



YORKSHIRE MARATHON FESTIVAL

2023

10TH

ANNIVERSARY



OFFICIAL
MAGAZINE
15 OCTOBER 2023

runforall.com

YORKSHIRE MARATHON | 10 MILE | RELAY



THE YORKSHIRE MARATHON

OFFICIAL WALL OF FAME

PARTICIPANTS WHO HAVE TAKEN PART IN
EVERY YORKSHIRE MARATHON SINCE 2013

GEORGE SHERRIFFS

CHRISTIAN DAVIES

GARETH COOKE

DAVID WATSON

JAMES GRAY

STEVEN TAYLOR

ALISON SHOOTER

TERRY HINDSON

PETER O'TOOLE

SIMON MIDDLETON

JOHN GRUNDY

ADRIAN GUNN

IAN OGDEN

SIMON SMITH

DAVID SMITHERS

IAN CLITHERO

STU HUDDLESTON

JULIAN PUNCH

JAMES RODEN

DONALD PRIESTLEY

GLYN HALLAM

DENISE BODDY

ADAM RAFFELL

EMMA RUTHERFORD

JONNY FALLAS

MARC HEMINGWAY

ULEN NEALE

SARAH DEVAL

MARK MCKENNA

SUSAN ADAMS

ROBYN JOHNSON

SHANE NICHOLL

MARK WILLIAMSON

STEPHEN WILSON

GARETH JONES

TOM BROADLEY

PART OF
HISTORY





WELCOME!

A huge warm Yorkshire welcome to the 10th Anniversary of the Yorkshire Marathon Festival!

Thank you for choosing to run with us.

With months of training behind you, your big day is nearly here and we hope you are looking forward to the challenge. Whether you're taking part in the Yorkshire Marathon, 10 mile or Relay, we really hope that you enjoy and soak up every step of your running journey with us.

The Yorkshire Marathon Festival is truly for ALL. An important date in the calendar for many, the festival is cherished for combining top-level sport with sport for everyone. So, whether your aim is to secure a PB, simply to get around the course or raise funds for your chosen charity, regardless of your reason for taking part - we can't wait to welcome you to the start line on event day.

Preparation is key for any race, so we recommend reading this guide in detail to ensure you're race ready. You'll find all the information you need to help you have the very best experience, including route maps, transport tips, spectator information, kit checklists and so much more.

We hope you find it helpful and we hope it gets you absolutely buzzing for Sunday 15th October.

Good luck class of 2023!



GOOD LUCK!

CELEBRATING 10 YEARS!

EST. 2013

2023 marks a very special milestone for the Yorkshire Marathon Festival, our 10th Anniversary!

10 years of running, fundraising, memories, fun, medals, finish line joy, volunteering, spectating and coming together in our home county of Yorkshire.

A sporting celebration year on year, the Yorkshire Marathon Festival embodies the unbeatable spirit of this fantastic county – pride, warmth, inclusivity and community spirit.

Where did it all begin?

Launched in 2013 by Mike Tomlinson and various famous faces from across the region, the Yorkshire Marathon Festival was born with the aim of giving all abilities the opportunity to take part and achieve something amazing.

Symbolised by the Y for Yorkshire, the 2013 Yorkshire Marathon was the county's first marathon of its kind.

A destination marathon from day one, it was hoped the Yorkshire Marathon would showcase the true beauty of Yorkshire whilst encapsulating the city of York and surrounding Yorkshire landscape and terrain.

Since 2013 over **90,000** of you have joined us on the start line and over **£7.5 MILLION** has been raised for a host of worthwhile charities. A fundraising vehicle for countless charities across the UK, it's because of participants like you that so many people in need have benefited



Whether you join us year on year or this is your first Yorkshire Marathon Festival experience, we can't wait to celebrate this incredible milestone with you in God's Own Country!

from your incredible fundraising efforts. Stirring a buzz from day one, a number of noticeable faces have joined in on the action over the years including retired international cricket umpire, Dickie Bird OBE, the late BBC broadcaster Harry Gration MBE, ex-footballer's Chris Kamara MBE and Danncy Mills, Leeds United legend Eddie Gray, actress Angela Griffin, Olympic Champion Nicola Adams and Paralympic gold medalist Hannah Cockcroft.



10 KEY MOMENTS

FROM THE LAST 10 YEARS



The story so far...

It was a cool Autumn day on Sunday 20th October, 2013 when over 6,000 participants of all ages and abilities joined us for the very first Yorkshire Marathon. Capturing people's imagination from the word go, entries were snapped up within days of the launch, a full 10 months before race day.

Lining up at the University of York's campus on the Yorkshire Marathon start line, those lucky enough to secure a place were waved off by Yorkshire's own former international cricket umpire Dickie Bird who sounded the horn to get the inaugural race underway.

Participants from across the region and beyond all came for their own reason, whether it be to raise money for a charity close to their heart, conquer a personal challenge or even cross the

line first, but were all set to tackle the very first Yorkshire Marathon.

Thousands of spectators, all lined the route to ensure the first Yorkshire Marathon was a noisy, vibrant and colourful marathon. 10 years on, nothing has changed! Year on year, Yorkshire folk come out in their droves to support our runners.

10 years later it's time to celebrate our very special 10th Anniversary! But it's also a moment to look back, reflect and celebrate this very special iconic Yorkshire event.

With an event of such scale and size it's hard to narrow it down, but we've taken a look back through the archive and selected some of the key moments from over the last 10 years.

2013



They came for a variety of reasons - to conquer a personal challenge, raise money for charity, even cross the line first - but they all left as winners having completed the very first Yorkshire Marathon.

Attracting over 6,000 entrants to its flat, fast course, the marathon was immediately held a success.

World record holder and patron of the Jane Tomlinson Appeal, Paula Radcliffe, had sent a message of good luck and encouragement to all those tackling the very first 26.2 mile Yorkshire challenge.

Those lucky enough to bag a space on the start line were waved off by Yorkshire's own former international cricket umpire Dickie Bird.



2014

Knight of the realm and one of the most successful Olympians ever, former England Rugby Union Captain Matt Dawson joined us on the start line for the second Yorkshire Marathon.

The start of the Yorkshire Marathon Relay! Teams of six from across the region including businesses, charities and friends battled it out to be crowned champions of the very first Yorkshire Marathon Relay!

The colour, excitement and drama of the event was also captured on a special highlights programme fronted by former athlete Katharine Merry and presenter Rob Walker.

2015

The Yorkshire 10 Mile joined the Yorkshire Marathon Festival. A great option for those seeking a smaller distance but still the festival atmosphere!

Extraordinary marathon runner Steve Edwards, who was attempting to run 1,000 marathons in an average time of sub 3:30, takes part.



2016

Ray Matthews - who earlier in the year at the age of 75 ran 75 marathons in 75 days - got the race underway.

The winning wheelchair athlete was Callum Hall in a time of 2:01:35. Callum's fiancée, Paralympian Jade Jones, was the fastest women's wheelchair athlete in 2:03:51.

2017

The Archbishop of York, Rev John Sentamu, joins the event's famous high-fiving vicar, Rev Canon Terry Joyce, in cheering on the runners.



