelchair start**

**11:00**

All Park & Ride return services begin from the Event Village

**11:50**

Marathon winner expected

**17:00**

Final York Pullman Park & Ride service departs the Event Village

# YOUR RACE NUMBER IS HERE!

The information you have been waiting for is here!

Race numbers for the Marathon and 10 Mile will begin arriving by post from 2<sup>nd</sup> October. If you registered after 28<sup>th</sup> September, or your race number does not arrive, you can collect it from the Race Office across the event weekend.

## FINISHER'S T SHIRT

If you've purchased a finisher's t-shirt, your race number will display your t-shirt size for collection at the finish line.

If you haven't pre-ordered one, you can purchase a T-shirt from the Race Office in the Event Village, subject to availability.

## BAGGAGE TAG

Please use the tear-off strip attached to your race number to access the Baggage Store. Tie the strip around the handle and check it into the Baggage Store, located in the Event Village.



## YOUR RACE NUMBER

Once your bib arrives, please complete the emergency contact details and any health conditions on the back of your race number.

Your timing is attached to the back of the bib. Do not remove, fold, or pierce it with safety pins, as this may affect your result.

Race numbers are strictly non-transferable and must not be swapped with another participant. Doing so will result in disqualification.

Check out an offer from our title sponsor on the back of your race number!

## RACE OFFICE INFORMATION

### LOCATION

University of York - Campus West

### OPEN TIMES

Saturday - 12:00 to 16:00

Sunday - From 07:00



An advertisement for the Altra Torin 9 running shoe. The background is a photograph of a woman running on a city street, smiling and holding the hand of a person whose leg is in the foreground. The person's leg is wearing a purple Altra shoe. The woman is wearing a purple and black athletic top and shorts, with a grey shirt tied around her waist. She is also wearing a pink and white Altra shoe. The text 'ALTRA' is in a red banner at the top left. 'NEW' is written in a handwritten style next to the shoe name. 'TORIN 9' is the main product name in large white letters. 'UNCOMMON COMFORT' is written below it. 'GRIPPIEST TORIN YET' is written in a handwritten style at the bottom.

ALTRA

NEW

# TORIN 9

UNCOMMON COMFORT

GRIPPIEST  
TORIN YET

# ON THE DAY GUIDE



## BAGGAGE

The baggage store is located in Campus South and opens from 07:00. Participants may check in one bag (maximum size 55cm x 45cm), which can be collected from the same location after the race. Please note that random security checks may be carried out and we cannot accept suitcases or bike helmets.



## CLOTHING

Any clothing left at the start line will be collected and donated to a local charity. If you wish to keep your clothing, please leave it at the baggage store before the race begins.



## PHOTOGRAPHY Marathon Photos

Marathon Photos will be out on course and at the finish line capturing your race day moments. Photos can be pre-ordered before the event or purchased afterwards [HERE](#).



## HEADPHONES

If you choose to wear headphones, we strongly recommend bone-conducting headphones. Please keep the volume low so you can hear instructions from marshals, emergency vehicles and fellow participants.



## WARM UP

Arrive at the start line with plenty of time to join the pre-race warm up and get your body ready for the miles ahead.



## ASSEMBLY ZONES

The Altra Yorkshire Marathon and 10 Mile are self-penned events. Your race number will not display an assembly zone, so simply line up near the timing flag that matches your predicted finish time.



## MEDICAL FACILITIES

If you need assistance at any point, please speak to a member of staff or volunteer. First aid stations are located at regular intervals along the route, with additional medical and recovery facilities available at the finish line and in the Event Village.



## TOILETS

Please use the designated toilet facilities provided along the route. Refer to the route maps for locations. Any participant found urinating anywhere other than the official facilities will be disqualified. For 2026 we have introduced female urinals installed by Peequal, find these close to our Event village and assembly zones.



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# **Marathon Photos Live**



**OFFICIAL**  
PHOTOGRAPHERS

**DIGITAL SUPER PACK WITH ALL PHOTO PRODUCTS  
AND PERSONALISED VIDEO FOR £29.99  
AFTER 7 DAYS THIS INCREASES TO £34.99**

**CLICK TO FIND YOUR PHOTOS**



**MARATHONPHOTOS.LIVE**

ALTRA

X



# GET RACE DAY READY

## TRACK & CHAT

30<sup>TH</sup> September 2026

&amp;

## SHAKE OUT RUN

17<sup>TH</sup> October 2026

**FIND OUT MORE**

## » TRACK & CHAT

Get race day ready. Join fellow participants for a track session at York Sport, try Altra's highly anticipated Vanish & Carbon Flow 3, then finish with refreshments and an exclusive Q&A with Altra Founder Brian Beckstead.

## » 5KM SHAKE OUT

Shake out the legs before race day. Join us at Up & Running York for an easy 5K run with fellow participants, while getting the chance to try Altra trainers along the way.

**BRIAN  
BECKSTEAD**





COO:PAH

# RACE DAY ADVICE FROM COOPA, YOUR COACH.

## HANDLING PRE RACE NERVES

Months of training have led to this moment, nerves show you care. Focus on controlling what you can, visualise yourself crossing the finish line, and know that it will all be worth it.

## TRUST IN YOUR TRAINING

Focus on what went well during training, remember what felt good, and what you've overcome to get here. This race is your victory lap. You've got this.

## BE PREPARED

Leading up to race day, create a checklist of everything you'll need. Controlling what you can will help settle nerves. Remember to race in what feels good.

## REMEMBER YOUR WHY

Everyone has a reason to run. Use this to remind yourself why you're doing this, it'll get you to the start line and over the finish.

YOU'VE PUT IN THE WORK. THIS IS YOUR VICTORY LAP,  
ENJOY IT.



# THE TRAVEL CHECKLIST

## TRAVEL DO'S



### PLAN YOUR JOURNEY IN ADVANCE

With thousands of runners and spectators travelling to York, plus road closures and parking restrictions in place across the city, we strongly recommend planning your journey well ahead of race day. View the full list road closures [HERE](#).

### USE THE YORK PULLMAN PARK & RIDE SERVICE

Our official Park & Ride service, operated by York Pullman, will run from three locations at Elvington Airfield, Askham Bar and Grimston Bar.

