

DERBION



ROSMATHON



DERBION

RAM 5 MILE

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 DERBION RAMATHON & RAM 5 MILE

Race day is fast approaching and we want to make sure you have all the details you need ahead of the big day.

A BIG THANK YOU!

The training is almost over and you're nearly ready for event day. Whatever your goal or reason for running, we are here to help you every step of the way. This guide contains all the key information you'll need to make your race day a success, so make sure you read it thoroughly before event day. We look forward to seeing you on the start line.



Derby City Council

In partnership with Derby City Council

TO OUR RUNNERS

The Derbion Ramathon and RAM 5 Mile 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.

Whatever your goal or reason for running, we are here to help you every step of the way.

In the meantime, don't forget to tag us in your training pictures on social media using #Ramathon #RAM5Mile.

We look forward to seeing you on the start line on race day.

TO OUR EVENTEERS

Without the support of our amazing volunteers, this event would simply not be possible.

All the finish line smiles and money raised are the product of their hard work. Some of our fantastic volunteer groups include Annabel's Angels, PASIC, Derby College, Derbyshire Army Cadet Force, Kingsway Army Reserve and 151st Allestre Scout Group.

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 wait is nearly over and in just over a week's time you'll be at the start line ready to tackle the Ramathon or Ram 5 Mile. 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 event is no different. So, whatever your own personal goals, please remember that we want to create an inclusive and supportive environment for everyone.