2018

The biblical rain came down but the spirits were up as the true Yorkshire grit shone through.

After been diagnosed with incurable terminal blood cancer in May 2018, the late Sean Coxhead tackled his first Yorkshire Marathon.

To allow him to be supported by runners throughout the duration of his marathon, Sean was joined by two relay teams and was cheered along the route by friends from fitness group Goody Gym who met Sean on course and at the finish line.

Raising £21,000 for Macmillan before his death in September 2019, Sean's determination to complete the event was unwavering and his participation will live on in Yorkshire Marathon history.



2021

The comeback year. The streets of York came alive once again as thousands of participants joined us on the start line.

A group of friends and relatives of Halifax teacher, Beth Smith and keen performer who died suddenly at the age of 31 ran the marathon in her honour.

2019

A team of 44 fundraisers set a new world record for the fastest marathon in a 40- person costume wearing an 85ft long Viking boat costume.

They smashed the previous record of eight hours and 30 minutes by crossing the finish line in six hours and 30 minutes.

The stunt was organised by Shipton-by-Beningbrough based events company Rat Race Adventure Sports.

The vessel weighed around 250kg and because of its length, one of the biggest challenges was trying to negotiate the marathon's tight corners.

2020

The year that never was! The less said about 2020 the better.

2022

Harry played a huge role within the Yorkshire Marathon community. Championing the event and role it would play in his beloved city of York; Harry supported the event during its launch and and at many Yorkshire Marathon events for years to come.

Harry inspired others to run, whether that be for their own personal challenge or to fundraise for a chosen charity.

FUN FACTS!



Since 2013, 90,000 participants have signed up to the Yorkshire Marathon Festival.



Over £7.5 million has been raised for local & national charities.



On average our marathon runners will clock above 55K steps.



During a marathon each person runs the length of 504 football pitches.



Showing the world there's no age to running – our oldest runner was 82 in 2022!



The mileage of 10 Yorkshire Marathons equates to swimming the river Wharfe 4 times!



1,900,129.00 collective steps taken since 2013.



65 countries represented since the launch from Argentina to Lithuania.



Collectively, 1,075,914.20 miles have been ticked off since the start of the Yorkshire Marathon Festival.



HIGH 5

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UP & RUNNING

EST. 1992

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20% off RRP on OPENMOVE
20% off RRP on OPENRUN
and OPENRUN MINI
15% off RRP on OPENRUN PRO
and OPENRUN PRO MINI

Come
and see us on
the day and ask
about our 10th
anniversary
offers

T&C's apply - offers are subject to availability and may change or be withdrawn without notice.



Earlier in the year we introduced this year's Yorkshire Marathon Motivators. Runners, Ellie and Emily have been using their social media platforms to keep track of their progress, while encouraging and inspiring others about the realities of marathon training.

Supporting them on their journey, our proud sponsors Arla, Coopah, Erdinger, High5, Shokz and Up & Running, have been providing them with samples of all the fantastic training necessities they offer. Taking into consideration everything from dedicated training plans, running kit and trainers, to nutrition and fuelling requirements.

Ellie, 25, originally from Hull, but now living in York started her running journey around five years ago as a way of getting fit.

Ellie was inspired by Rob Burrow MBE and his journey living with MND which led her to take up long-distance running.

"Running never came naturally to me but I've found a love of this wonderful and inclusive sport."

Who or what encouraged you to start running?

I started running in 2018 using the Couch to 5k App. I had never ran before in any capacity and I was always the kid at sports day who never wanted to join in or stuck at the back, but fast forward to 2018, my friend had just begun training for the London Marathon for charity and it inspired me to begin my running journey. I would recommend C25k to anyone! 2020 encouraged a whole new level of challenges however with me finding the love of long distance running.

I am a lifelong Rugby League fan hence I was inspired initially by Rob Burrow's MND Diagnosis and subsequently Kevin Sinfield's challenges, running two half marathons for MNDA and the Rob Burrow Leeds Marathon to raise funds and awareness for the cruel disease.

How do you stay motivated to train?

I try to always remember the amazing feeling after a run and look forward to those endorphins! Being completely transparent, running got me through some really tough times and I found solace in it as it was a way I could dedicate time solely to myself where I was fully in control and be able to take in my surrounding. I find that having a structured training plan helps keep me motivated, I look forward to having an end goal and something to work towards.

I find ways to keep myself accountable too, whether that be Instagram or Strava, or going out with my local running group. I run with an amazing group called 'These Girls Run' which is a super inclusive, lovely running group. But I try not be too hard on myself if things don't always go to plan, the key is bouncing back and coming back into it with a smile on your face!

How have you found using the Coopah run app?

This is definitely the easiest app I've used to create a running plan, and gives me a detailed plan with dedicated days for runs, yoga and strength and conditioning. I've actually loved treadmill runs and this is definitely down to the Coopah interval runs. I've never been quick but they've actually got me loving my speed work and feeling the major benefit of these runs.



Emily, based in Paisley, a little town outside Glasgow, started on her running journey back in 2007.

"Working full time, I have a lovely wee family and I absolutely love to run. Marathons are my definite favourite distance (although I think ultra is coming to take that crown).

I've been running since I was 20 and although I catch myself saying I'm not a runner, I think we can firmly say that I am! I may not be at the front of the pack, but I'm in the happiest group - those who are grateful to run and enjoy these events."

What do you do in your spare time and how does running fit your lifestyle?

I run a lot, and I love signing up for events as that gives me a focus. I also wild swim, go to the gym, and I'm an avid reader. I also love spending time with my family however the older my kids get, the less they want to listen to me talk about running.

I've also made some amazing friends through clubs, events, and the online community - that way we can talk each other's ears off about parkruns, pace, and PBs!

What are you looking forward to most about the Yorkshire Marathon?

I've been looking for an autumn marathon

for a while and the Yorkshire Marathon ticks so many boxes, scenery, historic sights, it's well attended and I've never been to York before!

Any top tips for those running their first marathon?

In 2013 I ran my first marathon, the London Marathon. Here are a few things I learnt.

While the crowds are nice, it's also very overwhelming. London is busy with runners and support, something I didn't even contemplate.

Time really doesn't matter, it's your first marathon. Finishing it is the only achievement you should be interested in.

Practice with gels. This was definitely a rookie mistake. I was like a kid in a candy shop on the route, I was taking gels, lucozade, sweets galore! Big mistake!

Any top tips for recovery?

Be selfish. What do you want, is it to have two days on the couch, go for a swim, eat all the food?

Then do it. Be kind to yourself and have that break.

Listen to your body.

Folk may tell you how to recover but only you know what's best for you. Take care of yourself, be a priority and you'll feel better and quicker than you think.

Don't panic

Days off will not ruin your fitness or destroy a plan. It will make you stronger and ready for whatever you have planned. We're not professionals, we have busy lives and somethings have got to give.

DEWSBURY ROAD RUNNERS

Running a marathon can be a daunting challenge. Whether it be your first marathon or tenth, there's no escaping the mental and physical toll it takes on your body.

26.2 miles is a long way, but with the right training and preparation, your marathon experience should be an exciting and rewarding (if challenging) journey to the finish line.