### BOOK SERVICES EARLY

Capacity is limited across all services. Marathon participants are encouraged to book an early departure time to ensure plenty of time to reach the start area.

### MAKE YOUR OWN WAY

If you're able to, we recommend walking or cycling from York city centre to the Event Village. It's a simple, stress-free way to travel and a great opportunity to soak up the atmosphere as race day comes to life across the city.

## TRAVEL DON'TS



### DON'T RELY ON EVENT-DAY PARKING

There is no event parking available at the University of York or in the immediate surrounding area. If travelling by car, using the official Park & Ride service is essential.

### DON'T LEAVE TRAVEL ARRANGEMENTS UNTIL THE LAST MINUTE

Park & Ride services are extremely popular and can sell out, so we recommend booking as early as possible.

### DON'T CUT IT TOO FINE

Allow plenty of time to get to the start. The journey from the Park & Ride sites to the Event Village takes around 20 minutes, and you'll then need approximately 15 minutes to walk from the Event Village to the start line.

## YOUR TRAVEL OPTIONS

Click on the links below to find out more about our travel options:



DROP OFF POINTS

BIKE

TRAIN

WALKING

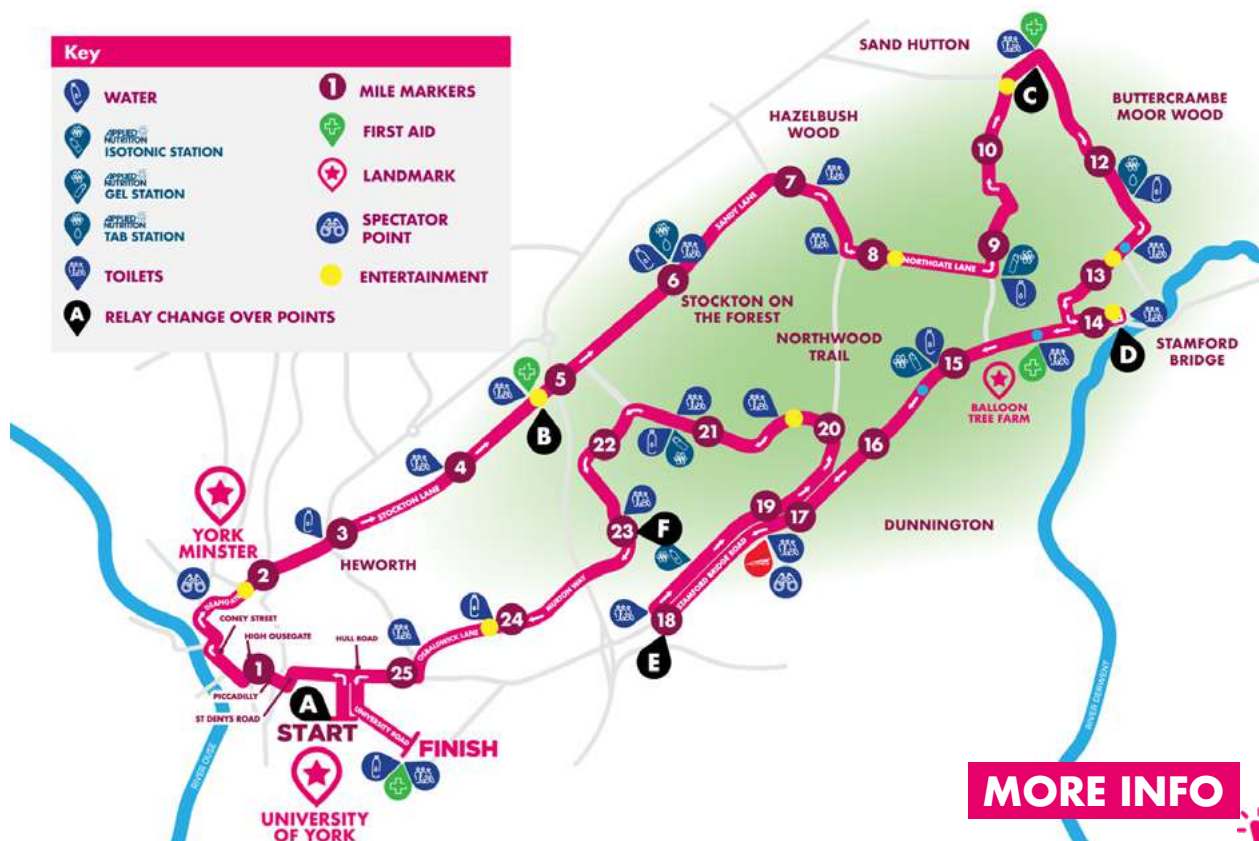
# UNIVERSITY CAMPUS & EVENT VILLAGE MAP



## Key

|  |                   |  |                                 |  |                                         |  |                     |  |                               |
|--|-------------------|--|---------------------------------|--|-----------------------------------------|--|---------------------|--|-------------------------------|
|  | WATER             |  | PARK & RIDE SERVICE BUS STOPS   |  | RACE OFFICE                             |  | LANDMARK            |  | PUBLIC VEHICLE ACCESS LIMITED |
|  | TOILETS           |  | CITY CENTRE BUS STOP            |  | FAMILY & FRIENDS RUNNER RE-ACQUAINTANCE |  | PRAYER & QUIET ROOM |  | WALKING PATH                  |
|  | FINISH GOODY BAGS |  | BUS TO RELAY CHANGE OVER POINTS |  | BIG SCREEN                              |  | UP & RUNNING        |  | RUNNERS ONLY ONE WAY          |
|  | ALTRA ACTIVATION  |  | SPECTATOR SERVICE BUS STOP      |  | PARTNERS & CHARITIES                    |  | MERCHANDISE         |  |                               |
|  | BIKE PARKING      |  | CAR DROP OFF POINT              |  | BAGGAGE                                 |  | FIRST AID           |  |                               |

# MARATHON ROUTE MAP



**MORE INFO**

## 10 MILE ROUTE MAP

**MORE INFO**



GET YOUR PHONE

# RACE DAY READY



## DOWNLOAD THE APP

**Track your favourite runners and more!**

Download the official app!

Track runners participating in the Marathon, 10 Mile or Relay, view route maps, get key info, read the race guide, and more.