EVENTEERS

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



KEY TIMINGS

07:15AM

Baggage & Race Office open in the Event Village

08:55AM

Ramathon official warm up

09:15AM

Ramathon official start time

09:30AM

Ram 5 Mile official start time

09:55AM

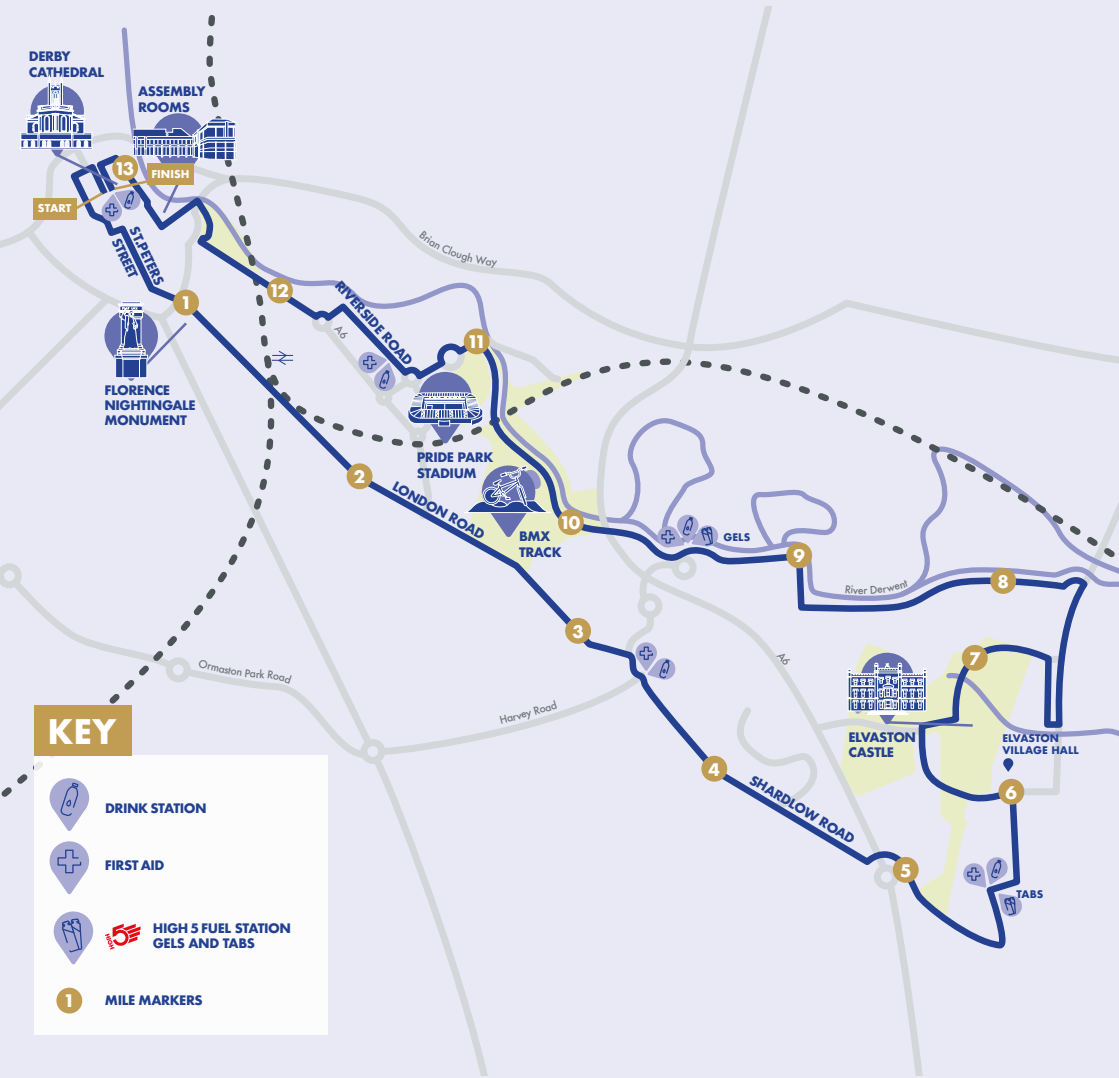
Ram 5 Mile winner expected

10:25AM

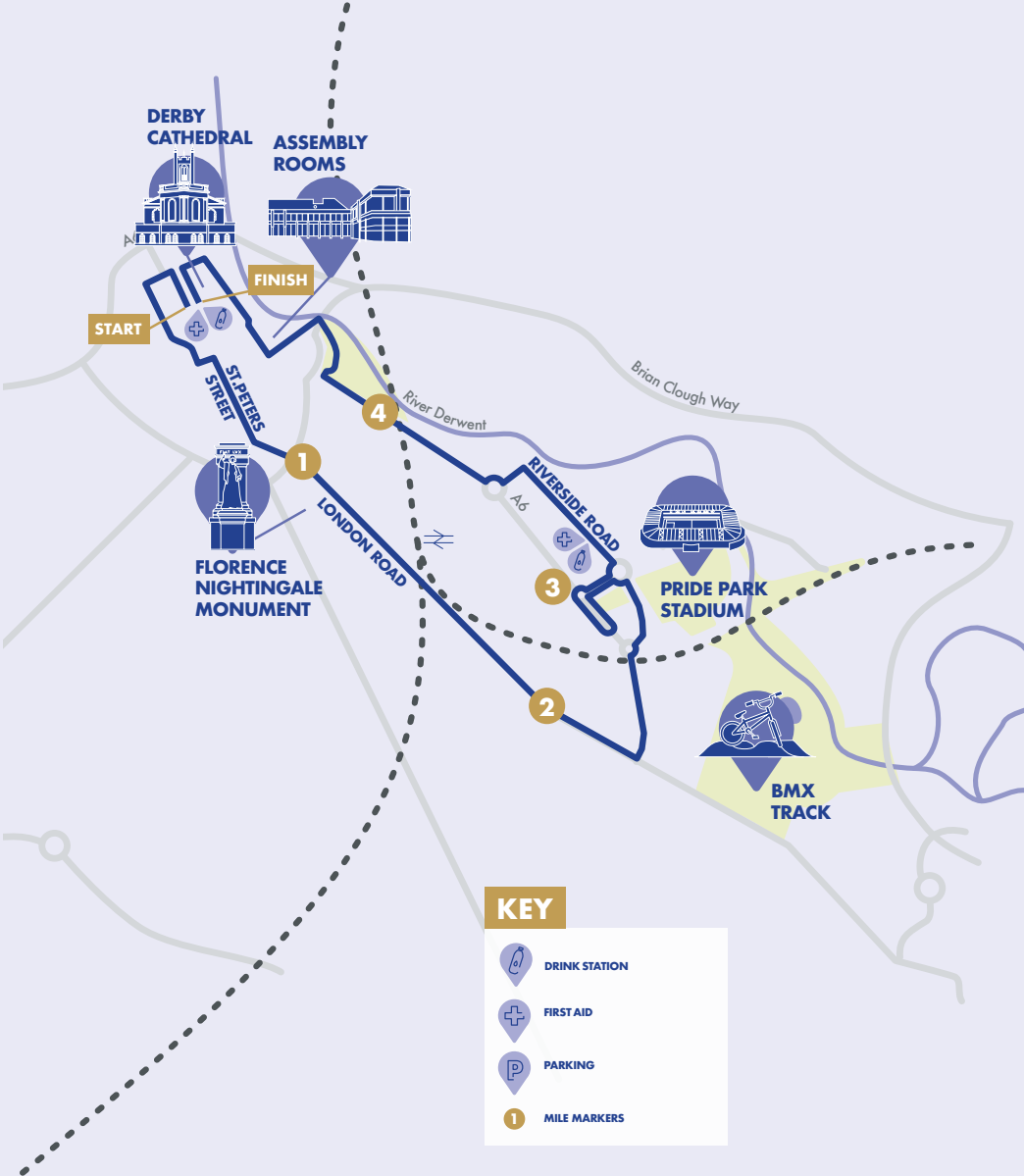
Ramathon winner expected



HALF MARATHON ROUTE MAP



5 MILE ROUTE MAP



YOUR RACE PACK

IMPORTANT

If you entered before Monday 22nd May, you will receive your race number in the post.

If you entered after on or after Monday 22nd May or you don't seem to receive your race number in the post, you will need to collect your race number from the Race Office on event day.

The race office will be open from 07.15am and will be located in the Event Village.

RAM 5 MILE RACE PACK

The Ram 5 Mile race numbers will be posted to participants and land on doorsteps ahead of the race.

GOOD TO KNOW

What do I do with my number 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.



WHAT WILL I NEED MY RACE NUMBER FOR?

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

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.



Please avoid covering your race bib with any clothing or accessories. This may lead to your timing chip not registering with the timing mat.

Our team of pacers, sponsored by Arla Protein, are from Northern Pacers and will be on hand to support you on your run. They will have flags attached to them with finish times and will run at a steady pace to help you pace your own run and achieve a target time.

Our pacers will be pacing at 10 minute intervals between 1 hour 30 minutes and 2 hours 20 minutes for the Ramathon and at 5 minute intervals between 40 minutes through to 55 minutes for the Ram 5 Mile.

The cut off time for Ramathon will be 3 hours 30 mins, with the cut off time for the Ram 5 Mile at 1 hour 30 mins.