To ensure motivation levels stay steady during this year's Yorkshire Marathon, we've partnered with Yorkshire based running club, Dewsbury Road Runners. The team will be our very own Marathon Motivators for the day and will be based between miles Mile 15 to 16.5.

We caught up with Dawn Greaves at Dewsbury Road Runners ahead of event day:

"Dewsbury Road Runners was formed in the early 80's and cater for all types of runners including fell runners, road runners, orienteering runners. We arrange regular social events and trips to races. We focus on the social side of running and building a community spirit. We also compete in several cross country leagues during the winter and summer months.

We organise our own races such as the Dewsbury 10k and the Flat Cap 5 race and understand the value of having an enthusiastic and encouraging support crew to motivate runners to keep going



and push on, even when they are feeling the pain. A few of our runners and friends have volunteered to support the runners at the Yorkshire Marathon. We want to ensure the runners are supported and encouraged but also want to give something back to the running community. We wish all the runners the very best of luck and we look forward to cheering you all on and providing lots of hi-5s along the way."

Take part, look the part!

MERCHANDISE NOW AVAILABLE

PURCHASE HERE

*Available to purchase online until the end of October only. A limited amount will be available to purchase on race day.

YOUR RITUAL AFTER SPORT.



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INJURY PREVENTION BY



REGEN
PHYSIO

Stress fractures or bone stress injuries are common injuries for runners. The good news is that they are definitely preventable as long as you listen and follow the correct advice.

Our partners, [Regen Physio](#) share their insight and top tips below.

What are they?

Stress fractures or bone stress injuries are common overuse injuries that occur when the bone is exposed to repeated mechanical loading at a greater rate than its ability to remodel (recover). The term bone stress injury encompasses a range of bone tissue disturbances from bone tissue oedema (swelling) known as bone stress reactions in the early stage, to partial or complete stress fractures in the later stages. In the early stages of this continuum, pain can often be a mild diffuse aching during load bearing activity that settles with rest. In the later stages of the continuum the pain may be significant during load bearing activity and may persist at rest, at night and even during daily tasks such as walking.

Stages of Bone stress injury

- 1) Bone stress response: signs of bone stress on imaging but the athlete has no symptoms
- 2) Stress reaction: sings of bone stress on imaging which causes the athlete pain.
- 3) Stress fracture: fracture in the bone develops

Common areas of bone stress injuries from running

- Femoral neck
- Anterior tibial diaphysis (shin splints)
- Navicular (mid foot bone)
- Medial malleolus (inside ankle bone)
- Talus (ankle joint)
- Big Toe sesamoid bones (under your big toe)

Risk factors for bone stress injuries

Risk factors for sustaining bone stress injuries are a sudden increase in repetitive weight-bearing loading with inadequate recovery (such as running). Altered loading patterns may increase the strain on a certain part of the body which may then lead to a bone stress injury. This is why it is important that runners have comfortable footwear and work to achieve an efficient running technique. Further risk factors include low energy availability (undereating), reduced bone mineral density and secondary amenorrhea (losing period)/hormonal

Now you know what to look out for and how to mitigate the risk of these injuries. If you or someone you know has or suspect they may have a bone stress injury get in touch to find out how we can help you manage these and get you back to running your best!

With over 130 years of collective experience working in elite sport, private practice and the NHS, Regen Physio have various clinics across the North of England.

To find out more please [click here](#)



YOUR 2023 RACE GUIDE

YORKSHIRE MARATHON | 10 MILE | RELAY

YOUR FINAL TRAINING PREP

The final countdown to the Yorkshire Marathon Festival is officially on. Those pre-marathon nerves are likely to be kicking in now. Don't worry, we want to make sure you are feeling

organised but also ready, positive and full of self-belief before race day. Here are our top tips ahead of race day.

TAPERING

Good news, your longest run before race day should be done. After this, you should begin to taper off and shorten the long runs. Reducing the number of runs now will mean you are fresher for race day.

Coopah, our official running partner for the Yorkshire Marathon Festival will be able to help with any last minute tapering advice.

GET YOUR KIT TOGETHER

What you're wearing for the marathon may be one of the last things on your mind, but it's important. Make sure your kit is fit for purpose well in advance. It's also worth training in the kit you plan to wear so you can ensure maximum comfort and minimal chafing on the day.

PLAN AHEAD YOUR TRANSPORT

It's really important that you plan ahead for your journey to York. Whether you are a participant or a spectator, leaving it until the last minute will only add extra, unnecessary stress to your race day.

Tickets are available for a number of dedicated Park and Ride services open to both participants and spectators. To find out more and to purchase your ticket, head to our travel guide.

NUTRITION

Making sure you're eating right is critical for optimal performance and marathon training. Your nutritional choices now will have an impact on your performance on the day, but also on increasing your energy levels, preventing dehydration and optimising your recovery time during your final weeks and days.

Our official nutritional partners for the event, High 5 give their top tips for on pages. Be sure to have a look!

RACE WEEK TOP TIPS

You've put in weeks and months worth of intense training for this moment, so now it's time to take a breather, relax and look forward to the big day. We've put together a checklist for you to take some of the stress out of your last-minute prep.

HYDRATE

There's a very clear link between race performance and hydration. This week, you should be making a conscious effort to drink enough water to stay fully hydrated.

FUEL UP

You don't want to run out of energy mid-race! It's time to up the carbs so you don't slip into a carb deficit. Avoid making significant dietary changes before your race. It is not the time to experiment with different foods.

GO EASY ON THE MILES

You'll want to be sure you're running less and recovering more during those final days so your legs are fresh on race day. We know it can be hard to relax pre-race, but doing so will set you up for success.

CHECK THE COURSE

It's going to be busy on race day. It's worth becoming familiar with the route (see page 34) and the Event Village now so you're aware of where you need to be, where water stations are along the route, and where the medical points are located.

CHECK THE WEATHER

Be sure to check the forecast for the big day and dress appropriately.

PACK NOW, NOT THE DAY BEFORE

Avoid the stress of last-minute packing and ensure you have everything laid out or packed up days before race day!

YOUR MARATHON TRAINING TIPS

BY  **COOPAH**

There are now less than 4 weeks to go until event day, so to help you prepare for the big day we asked our official training partner Coopah Run Coach to share their Top Tips for Race Day!

DO NOT TRY ANYTHING NEW!

This may seem obvious, but this is your reminder to **NOT TRY ANYTHING NEW ON RACE DAY!** Now is not the time to be testing out the new trainers you got from the race expo, or the new gels you never got round to trying...save that for your next race!

DON'T CHANGE YOUR GOAL ON THE START LINE

It can be really easy to get carried away at the start of the race, but it's so important to remember what you trained for and your original goal! Don't be tempted to go out a lot quicker than you planned, it may feel okay for the first few miles but chances are you will pay for it in the second half of the race. Run the race you trained for, and save that new goal for another race.



SOAK IT ALL UP!

You have been preparing for this day for a long time, so remember to enjoy it. As you head to the start line you will be surrounded by hundreds, if not thousands, of other runners who are all there for the same reason - to run! Everyone will have different reasons to run and have different goals, and thinking like that can really help to put it in perspective. It is totally normal to feel nervous, and try to remember that nerves are not a bad thing, it just means you care! And we promise, once you cross that start line all of your nerves will disappear!