All runner data will be uploaded to the app on Friday 16th October, ready for you to find and favourite your runners. Any reallocations will be updated after the event start time, so please be patient while these changes are processed.



## THE OFFICIAL PLAYLIST

Looking for some tried and tested running hits?

We've made an official playlist to help you stay motivated during training or on the big day.

**Search 'The Official 2026 Altra Yorkshire Marathon Festival' on Spotify.**



# OUT ON COURSE

## HYDRATION & FUEL

We will have 8 water stations throughout the Marathon course and 3 on the 10 Mile course, where you will be able to pick up a 330ml bottle of water. To see the exact locations of the water stations, please refer to the route map.

There will be recycling bins provided following the drink stations - we request that you use these for your water bottles to help keep the city clean and tidy.

Applied Nutrition stations will also be available on course including energy gels and isotonic water.

See page 14 for the on course nutrition products.

### 10 MILE - HYDRATION & FUEL

3  
MILES



6  
MILES



9  
MILES



### MARATHON - HYDRATION & FUEL

3  
MILES



6  
MILES



9  
MILES



12  
MILES



15  
MILES



18  
MILES



21  
MILES



24  
MILES



#### KEY



WATER



GELS



TABS

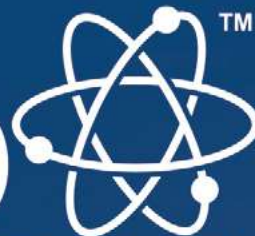


ISOTONIC





# APPLIED NUTRITION



YORKSHIRE MARATHON

**18.10**

**USE CODE**

**RFA30**

**FOR 30% OFF**



Jane Tomlinson's

**RUN FOR ALL**

# RACE DAY NUTRITION:

## FUEL SMART, FINISH STRONG

After months of training for the full 26.2 miles, race day is finally here – and your nutrition strategy can make all the difference. From fuelling up before the start line, to staying energised during the race and recovering properly afterwards, we're here to guide you every step of the way.

### CARB POWER TIPS

During a marathon, more than **66% of your energy comes from carbohydrates**. However, the body's carbohydrate stores are limited, and as the miles add up, these stores begin to deplete. When this happens, your body switches to relying on fat for fuel – which is much harder to convert into energy.

To avoid hitting the dreaded wall, carbohydrate loading in the days leading up to your race is essential. Carb loading involves increasing your carbohydrate intake to boost muscle glycogen stores, giving you the energy you need to power through every mile.

Our go to carb loading powerhouse is Endurance Energy & Hydration Powder. Each serving of Applied Nutrition Energy Carb & Electrolyte Powder delivers 48g of carbohydrates and 300mg of electrolytes, making it ideal for fuelling in the lead up to race day. For best results, take up to four servings per day, either with meals or in between, as part of your carb loading plan.

### RACE MORNING FUEL

On race day, aim to consume a high carbohydrate meal 2–3 hours before the start to maximise energy levels and support performance.



This combination helps top up glycogen stores without feeling too heavy before you run.



### FUEL DURING THE RACE

During the marathon, **aim for 30–60g of carbohydrates per hour**. A simple approach is taking one Isotonic Energy Gel every 30 minutes. These gels don't require water to be effective, but remember to stay hydrated throughout the race.

More experienced runners may opt to take one gel every 20 minutes. Alternatively, the Endurance Elite Performance Energy Gel can be used, with 1–3 sachets per hour to achieve 80–120g of carbohydrates per hour. Do not exceed 6 Endurance Elite Performance Energy Gels per day.

Fuelling your muscles with carbohydrates while you run helps preserve glycogen stores and maintain pace right through to the finish line. Timing is key. Taking too many gels at once may cause digestive discomfort, while waiting too long can lead to energy crashes. The optimal strategy is to take 2–3 gels per hour from the start, ensuring you have the energy to finish strong.

# HYDRATION HEROES

Staying hydrated is just as important as fuelling. Aim to consume 400–800ml of fluid per hour, adjusting for your sweat rate and race day conditions.

Including Applied Nutrition Endurance Hydration Electrolyte Tablets helps replace lost salts, support performance, and reduce the risk of overhydration.

## AVAILABLE ON COURSE



## ENERGY GEL

- Informed Sport Certified
- Fast absorption for quick energy
- Provides 23g of carbohydrates for fuel
- Isotonic – gentle & easy on the stomach
- Vegan and Vegetarian friendly
- Zero sugar formula

## RECOVERY

### Race Complete – Well Done!

For recovery, we recommend our Endurance Recovery – Post-Exercise Fuel. Consume it immediately after finishing. For endurance efforts longer than 2 hours, take 2–3 scoops. This product helps to: enhance recovery, reduce muscle soreness and promotes muscle repair and growth, perfect post marathon!



## ELECTROLYTE & VITAMIN WATER

- Sugar-free formula
- Only 5 Kcal per bottle
- 665 mg of electrolytes for hydration
- Contains BCAAs to support recovery
- Vitamin B complex to help boost energy
- Suitable for vegans & vegetarians

## HYDRATION & ELECTROLYTES

- Zero sugar
- 6 Kcal per serving
- Helps provide optimal hydration levels
- Vegan & Vegetarian friendly





## WHAT'S WAITING BEYOND THE FINISH LINE

The hard work is done, the finish line is crossed, and you're officially an Altra Yorkshire Marathon Festival finisher. Here's what's waiting for you after your race...



### UNBEATABLE SUPPORT

Crossing the finish line is a special moment, and you'll be welcomed by cheering spectators and our friendly event team, ready to help however they can.



### ERDINGER ALKOHOLFREI

After finishing, enjoy a well-deserved chilled Erdinger Alkoholfrei, a naturally brewed isotonic recovery drink packed with B-vitamins and minerals to help you refuel and recover as you celebrate your achievement.



### MASSAGE

Ease those post-race aches and pains with a complimentary massage. You'll find them in the Exhibition Centre after the race.



### RESULTS

Your results will be available on our website shortly after the event and will also be sent by text to the mobile number provided when you entered.



### FOOD & DRINK

Refuel after the race with a variety of food and drink options from our on-site vendors, available at multiple locations across the campus for runners and spectators alike.