Don't forget to say thank you to them once you cross that finish line!



KEEP DERBY GREEN

Run For All is committed to keeping Derby clean 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! Should runners wish to carry their drinks/gels beyond the provided bins, please pass any litter to your nearest marshal.



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



GETTING THERE



BY CAR

The city centre is 15 minutes from junction 24 of the M1 and accessible via the A6, A50, A38 and A52.



BY TRAIN

For more information go to www.nationalrail.co.uk or call 08457 48 49 50

BY BIKE

There are plenty of places to park your bike throughout the city, including on Full Street. Please remember to use a good quality lock to secure your bike.



PARKING DERBION

Here at Derbion, we're extremely proud to support the Ramathon.

As a thank you to all of this year's runner, we are offering you a special parking rate of just £1. Find your QR code and further information on page 13 of this race guide.



BY BUS

For more information on bus timetables please visit [here](#).

DERBION

SEE YOU AT THE FINISH LINE

RACE DAY

PRE RACE



BAGGAGE STORE

Please leave time to drop your baggage at the Baggage Store, which will open in the Event Village at 7:15am. You will be able to retrieve your baggage from the same store after your run. If you're planning to use the event Baggage Store, please ensure that your baggage tag is removed from your race number and securely attached to your bag ready for race day. This must be attached prior to handing your bag over on race day to our Eventeers. Please note, bags are left at owners' risk in baggage area.



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 by 8:55am to take part in the official warm up. This is a great way to get moving and ready to run.



TOILETS

Toilets will be located in the Event Village.