**GOOD LUCK,
YOU'VE GOT THIS!**



YOUR RACE NUMBER



RACE PACK INFORMATION

The below information applies to those taking part in the marathon and 10 mile only.

Race numbers will start arriving in the post from Monday 2nd October. If you didn't seem to receive your race number in the post, you will need to collect your race number from the Race Office on event weekend. Location and opening times can be found below.

If you are taking part in the relay, you will be able to find your race number information on page.

Saturday

12:00 to 16:00 at the Exhibition Centre

Sunday

07:00 to 17:00 at Campus South

T-SHIRTS

If you are taking part in the marathon, your T-Shirt size will be included your bib.

If you are taking part in the Yorkshire 10 Mile and have purchased a T-Shirt ahead of race day, your T-Shirt size will also be included on your bib.

BAGGAGE TAG

You will need your number to use the Baggage Store



WHAT WILL I NEED MY RACE PACK FOR?

Your race pack will contain your race number with a baggage label attached to the bottom and a timing chip attached to the back.

Please fill out the back of your race number with your emergency contact information.

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.

YOUR TRAVEL GUIDE



We highly recommend planning your journey to the start line well in advance.

There will be several thousands of people travelling to York at the same time, along with a number of road closures in and around the city, so book your travel now to avoid the added stress on marathon day.

A full list of road closures can be found [here](#).



PARK AND RUN AT ELVINGTON AIRFIELD

With the support of York Pullman and Elvington Airfield, will be offering a Park and Run service for participants and spectators of the Yorkshire Marathon Festival.

This will entail regular bus services running between our dedicated parking site at Elvington Airfield, our University of York Event Village and various spectator points across the course.

This service will help settle your pre-race nerves and take the hassle out of event-day travel.

Please note that the bus journey from the parking site to the Event Village will take approximately 20 minutes.

Please allow for an additional 10 minutes to walk between the Event Village and the start-line. Tickets must be booked online by Thursday 12th October.

To purchase your ticket and to find out more [click here](#).

TRAVELLING BY CAR

Please note; there is NO event parking at the University of York or in the immediate vicinity.

EAST LOOP

For those travelling from the A64 and / or east of the city. Church Lane – Innovation Way – University Road
When using the East Loop, please use the car park situated at Helix House as a drop off point.

WEST LOOP

For participants travelling from the city centre and / or west of the city. A19 Main Street (Fulford) – Broadway – Heslington Lane.

DROP OFF AND COLLECTION POINT LOCATIONS

There will be two designated drop-off and collection points at the University of York which will be available to both participants and spectators.

It is advised that participants make arrangements for collection post-event well in advance as waiting will not be permitted.

BIKE

For anyone looking to ride to the event, there are several off-road cycle paths and on road cycles offering safe access to the University. Bike parking is widely available at the University of York and will be situated within the Event Village.

TRAIN & SHUTTLE BUS

York is one of the UK's main East Coast lines. For further information on rail travel, please [click here](#)

A shuttle bus, open to both participants and spectators will operate between York Station and the Event Village. The service will run xx and tickets will be available to purchase on the day. Priority will be given to runners pre 8.30am.

SPECTATOR BUSES

There will be a number of spectator bus services departing from Elvington Airfield and the Event Village to various points on route.

Journey durations are as follows:

Elvington Airfield – University Event Village 20 minutes

University Event Village – Stamford Bridge 30 minutes

Stamford Bridge –Dunnington 15 minutes

University Event Village – Dunnington 15 Minutes

University Event Village –City Centre 10 minutes

For more information and to purchase your ticket, please [click here](#)

LOCAL BUS SERVICES

Participants and spectators can also take advantage of the regular 66 bus service which runs from the city centre to the Event Village.

For more information visit First Bus online by [clicking here](#)

YORK CITY CENTRE PARK AND RIDE

You may want to use the York Park and Ride service. You will be able to buy your rickets in advance via the First bus app and park your car free of charge at any of the Park and Ride car parks.

For more information visit York Park and Ride online by [clicking here](#).





PARK & RUN

**TICKETS ARE LIMITED SO
MOVE FAST TO AVOID
DISAPPOINTMENT!**

**Whether you're traveling on your own, with friends
or with the whole family, we have a travel
service to suit you.**

Explore our Park and Run and spectator ticket options at:

runforall.com

MARATHON AND 10 MILE CHECKLIST

RACE DAY CHECKLIST

You've done all the training and all the preparation, so it's important you have all the essentials to run your very best race day possible.

Remembering everything you need can be a tough task, so we've put together a list to ensure an organised and smooth race day.

ESSENTIALS

RUNNING TRAINERS - Obvious one, but worth mentioning.

RUNNING CLOTHES - Bear in mind breathability is key and ensure these are designed specifically for running. Dress for the temperature at the finish, not the start.

RACE NUMBER - Remember to clip it onto your front with safety pins so you're prepared and ready to go.

WATER - Essential

SNACKS - Gels, chews, trail mix, whatever you've trained with.

COMPRESSION SOCKS - Key for reducing swelling and lower leg tiredness on very long runs.

PLASTERS - Blisters are likely.

POST RACE FLIP FLOPS - You can thank us later!

PHONE - For race day selfies of course.

SPARE CLOTHES - Depending on the temperature on the day, you may want to bring a jacket to keep you warm. Feel free to toss this aside when you start running, as we will donate it to a local charity.

EXTRAS

SAFETY PINS - Probably the number one most forgotten thing. Spare pins will also be available at the Race Office.

PORTABLE CHARGER - Always handy to have in case you need a battery top-up.

RUNNING WATCH - Ideal if you'd like to track your location and provide real-time performance updates.

CHANGE OF CLOTHING FOR POST-RACE - You can store spare clothes in our Baggage store.

LIGHTWEIGHT RUNNING VEST - Perfect for carrying everything you need while running.

POST-RACE SNACK - Carb-packed foods such as bananas, granola bars, energy gels and bagels are usually a good idea.

YOUR ON THE DAY GUIDE

RACE NUMBER

Please don't swap your race number with anyone. If you do, we won't know who to call in an emergency. Any runners we find to be doing this will be disqualified.

TIMING CHIP

Your timing chip is built into your race number, so please don't tamper with it or pierce it. This will automatically activate when you cross the start line. We'll also have a mounted clock on the leading vehicle and a clock on the finish gantry.

BAGGAGE STORE

Please use the tear-off strip attached to your race number to access the Baggage Store. Simply tie it around the handle of your bag before checking it in to the Baggage Store located in the Event Village from 7.00am.

TOILETS

Please use the allocated toilets for this event located around the campus and in the Event Village. Run For All operate a zero tolerance policy and any runners seen urinating anywhere other than the facilities provided will be disqualified.

ASSEMBLY ZONES

Both the Yorkshire Marathon and Yorkshire 10 Mile are self-penning events, which means your Assembly Zone won't be on your bib.



We will have timing flags near the start line, so please assemble near a flag which aligns with your predicted finish time. This will minimise congestion when the race begins.