### LIVE FEED

A live stream of the finish line will be shown on a big screen in the Event Village, giving participants and spectators the chance to watch runners cross the line and celebrate those all-important finish-line moments. The live stream will also be available on YouTube, so supporters can follow the action from home.

# YOUR RITUAL AFTER SPORT.



**ERDINGER**  
ALKOHOLFREI

ISOTONIC  
REDUCED CALORIES  
CONTAINS VITAMINS

# WHAT'S WAITING BEYOND THE FINISH LINE



## OFFICIAL EVENT MERCHANDISE

Mark your achievement with official merchandise from Wild Thang, available in the Event Village after the race.



## GOODY BAG

Your reward awaits at the finish line, with a goody bag packed full of treats to help you refuel and celebrate your achievement.



## FINISHER T-SHIRT

If you've purchased a Finisher's T-shirt, your race number will display your chosen size, making collection quick and easy at the finish line. Our fantastic volunteers will be on hand to distribute the T-shirts, with each size clearly organised ready for you to collect and wear with pride.

### Missed Out When Entering?

Official Altra Yorkshire Marathon and Altra Yorkshire 10 Mile finisher t-shirts will be available to purchase from the Race Office in the Event Village.



# TAKE PART LOOK THE PART



Order before the **05.10.26** to receive by post prior to event day.

Order before the **09.10.26** to collect your order at the event.

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





Jane Tomlinson's  
**RUN FOR ALL**

# JOIN THE 2027 START LINE



FUN RUN ♦ 5K ♦ 5 MILE ♦ 10K ♦ 10 MILE  
HALF MARATHON ♦ MARATHON ♦ TEAM CHALLENGE

[runforall.com](https://runforall.com)

# MORE THAN A MARATHON

FUNDRAISING FOR A CAUSE

## OUR PARTNER CHARITIES

Fundraising is at the heart of the Altra Yorkshire Marathon Festival. Every year, thousands of runners take on the challenge to support causes close to their hearts, raising vital funds for charities across Yorkshire and beyond. Meet our official partner charities and discover the incredible difference your miles can make.



Children with Cancer UK has a vision, and that is a world where every child survives cancer. Through funding vital research, raising awareness, and providing emotional, financial and practical support for families, the charity is helping improve outcomes for children and young people affected by cancer.

Thank you to everyone running the Altra Yorkshire Marathon 2026. Your incredible fundraising will make a real difference. Good luck, we'll be cheering you on all the way!



Macmillan Cancer Support is proud to be an official charity partner of the Yorkshire Marathon, with 2026 marking our seventh year involved. Together, Team Macmillan runners have raised an incredible £300,000 to support people living with cancer across the UK.

Cancer care isn't fair for everyone, and Macmillan is doing whatever it takes to help ensure everyone gets the best care and support, wherever they live.

To all our amazing runners, thank you for your incredible support and fundraising.



Your North Yorkshire Charity  
Care and Support for Life

Registered charity number 1148021

Dementia Forward is the leading dementia charity for North Yorkshire and York, supporting over 5,000 families with advice, information and wellbeing services. Helping people affected by dementia stay active and connected in their communities, the charity is proud to be a Yorkshire Marathon charity partner.



The Appeal is the lasting legacy of the late, inspirational Jane Tomlinson CBE, who captured hearts around the world by completing a series of extraordinary endurance challenges after being diagnosed with incurable cancer and given just months to live.

Today, the Appeal continues Jane's remarkable legacy by supporting projects that help children lead happier, healthier lives and improve the lives of people living with cancer.

Every runner, fundraiser and supporter plays a vital role in making this work possible, and the Appeal is incredibly grateful for their continued support.



# JANE TOMLINSON APPEAL



A huge thank you to everyone fundraising for the Jane Tomlinson Appeal. Your incredible support makes such a difference and helps us continue Jane's legacy, supporting people living with cancer and children and families who need it most.



## — Our 4 Pillars —

*Why We Exist*

The Jane Tomlinson Appeal helps children to be happier and healthier and improves the lives of people living with cancer.



Supporting Children  
Through Bereavment



Therapeutic Cancer Care



Keeping Children Active



Investing in Cancer  
Research and Innovation

[janetomlinsonappeal.com](https://janetomlinsonappeal.com)



York Mind is a leading local provider of mental health support services, such as counselling, mentoring and advocacy to name a few. This year we have over 100 people who have chosen to support us through their Marathon, 10 Mile or Relay place. We'd like to say a huge thank you to every runner, and to anyone who's donated so far, for your support. We couldn't continue to offer our vital services without your generosity.



The Island is a York-based charity supporting children and young people through mentoring, helping them build confidence, resilience and brighter futures with the support of a trusted adult.

Thank you to everyone running the Altra Yorkshire Marathon in support of The Island. Your fundraising will help more young people feel heard, supported and empowered to thrive. Good luck!



For 40 years, St Leonard's Hospice has provided specialist palliative and end-of-life care across the Vale of York. We're incredibly grateful to every runner fundraising for us this year. Your support helps us continue to care for patients and their families when they need us most. Best of luck to everyone taking part!