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

Please only use the allocated toilets for this event located in the Event Village and on course. There will be toilets (including accessible) located on drink stations / first aid points at London Road, Harrington Arms, Blue Jay and Riverside Road.

Run For All operate a zero tolerance policy and any runners seen urinating anywhere other than the facilities provided will be disqualified.



FUEL & HYDRATION

It is very important to stay hydrated. You'll find your water station on course Ramathon and at the 3 mile marker for those taking part in the Ram 5 Mile.

As well as on course, all runners will receive water at the finish.

CROSSING THE FINISH

One last push towards the finish! 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. We know that you will be keen to take a well-deserved rest but please continue past the finish line to collect your water as stopping immediately after the race can cause a danger to those behind you.

GOODY BAG



Make sure you pick up your goody bag after you finish. There'll be plenty of tasty treats, as well as your medal and finishers t-shirt.

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.

THE EASY WAY TO MAKE SOMEONE'S DAY

Buy your Gift Card in centre today.



EVENT VILLAGE MAP



AFTER THE EVENT



FOOD & DRINK

In the Event Village, there will be a selection of food and drink choices to purchase. Derby 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, Pasic and Annabel's Angels.

Make sure you head into the Event Village before or after the event to say hi!



MASSAGE

Massage will be located in the Event Village and provided by [Andra Health](#).



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](#).

— £1 —

PARKING FOR RUNNERS

— PARK UP AND —
GOOD LUCK ON YOUR RUN!

When leaving, scan this QR code to get your discount. Just hold your phone under the red light until you hear a beep. If you have any problems, visit the customer service desk outside Boots on level 1.



WELL DONE,
HAVE A SAFE TRIP HOME!

Discount parking with QR code valid only on 04/06/23. Unique QR cannot be shared and only valid 1 per runner. Offer valid until 23.59 on Sunday 04/06/23. If you stay beyond this point you will be charged as per our normal car park tariff (parking prices can be found on Derbion.co.uk). QR code must be scanned; failure to do so will result in being charged the normal parking tariff. Disabled parking permitted with valid permits only.

DERBION

THE DERBY RUNNER

SPECIALIST • RUNNING • EQUIPMENT

7 Sandringham Drive, Spondon, Derby, DE21 7QL | www.derbyrunner.co.uk

- 30+ YEARS EXPERIENCE
- HIGHLY TRAINED STAFF, ALL WITH A RUNNING BACKGROUND
- FREE PARKING
- VIDEO GAIT ANALYSIS AND TECHNIQUE ANALYSIS OFFERED
- CLUB, GYM, CORPORATE, STUDENT, NHS AND FORCES DISCOUNT

20% off with us!

**ALL RAMATHON AND RAM5 ENTRANTS
RECEIVE 20% OFF IN OUR STORE WITH PROOF
OF ENTRY OR RACE NUMBER.**

Online...

**USE CODE "RAM23".
BOTH EXPIRE MIDNIGHT 25/6/23.**



GET YOUR OFFICIAL PERSONALISED RACE MEMENTO ON THE DAY AT THE FINISH

Come and see us in the event village to order and **take home** your own official **Ramathon** or **RAM 5** print marking your achievement in style.

We'll have a range of print sizes available for you to personalise with your **name** and choice of **finishing time** or **bib number** - which we'll produce on site for you to take away.

Visit our website for more **Run For All** designs and start your collection today!

personalbestvests.com
@ [personalbestvests](https://www.facebook.com/personalbestvests)



**PRINT
ON THE DAY
SERVICE**

**EVENT
DAY
OFFERS**

FIND US AT THE  TENT IN THE EVENT VILLAGE

SPONSORS & PARTNERS

DERBION



Derby City Council



PARTNER CHARITIES





WHAT'S NEXT?



SHEFFIELD 10K

24.09.23

ENTER



LEICESTER 10K

03.03.24

ENTER



**SHEFFIELD
HALF MARATHON**

07.04.24

ENTER



**ROB BURROW
LEEDS MARATHON**

In Partnership with **Clarion**

ENTER HERE

12.05.24

**10TH
ANNIVERSARY**

**YORKSHIRE
MARATHON
FESTIVAL**

15.10.23

ENTER