WARM UP

Make sure you get to the start line at the correct time to take part in your warm up. This is a great way to get moving and ready to run. Timings for each race can be found in the schedule to the right.

CLOTHING

It is important to note that all clothing discarded at the start of the race will be collected and donated to a local 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.

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.

FOOD & DRINK

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

KEY TIMINGS

The below timings apply to those taking part in the marathon and 10 mile only.

Relay key timings can be found in the relay section.

6:00AM

Park and Run Car Park opens at Elvington Airfield.

7:00AM

Race Office and Baggage Store opens in the Event Village.

9:10AM

Official warm-up for all marathon runners.

9:25AM

Wheelchair Yorkshire Marathon begins!

9:50AM

Yorkshire 10 Mile Assembly zones open.

10:13AM

Yorkshire 10 Mile wheelchair race starts.

11:05AM

Yorkshire 10 Mile winner expected.

11:50AM

Marathon winner expected.

5:00PM

Final Park And Run service departs the Event Village back to Airfield.

6:30AM

Park and Run Services to the Event Village begin.

8:30AM

Assembly zones open for marathon runners.

9:15AM

Assembly zone closes.

9:30AM

The Yorkshire Marathon begins!

10:00AM

Official warm-up for all 10-mile runners.

10:15AM

Yorkshire 10 Mile begins!

11:10AM

Marathon wheelchair winner expected.

12:30PM

Park and Run services back to Elvington Airfield begin.

WHERE TO WATCH GUIDE

York's picturesque cobbled streets and scenic countryside location makes the Yorkshire Marathon Festival the perfect event for spectator viewing.

With so many places you'll want to visit, we've created this handy guide to help you plot your route and choose the best spot to cheer for your loved ones and fellow runners.

Do remember that we run a spectator bus service out to Dunnington and Stamford Bridge from the Event Village.

If parking in villages, please be mindful of local residents and be respectful when choosing where to park.

York City Centre 2 miles

Right in the heart of the city you'll find York Minster. Our runners pass this iconic landmark around 2 miles in to the race.

You will be take advantage of the spectator shuttle bus service which runs between the Event Village and York train station, which is only a short walk away from York Minster.

University Of York 26 miles

The finish line awaits in Heslington, spectators here play an important role in keeping energy levels up as our runners will be undoubtedly exhausted. Spur them on to cross the line with a smile on their face and to the sound of a roaring crowd.

Stockton on the Forest 6-7 miles

This idyllic village makes for a great day out on a typical day thanks to its range of family-friendly tourist attractions, but on Marathon day it is made all the more special. With around a quarter of their journey complete already, runners will pass through Stockton on the Forest and into the Yorkshire countryside. Please note that you will be able to park on common lane and walk to mile 7. You will also be able to walk easily into the village centre from this point.

**YORKSHIRE
MARATHON
APP**

**DOWNLOAD THE
OFFICIAL YORKSHIRE
MARATHON APP!**

Here they can view route maps and track your progress on route!

Stamford Bridge 13-14 miles

The turning point at Stamford Bridge lends itself to an ideal spectator site. As runners cross the half-way mark it is party vibes all round. Music and entertainment lines the course to ensure both runners and those supporting are entertained at this crucial point on the route.

Holtby

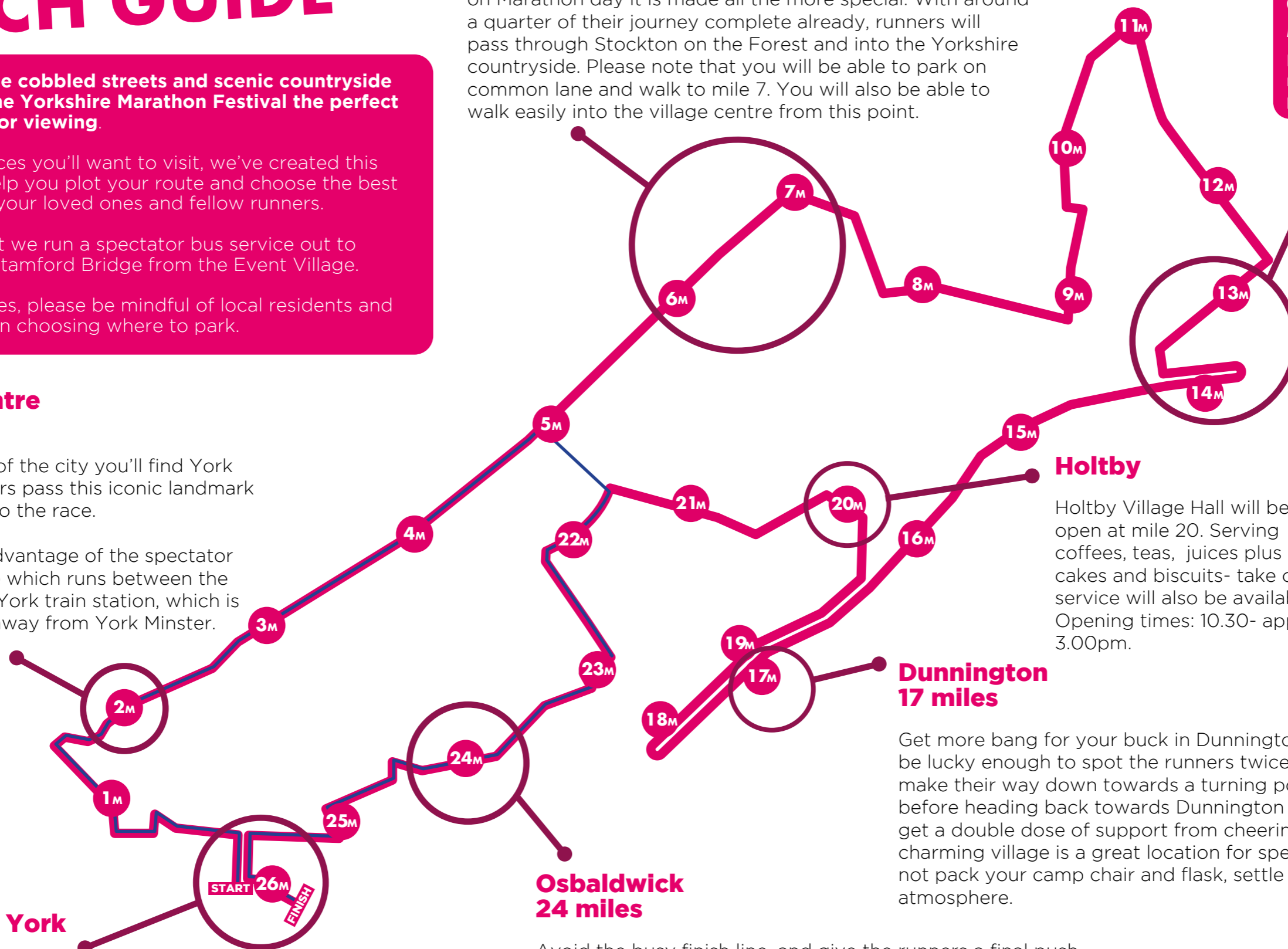
Holtby Village Hall will be open at mile 20. Serving coffees, teas, juices plus cakes and biscuits- take out service will also be available. Opening times: 10.30- approx 3.00pm.