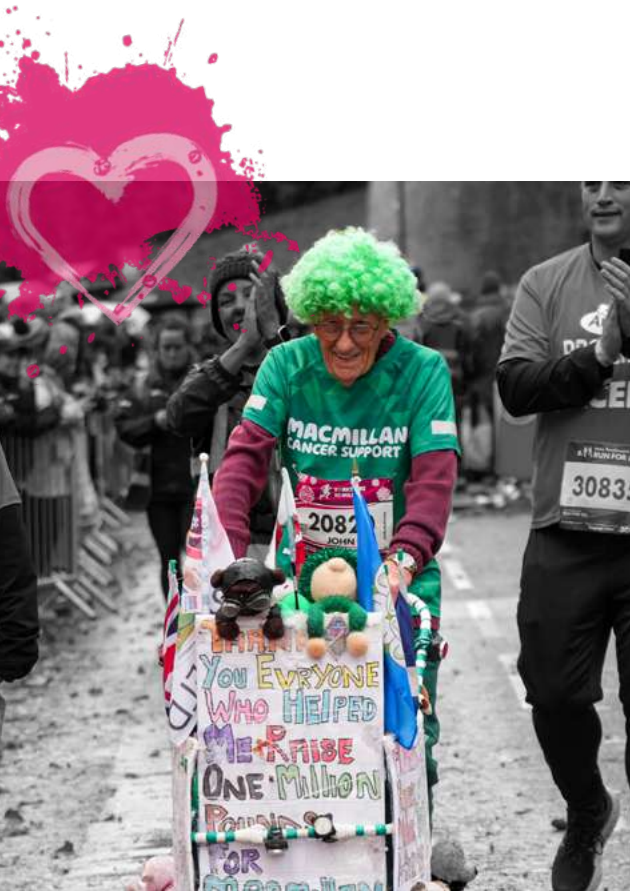


Yorkshire Cancer Research exists so that more people in our region can live longer healthier lives, free of cancer. Thanks to the kindness of supporters, our independent charity has been funding research and saving lives since 1925. The charity funds researchers and cancer experts who pioneer early diagnosis and discover new and better treatments for people with cancer. These life-giving medical breakthroughs are helping more people to survive cancer - in Yorkshire, and beyond.



York Foodbank has been supporting people facing hunger and hardship across the city since 2012, providing emergency food, practical support and specialist advice through six locations across York. This vital work is made possible by the generosity of the local community, with schools, businesses, churches and individuals all playing their part through donations of food, funds and time.

But York Foodbank's mission extends beyond providing emergency food. Working alongside Trussell, the charity is committed to helping people build greater stability, dignity and hope for the future, while striving towards a day when nobody in York needs to rely on a food bank.



**JustGiving®**



**Altra Yorkshire Marathon**

# Give your miles more meaning

**You've done the hard work, you're almost there!**

**Don't forget:** 20% of donations come in after race day. So if you're still fundraising, keep pushing. If you haven't started, it's not too late. We'll be here cheering you on! Raise money for a cause you care about with **JustGiving**.

Create your fundraising page at **[www.JustGiving.com](https://www.JustGiving.com)**

# MEET OUR LEGENDS

The Altra Yorkshire Marathon Festival isn't just about race day logistics. It's about the people who make it special. From runners who've been with us since day one to volunteers, supporters and local communities, meet some of the faces behind Yorkshire's biggest running festival.

This year, we welcome back 28 runners who have taken part in every Yorkshire Marathon to date. If you spot one on the course, be sure to say hello - they'll be proudly wearing a bespoke LEGEND race bib to mark their incredible achievement.



Look out for our legends on race day, sporting their bespoke race bib!



Terry

'I've had the privilege to have run in every Yorkshire Marathon. Put simply the Yorkshire Marathon is on the to do list as it's our 'national' marathon! It's an ideal event for both quick and slow runners with the great crowd support and the camaraderie of fellow runners.

To all of you enjoy the day and remember you don't get many better views than running past York Minster!

**'I never set out to run every Yorkshire Marathon. It just happened, and somehow it keeps calling me back year after year. I've been lucky enough to run alongside my wonderful wife and pace her to a personal best, run a sub-three-hour marathon, and celebrate my 100th marathon wearing race number 100, all at the Yorkshire Marathon.'**



Zippy



Legend Volunteers

'It's just a great atmosphere, lovely staff, fabulous event. They just do so much for local communities wherever the races are, and it's just a pleasure to be part of the team.'

- Jackie

'It's really good volunteering at Run For All, because they're a family to us. As much as we can volunteer, we will, because it's good to give back. And what they do in the community, for kids and adults, is just absolutely amazing.'

- Vic



**SUPER**Natural  
PERFORMANCE

**VANISH**3  
CARBON

[EU.ALTRARUNNING.COM](http://EU.ALTRARUNNING.COM)

# STORIES BEHIND THE MILES

Behind every race number is a unique story. From charity champions and fancy dress fundraisers to first-timers and record breakers meet some of the inspirational people joining our legends at this year's Altra Yorkshire Marathon Festival.

## Marathoning Joggler

When Scott Jenkins lines up for the Altra Yorkshire Marathon, he'll be doing more than running 26.2 miles, he'll be juggling. The unusual sport combines distance running with juggling and has become Scott's trademark at races. Returning after enjoying the atmosphere of last year's Altra Yorkshire 10 Mile, Scott hopes to improve on his marathon juggling best of 3:34. He will be joined by British Marathon juggling record-holder Chris Edwin.



SCOTT VS CHRIS

READ MORE



In it together

READ MORE

## The Lads Against Lymphoma

Freddie was just 22 when he was diagnosed with Hodgkin lymphoma. After months of treatment, supported by Teenage Cancer Trust, he received the news he was cancer-free and entered remission. To celebrate his recovery and give back, Freddie and his friends signed up for the Altra Yorkshire Marathon, raising funds and awareness through their Lads Against Lymphoma campaign. Freddie will run every mile alongside the friends who supported him throughout his journey.

## In Loving Memory of Tammi

Sylvia and Fei's daughter, Tammi, was born at just 24 weeks after Sylvia went into premature labour while visiting family. Despite showing incredible strength and resilience, Tammi died six days later. In her memory, the couple and their family will run the Yorkshire Marathon Relay to raise funds for Sheffield Hospitals Charity, supporting the neonatal and bereavement services that provided comfort, compassion and support during their darkest days.



Team Tammi

READ MORE



fancy dress fundraiser

READ MORE



READ MORE



Kev's 7 for 70

READ MORE

A Journey To Recovery

# STORIES BEHIND THE MILES



The Comeback Story

[READ MORE](#)



[READ MORE](#)



The Charity Champions

[READ MORE](#)

## 40 Runners Unite for Team Molly

Team Molly will take on the Altra Yorkshire Marathon and Altra Yorkshire 10 Mile in memory of Molly during what would have been her 30th birthday week. Since her passing from Adenoid Cystic Carcinoma (ACC), an extremely rare form of cancer, her friends, family and colleagues have raised more than £150,000 for cancer charities.

This year, 40 runners will be fundraising for Weston Park Cancer Charity. Wearing mirror balls on their t-shirts in tribute to Molly's vibrant personality, the team hopes to celebrate her life, honour her determination, and raise vital funds to support cancer research and improve outcomes for future patients.



Team Molly

[READ MORE](#)



A Running Journey

[READ MORE](#)

## From Couch to Yorkshire 10 Mile

Lucy's journey to the Altra Yorkshire 10 Mile began with a desire to improve her fitness. After describing herself as "the definition of unfit" at the end of 2023, she transformed her lifestyle, lost an incredible seven stone and discovered a passion for running through Couch to 5K. Since then, she has completed a 10K and is now preparing for her biggest challenge yet.

Lucy is fundraising for Bliss, a charity close to her heart as a midwife, having seen first-hand the impact neonatal care and support can have on families during their most difficult moments.

## No One Left Behind

York Foodbank is bringing its No One Left Behind relay team to the Altra Yorkshire Marathon, uniting runners from the six churches that host the charity's weekly foodbank sessions. Together, they'll take on the relay to raise awareness and support for York Foodbank's mission to tackle poverty and help local people facing hardship. Alongside the relay team, individual runners will also be supporting the charity, with every mile and pound raised helping to build a future where no one in York is left behind.



Team York Foodbank



itab<sup>plus</sup>



Add your name &  
finish time to your medal

Make it one-of-a-kind

MAKE IT PERSONAL



# MAKE THE MOST OF RACE DAY

## Elevate your race day with Erdinger Runners Lounge

Take your Altra Yorkshire Marathon experience to the next level with an ERDINGER upgrade. Enjoy access to the exclusive Runners' Lounge, refreshments before and after the race, a post-race massage, private baggage drop, dedicated toilets, a finisher T-shirt and a Park & Ride ticket. Everything you need for a smoother, more enjoyable and unforgettable race day.



## Title Sponsor Altra Bringing the Energy



Our title sponsor, Altra, will be bringing the energy to the Event Village with a dedicated recovery area to help you recharge after your run. They'll also be providing an on-site DJ, creating an upbeat atmosphere and keeping the celebrations going throughout the day.

## ENTERTAINMENT

Throughout the course, local musicians, bands and community groups will be creating an incredible atmosphere to keep you motivated, smiling and moving forward. Here's what you can look forward to on race day.