Dunnington 17 miles

Get more bang for your buck in Dunnington where you will be lucky enough to spot the runners twice! Runners will make their way down towards a turning point in Murton, before heading back towards Dunnington - meaning they get a double dose of support from cheering crowds. This charming village is a great location for spectators too, why not pack your camp chair and flask, settle in and enjoy the atmosphere.

Osbalwick 24 miles

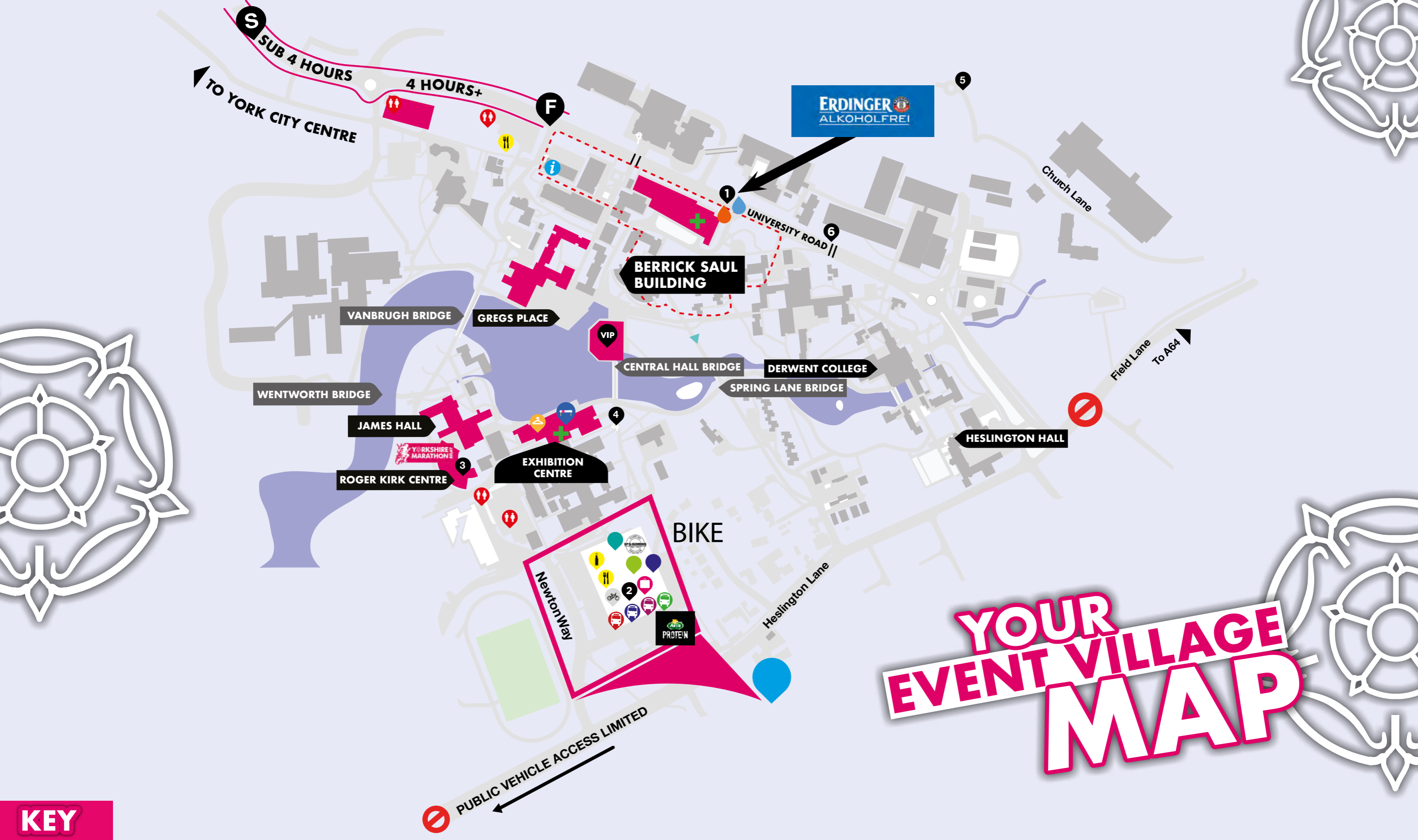
Avoid the busy finish line, and give the runners a final push of encouragement right when they may need it most. As they approach Osbalwick the runners will have racked up a lot of miles, but the end isn't upon them just yet. Help them to beat that dreaded 'wall' and to keep their spirits high. Not much further to go now!



KEY

- 10 MILE ROUTE
- MARATHON ROUTE





KEY

- | | | | | |
|-----------------------------------|-----------------------------|---------------------------------|---------------------------------|--------------|
| S Start | 5 East loop drop off | City centre bus stop | Changing facilities | Sponsors |
| F Finish | 6 Crossing point | Bus to relay change over points | Information point | Charites |
| 1 Goody bags | Baggage Store | First aid | Water station | Big Screen |
| 2 Race Office | Event Village | Bar | Erdinger isotonic drink station | Bike Rack |
| 3 Yorkshire Marathon Relay | Park & Ride bus stop | Food & drink | Regen Physio massage | Up & Running |
| Friends & family meeting point | Spectator service bus stop | Toilets | VIP Hospitality - Central Hall | |



YORKSHIRE MARATHON NUTRITION



YORKSHIRE MARATHON

If you're tackling a marathon, you will have trained hard for months to get in great shape and ready to line up at the start of those 26.2 miles. One of the critical pieces in the marathon puzzle is your race-day nutrition strategy...

The Fuelling Facts

During a marathon, more than two thirds of your energy can come from carbohydrate. Unfortunately your body is only able to store a limited amount of carbohydrate and as the miles tick by, you will deplete that store. As your carb levels fall, so does your energy, and you will find it harder to maintain your early pace. You could even hit the dreaded 'wall' — where your carb stores are so depleted that your muscles are forced to rely almost exclusively on fat as fuel.

During Your Marathon

Think of your body's store of carbohydrate as a relatively small fuel tank, that starts emptying as you start running. Your muscles use carbohydrate quickly and can easily deplete that store during a Marathon. If you provide your muscles with carbohydrate by consuming gel as you run, they will take less fuel from your carbohydrate store and it will last longer. The purpose of taking gel during your marathon is to delay the point at which you run out of fuel — until you cross the finish line.

Taking too much gel too quickly can and will cause stomach problems. By contrast, taking just a couple of gels at the 17 mile mark, as some people do, will only provide a short lived energy boost. Taking 2 or 3 gels every hour from the very start of your event is optimum and will mean that by mile 17, you should still have enough carbohydrate energy available for a strong finish.



ENERGY GEL AQUA AND ZERO

AVAILABLE ON COURSE

RACE DAY BREAKFAST

Breakfast should be light and high in carbs. Cereals, toast and porridge are good options. Drink 500ml of HIGH5 Energy Drink for additional carbs and to stay well hydrated. Take a HIGH5 Energy Bar with you to eat on the way to your race.

NOVICE RUNNERS

If you weigh more than 55kg: 15 minutes before the start take two HIGH5 Energy Gel Aqua Caffeine sachets and drink 200 to 300ml of water or HIGH5 ZERO.

If you weigh less than 55kg: 15 minutes before the start take two HIGH5 Energy Gel Aqua sachets (no caffeine) and drink 200 to 300ml of water or ZERO.

DURING YOUR RUN: take one Energy Gel Aqua sachet every 30 minutes. Wait until 30 minutes from the start of your race before taking your first sachet.

If you are on-course for a long time, try using Energy Gel Aqua Caffeine for the first 4 1/2 hours of running, then switch to standard Energy Gel Aqua (without caffeine) for the remainder of your run. Use a HIGH5 Race Belt to carry your gels.

EXPERIENCED RUNNERS

15 minutes before the start take two Energy Gel Aqua Caffeine sachets (with caffeine) and drink 200 to 300ml of water or ZERO.

DURING YOUR RUN: Take one gel sachet every 20 minutes during your run (3 per hour). Wait until 20 minutes into your race before taking your first sachet. Depending on bodyweight, there is a maximum number of Energy Gel Aqua Caffeine sachets you can take. Any additional gels you consume should be standard Energy Gel Aqua (without caffeine). Your bodyweight: Max Energy Gel Aqua Caffeine sachets:



50kg: 5 during + 2 before

60kg: 7 during + 2 before

70kg: 8 during + 2 before

80kg: 9 during + 2 before

90kg: 10 during + 2 before

If you find that 3 gels an hour is too much, try and consume as many gels as you comfortably can. Practicing using gel during longer training runs makes it easier to use on race day. You can use Energy Gel instead of Energy Gel Aqua depending on personal preference - they perform the same function.

FLUIDS

Your fluid needs will depend on how warm the weather is on race day and how much you sweat. Try to drink water or the on-course drink regularly. If you use the on-course drink, take care not to consume too much additional carbohydrate from that drink or you will need to adjust your gel intake. In very hot conditions you may need additional electrolytes. Individual ZERO tabs can be wrapped in Cling Film and carried on your run. Simply put the tab into the on-course water to make a refreshing electrolyte drink. ZERO does not contain carbohydrate.

AFTER YOU FINISH

Drink 400ml of HIGH5 Recovery Drink as soon as you finish. Drink another 400ml one hour later and eat a balanced meal as soon as possible.



CAFFEINE NOTE

Caffeinated products are not suitable for children and pregnant or breastfeeding Women. If you do not wish to use caffeine for any reason, simply follow the guidelines using gel without caffeine.



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WITH CODE **RUN4ALL2023***

*Cannot be used in conjunction with any other coupon.

DURING THE RACE

DURING THE RACE

We ask that all 10-mile runners keep to the right after setting off. Specifically, as you run out to the 5-mile split point you may well pass Marathon runners, who will be requested to stay left. The route will then merge once again with the Marathon just prior to mile 6, where it is likely if you encounter any Marathon runners, they will pass from behind on your left.

HYDRATION & FUEL

We have eight water stations on course, at around three-mile intervals, where you will be able to pick up a 330ml bottle of water. To see the exact locations for your race, please refer to the route map.

High 5 energy stations will be available at various mile interval points across the route. To see the exact locations, please refer to the route map [here](#).

RACE SUPPORT

A sweeper vehicle will travel the route at a seven-hour completion pace and roads will re-open behind the vehicle. You have the option to retire from the race and board the vehicle at any time. If you expect to take more than seven hours to complete the event, please email info@runforall.com to discuss what support is available to you.

LITTER

It's important that we leave the city and University Campus the same way we found it, and we're committed to being tidy. Recycling bins will be provided around the Event Village and on course. We ask that you use them. Bins will also be provided over the 100 metres following the drink stations 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.

PACING

Don't rush, stay hydrated, stick to your plan, and remember that low moments will come – but you can push through them! We'll have friendly pacers on course from Northern Pacing Volunteers, sponsored by Arla Protein who can help you stick to your intended finish time.

They'll have flags attached to them with finish times so you can choose the best pace to suit you.

It should feel easy in the first half of your race and then step it up in the second leg when your race really starts. If you experience low spells, stay positive and keep moving forward, tough moments pass. Go on, you can do it!

HEADPHONES

You're welcome to wear headphones - just make sure you can still hear what's going on around you! Our official headphone partner is Shokz, which use bone conducting technology to ensure you can still hear your surroundings.

TOILETS

Please only use the allocated toilets out on course. Run For All operates a zero tolerance policy – any participants seen urinating anywhere other than a designated toilet will be disqualified.

MARATHON PHOTOS

The team from Marathon Photos will be out on course and on the finish line to capture your marathon photos, so don't forget to keep smiling! Photos will be available to purchase online post event at <https://marathonphotos.live/>



PRE-ORDER
PACKAGE
£15

OFFICIAL EVENT PHOTOGRAPHERS

IF YOU WANT A PHOTO OF YOU AT YOUR BEST, A PHOTO OF YOU AT YOUR STRONGEST. IF YOU WANT A PHOTO THAT INSPIRES YOU EVERY TIME YOU LOOK AT IT - THIS IS THAT PHOTO.

KEEP AN EYE OUT ON YOUR EMAILS TO MAKE THE MOST OF THESE GREAT DEALS.

WWW.MARATHON-PHOTOS.COM



YOUR FINISH LINE AWAITS

The moment you've been waiting for is finally here. You've crossed the finish line and you're official a finisher at the 2023 Yorkshire Marathon Festival!

We know once you're across the finish line, you'll want to stop. However, we ask you please don't stop too suddenly as this can cause a danger to people behind you.

Please continue past the finish line to collect your well-deserved medal, finisher's t-shirt and goody bag of treats and take into the Event Village to show off to family and friends!

You will then make your way through finish processing, where you will be offered a cup of chilled naturally brewed Erdinger Alkoholfrei. Providing a perfect balance of B-Vitamins and minerals, this great tasting isotonic recovery drink is free from fat and cholesterol, making it the perfect way to refuel and recover as you celebrate your victory with family and friends.

Before meeting up with loved ones, we advise that you make your way to the Baggage Store to reclaim your belongings.

Soothe your tired legs with a post-run rub down. Head to the Exhibition Centre where you will find complimentary massage from our partners, Regen Physio. Head to the Event Village to catch up with loved ones and soak up the atmosphere!

Enjoy a well-deserved bite to eat. We'll have a variety caterers on site.

Many of our wonderful partner charities including our very own Jane Tomlinson Appeal will be on site in this year's Event Village - be sure to go on over and say hi.

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.



YOUR 2023 RELAY RACE GUIDE

YORKSHIRE MARATHON | 10 MILE | RELAY



Dear Relay Runner,

Thank you for entering the 2023 Yorkshire Marathon Relay. This part of the magazine details important event information and arrangements for the day. Please ensure you read it carefully.

Plan your day

Registration

Your dedicated Relay hospitality area is situated in the Roger Kirk Centre. Signage will be in place across the campus to direct you – please see the map for the location.

Hospitality in the Roger Kirk Centre opens at 7.30am. Please ensure you arrive before 8.30am to allow enough time to collect your race number, wristband, and be ready for your specific leg assembly zone meet time.