**START  
ALTRA DJ**



**MILE 3  
ROCK CHOIR**



**MILE 5  
LUCY'S POP  
CHOIR**



**FINISH  
ERDINGER  
DJ**



**MILE 11  
THE  
BLACKMARCS**



**MILE 17  
ALTRA**

**MILE 5  
FUSION TABALA**

**MILE 7  
THE TENMOURS**

**MILE 8  
THE RETRO REBELS**

**MILE 12  
SOME VOICES**

**MILE 24 - 25  
MARATHON MOTIVATORS  
SELBY STRIDERS**



YORKSHIRE  
**DOUBLE**

RUN FOR ALL  
**WHITE ROSE  
DUO**

RUN FOR ALL  
**WHITE ROSE  
TREBLE**

RUN FOR ALL  
**SEASON  
TICKET  
SERIES**

**RUN MORE  
FOR LESS**

IN

**2027**



RUN FOR ALL  
**LINCOLN DUO**

RUN FOR ALL  
**LEEDS DUO**

RUN FOR ALL  
**SHEFFIELD DUO**

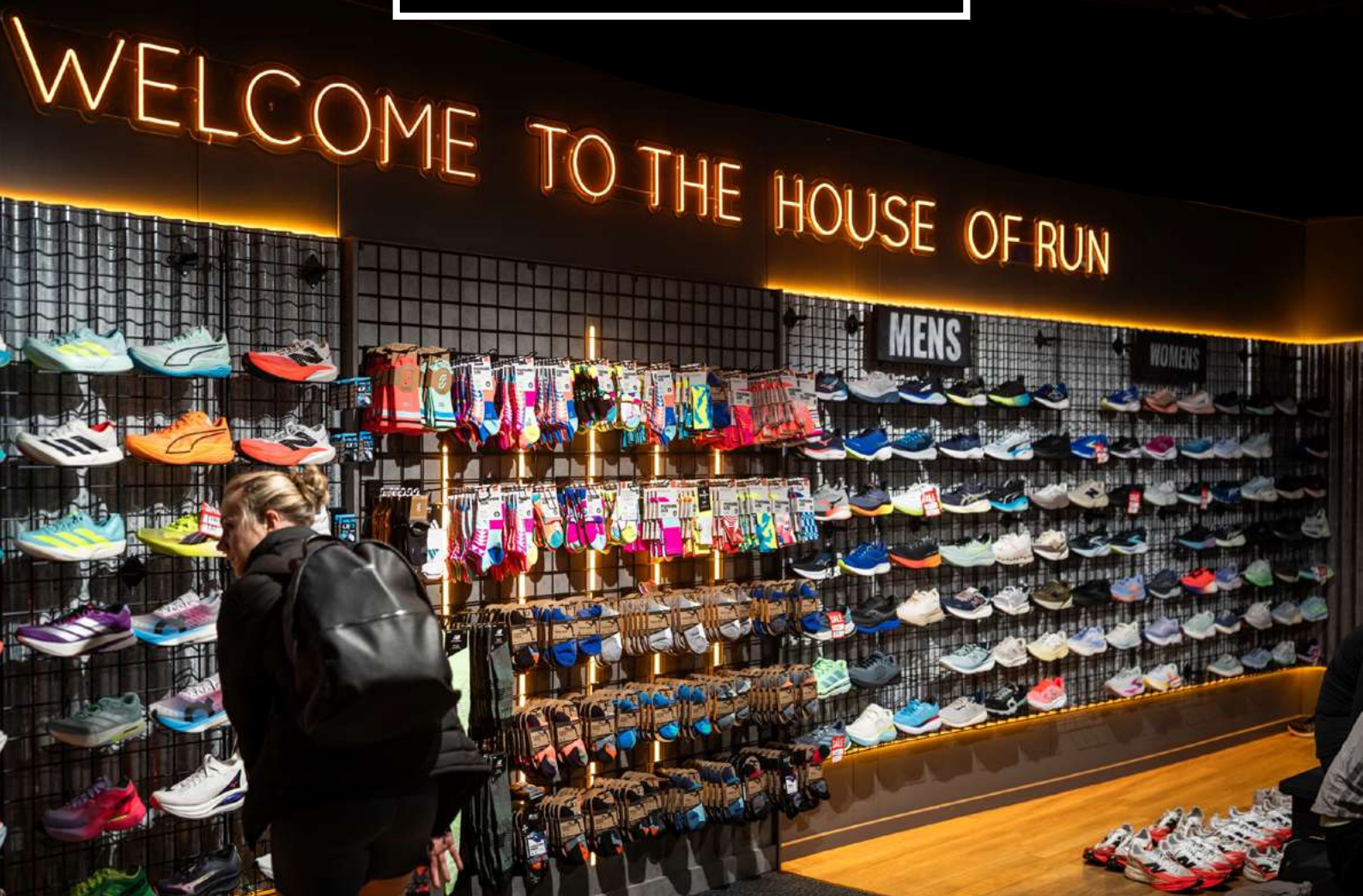
**UP & RUNNING**

EST. 1992

# 15% OFF

IN-STORE & ONLINE AT **UP & RUNNING**

CLICK HERE →



**SHOES | KIT | ACCESSORIES | GAIT ANALYSIS | EXPERT ADVICE**

## **RUNNING WITH YOU SINCE 1992**

T&Cs apply. Discount not applicable to electronics or discounted products. Offer may be withdrawn at any time. Valid for 7 days after the event. Dates may vary.

# SUPPORT EVERY STEP OF THE WAY



## PACER SUPPORT



## PACER TIMES

1 HOUR 10 MINUTES

1 HOUR 15 MINUTES

1 HOUR 20 MINUTES

1 HOUR 25 MINUTES

1 HOUR 30 MINUTES

1 HOUR 35 MINUTES

1 HOUR 40 MINUTES

1 HOUR 45 MINUTES

### Get To Know Your Pacers

Running with a pacer is a great way to stay on track, stay motivated and hit your target finish time.

Our friendly pacers from Northern Pacing Volunteers, sponsored by Arla Protein, will be out on course to help guide you every step of the way. Look out for the finish time flags on their backs and choose the pace that works best for you.

If you're taking things a little steadier, don't worry. Our support team will be there to accompany runners at the back of the field, ensuring everyone receives encouragement and support all the way to the finish line.

A dedicated back marker will support marathon participants, pacing for a seven-hour finish, while a back marker for the 10 Mile event will pace for a three-hour finish, encouraging runners every step of the way.



## PACER TIMES

3 HOURS

3 HOURS 15 MINUTES

3 HOURS 30 MINUTES

3 HOURS 45 MINUTES

4 HOURS

4 HOURS 15 MINUTES

4 HOURS 30 MINUTES

4 HOURS 45 MINUTES

5 HOURS

5 HOURS 15 MINUTES

5 HOURS 30 MINUTES

6 HOURS

7 HOURS

### Pacer Ste Deny's Top Tips

1. Prepare the day/night before get everything ready so not to forget anything.
2. Find your pacer time at the starting pens so you can keep them in sight to get your target time.
3. Don't set off too quickly - pace yourself correctly to try and maintain throughout.
4. Keep hydrated and fuelled up throughout
5. The main thing! ENJOY IT!



### Get To Know The Course: Route Split

At some points on the route, Marathon and 10 Mile runners will share the course. We ask that, at these times, Marathon runners stay to the left and 10 Mile runners stay to the right.

COO:PAH

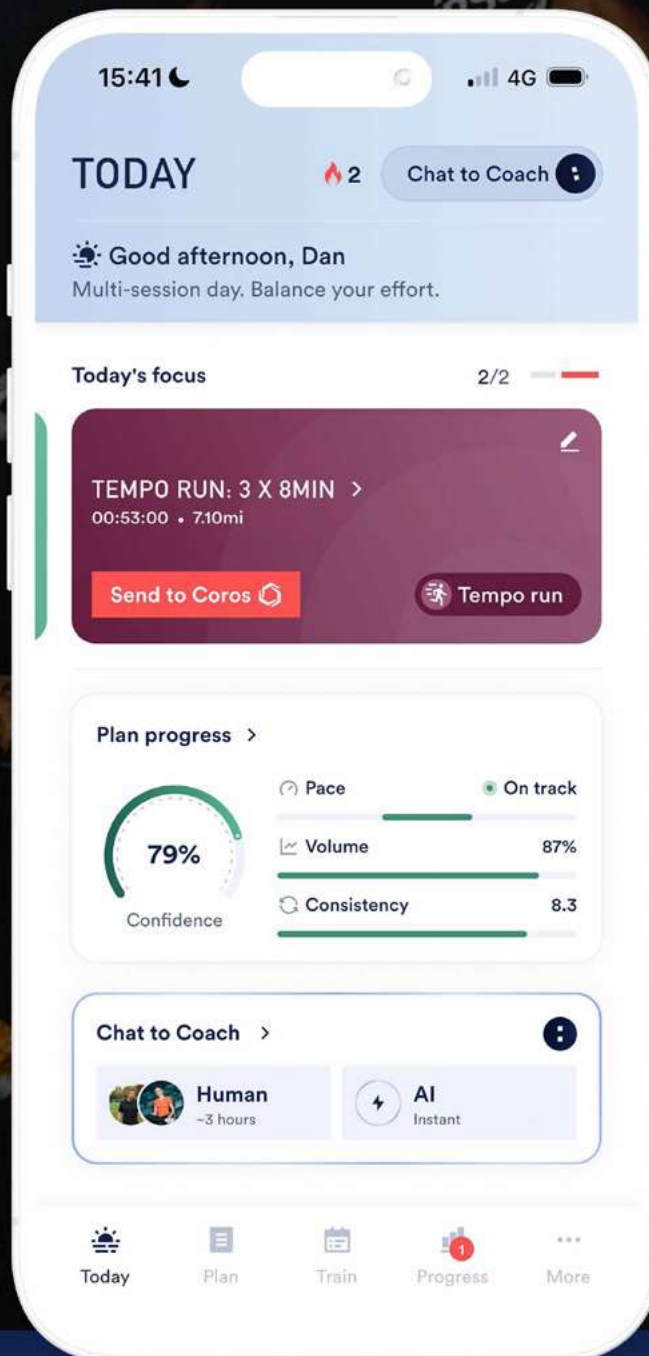
# HERE FOR YOUR RECOVERY, AND NEXT START LINE

## COACH-BUILT TRAINING PLANS

Coopah provides personalised training plans built and actively managed by qualified run coaches, designed for runners with performance goals.

## CLEAR ASSESSMENT OF WHERE THE RUNNER IS

An objective view of current fitness, training load, and limiting factors, informing better training decisions.



## TARGETED ADJUSTMENTS MADE BY COACHES

Training adjustments made in response to how the runner is adapting, not fixed progressions or templates.

## EARLY MANAGEMENT OF FATIGUE OR INJURY

Load and recovery are monitored to identify fatigue and injury risk early, reducing the likelihood of breakdown and missed training blocks.

THIS IS HOW PERFORMANCE IS BUILT  
USE CODE YORKSHIRE FOR 2 WEEKS FREE





# ROB BURROW LEEDS MARATHON

RUN FOR A  
**MATE**  
WITH A MATE



9<sup>TH</sup> MAY 2027

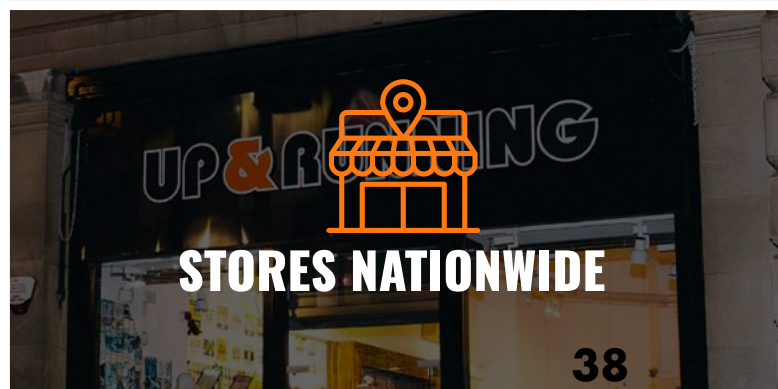
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**UP & RUNNING**

EST. 1992

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## SPECTATORS - SHOWING YOUR SUPPORT

We know that every cheer, wave, and word of encouragement can make a real difference on race day. That's why we've created a spectator guide to help friends and family find the best spot to support runners around the course.

With plenty of viewing locations available, spectators can choose from a number of fantastic spots along the route to cheer runners on and soak up the race-day atmosphere.

### Where To Watch Guide

With so many places for spectators to visit on course, we've created this handy guide to help them plan their route and choose the best spot to cheer you on out on course.

#### MILE 2

##### York Centre

As runners pass the iconic York Minster, spectators can enjoy one of the most scenic viewing points on the course. A spectator shuttle bus runs between the Event Village and York Railway station, just a short walk away from the minster.

#### MILE 22

##### Hull Road

Want to avoid the crowds at the finish? Hull Road offers a great opportunity to give runners a vital boost during the final miles when encouragement matters most. This section can be accessed on foot from the finish line.

#### MILE 13

##### Stamford Bridge

The halfway point is always a welcome sight for marathon runners, making Stamford Bridge a fantastic place to show your support. Spectators can access this location via the shuttle bus, followed by a short five-minute walk.

#### MILE 26

##### The Finish Line

The University of York finish line is where all the hard work pays off. Be part of the unforgettable atmosphere and help create the energy that carries runners across the line to the sound of a roaring crowd.

#### MILE 17+19

##### Dunnington

Runners pass through Dunnington before heading to the Murton turning point and returning the same way, giving spectators the chance to see them twice. The location is a 10-minute walk from the shuttle bus drop off.

#### EVENT VILLAGE

##### Campus South

Watch all the finish-line action live on the big screen in the Event Village and soak up the race-day atmosphere while you wait for your runner to arrive.

# BBC RADIO YORK

Wishes

GOOD LUCK

To all of this year's runners



Listen on

BBC  
SOUNDS

# Weddings



## The Guildhall

Planning a wedding is a marathon not a sprint.  
Let our wedding coordinators run the marathon with you.  
[yorkconferences.com/weddings](http://yorkconferences.com/weddings)



# WHERE TO WATCH

With no event parking at the University of York or in the surrounding area, spectators are encouraged to use the dedicated transport services provided on event day.

## Park & Ride

Planning to watch from the start and finish line or spend time in the Event Village? The Park & Ride service is the easiest option. York Pullman will operate regular shuttle buses from Elvington Airfield, Askham Bar and Grimston Bar to the University of York throughout the day.

**BOOK HERE**

## Spectator Shuttle Buses

Want to support your runner at multiple points along the course? The Spectator Shuttle Bus, operated by York Pullman, provides convenient access to key spectator locations, making it easy to follow the action beyond the start and finish line. Purchase online (link below) or in Campus South on event day.

**BOOK HERE**

## SPECTATOR TIMETABLE

### JOURNEY TIMES

|                                     |         |
|-------------------------------------|---------|
| EVENT VILLAGE TO GRIMSTONE BAR      | 10 MINS |
| EVENT VILLAGE TO ASKHAM BAR         | 15 MINS |
| EVENT VILLAGE TO ELVINGTON AIRFIELD | 20 MINS |
| EVENT VILLAGE TO CITY CENTRE        | 20 MINS |
| EVENT VILLAGE TO DUNNINGTON         | 15 MINS |
| EVENT VILLAGE TO STAMFORD BRIDGE    | 30 MINS |
| STAMFORD BRIDGE TO DUNNINGTON       | 15 MINS |



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Thank you  
Eventeers!

## VOLUNTEER SUPPORT

Thank you to our amazing Eventeers.

The Altra Yorkshire Marathon Festival simply wouldn't happen without the dedication, enthusiasm, and support of our incredible Eventeers.

From cheering runners along the route to welcoming participants at the finish line, our volunteers play a vital role in creating the unforgettable atmosphere that makes race day so special.



Join us at events across the country and help create unforgettable moments for thousands of participants. Register your interest today:

[eventeers@runforall.com](mailto:eventeers@runforall.com)

# YOU'VE GOT THIS, YORKSHIRE.



**ONLY NATURAL  
FLAVOURS**

**20G PROTEIN**

**NO ADDED  
SUGAR**



# THANK YOU TO OUR SPONSORS & PARTNERS





ALTRA

YORKSHIRE  
MARATHON  
FESTIVAL

SEE YOU IN

20  
27



17.10.27