Friends and Family

Spectator points across the route and in the city centre are great places for family, friends, or colleagues to visit if they are hoping to see you in action. Please see our dedicated spectator guide in this magazine.

If you arrive back to the hospitality area and fancy watching your other runners, check out our spectator bus timetable below.

Travel

Journey Durations

University – Stamford Bridge: 30 minutes
Stamford Bridge – Dunnington: 15 minutes
University – Dunnington: 15 minutes.

Post event, there will be a paid bar in the Roger Kirk Centre which will be taking cash. This will be open from 12.30-5.00pm. You must be wearing your silver wristband to gain access to the Roger Kirk Centre and to claim your free travel.

NEVER FEAR! FREE PARK & RUN IS AVAILABLE FOR ALL RELAY RUNNERS

Family and friends travelling with you will need to purchase their park & run tickets from our website by [clicking here](#).

Here are your options:

1. Elvington Airfield Park & Run
- Complimentary Park & Run service from the official event car park at Elvington Airfield.

-Car park will open at 6:00am
- Park & Run service starts from 6:30am

2. Marathon City Centre Shuttle Bus
-Between York Railway Station and the event Village from 7:00am

We would advise getting on the earlier buses between 7:00am and 7:30am.

Please wear your silver wristbands to redeem your free travel. Wristbands will be posted to your team manager with your t-shirts during event week.

Spectator Bus Timetable

9:00am - 11:30am: Stamford Bridge (return until 1:30pm)

10:30am - 2:30pm: Dunnington

RELAY EVENT TIMETABLE

6:00AM	Park & Run car park opens at Elvington Airfield.	9:30AM	The Yorkshire Marathon and the Yorkshire Marathon Relay start.
6:30AM	Park & Run services open Elvington Airfield.		Bus 'C' departs university. Bus 'B' departs univeristy.
7:00AM	Marathon City Centre area and registration opens.	9:35AM	Bus 'D' departs university.
7:30AM	Relay hospitality area and registration opens.	9:45AM	Bus 'B' arrives at changeover point.
8:00AM	Professional team photos begin.	10:05AM	'E' runners assemble with marshals.
8:30AM	Registration closes.	10:10AM	Bus 'C' arrives at changeover point.
8:35AM	'B' runners assemble with marshals. Professional photographer leaves hospitality area.	10:20AM	Bus 'D' arrives at changeover point.
8:45AM	'A' runners assemble with marshals.	10:30AM	'F' runners assemble with marshals.
8:50AM	'A' runners led to start area.	10:30AM	Bus 'E' departs university.
9:00AM	'A' runners free to take part in the mass warm-up on University Road. Bus 'B' departs Univeristy.	10:45AM	Bus 'E' arrives at changeover point.
9:05AM	'C' runners assemble with marshals.	10:50AM	Bus 'F' departs university.
9:10AM	'D' runners assemble with marshals.	11:00AM	Brunch service starts in Corporate Hospitality Area.
9:25AM	The Yorkshire Marathon Wheelchair event starts.	11:10AM	Bus 'F' arrives at changeover point.
		12:30AM	Cash Bar at Roger kirk centre opens Park & Run buses back to Elvington Airfield.
		5:00PM	Relay Hospitality area and bar closes Last Park and Run bus departs back to Elvington Airfield.



On the day

The Start

Bus marshals and Run For All staff will be on hand throughout the morning, so please listen out for the announcements!

‘A’ runners will meet with their marshal in the Roger Kirk Centre at 8.45am and will be taken to get ready for mass warm up at 9.00am. ‘A’ runners will be filtered into the main marathon field behind Zone 2 runners in their dedicated zone. ‘A’ runners must be wearing the correct race number and have the teams ‘relay baton’ secured around their arm.

All other runners should wait in the Roger Kirk Centre until they are called to meet their marshal and will be transported to their respective changeover points around the route.

All buses will be signposted ‘Bus B’, ‘Bus C’, ‘Bus D’, ‘Bus E’, and ‘Bus F’ to correspond with each leg of the relay. The buses will be located a short walk away from the Roger Kirk Centre in the Event Village.

Buses will depart promptly at the specified times due to the strict road closures in place. Please ensure you are on time as buses will depart whether all runners are on board or not at these specified times.

Baggage

A dedicated Relay baggage store will be located in the Roger Kirk Centre, where you can leave your bags before boarding your bus.

Please take all personal belongings off the bus when arriving at the changeover points. Make arrangements for your team member (running the leg before you) to take items back to the Roger Kirk Centre. Items you need after completing your leg should be given to the team member running the leg after you, before you leave the Roger Kirk Centre pre event. You will return to campus on a different bus after completing your leg of the race.

On Route

Please obey the instructions of route marshals and police.

Traffic

Most of the route will be traffic free, although vehicles may at times be separated from runners by cones.

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.

Mile Markers

Markers will be prominently displayed at every mile and at 10K, 20K, 30K and 40K. Clear signage will also be positioned around the route in the lead up to, and at, key facilities including Relay changeover points.

Water

Runners are advised to consider the effects of dehydration and should drink fluids to compensate.

We have eight water stations on course, at around three mile intervals, where you can pick up a 330mL bottle of water. To see the exact locations, please refer to the route map.

Medical

Medical personnel will provide assistance at regular intervals around the route.

Toilets

Toilets will be located close to Relay changeover points.

Leg Distances

RUNNER	LEG MILEAGE	EXACT LOCATION ON ROUTE
RUNNER ‘A’	4.8 MILES	UNIVERSITY ROAD (START)
RUNNER ‘B’	6.1 MILES	STOCKTON LANE AT JUNCTION WITH HOPGROVE LANE SOUTH
RUNNER ‘C’	2.8 MILES	SAND HUTTON (HEADING TO STAMFORD BRIDGE)
RUNNER ‘D’	4.4 MILES	ROSTI FACTORY TURNING POINT, STAMFORD BRIDGE
RUNNER ‘E’	5.0 MILES	MURTON LANE TURNING POINT (STAMFORD BRIDGE ROAD)
RUNNER ‘F’	3.2 MILES	MURTON WAY AT JUNCTION WITH MURTON LANE

Returning Buses

‘A’, ‘B’, ‘C’, ‘D’, and ‘E’ runners, upon completing their leg of the race, will be directed to buses to return to the University. Bus marshals will be on hand to guide you to your changeover points and back to your bus. Runners must take all personal possessions with them, when leaving buses, as well as any teammates’ belongings. Lost property will be returned to the Relay Hospitality Area in the Roger Kirk Centre.

The Finish

Once you’ve finished running and have returned to campus, make sure you head back to the Relay Hospitality area in Roger Kirk Centre to collect your individual finisher goody bag and relax over brunch (served from 11.00am).

The runner on the last (glory!) leg must have the ‘F’ number pinned to their T-shirt or vest and the teams ‘relay baton’ secured around their arm. ‘F’ runners should stay on the right hand side and follow the cones and signage RETURNING BUSES for the relay finish. Marshals will be on hand to give further directions. The ‘F’ runner must hand in the ‘relay baton’ to the officials at the relay finish before returning to the hospitality area. All runners will receive a finisher medal and finisher bag when returning to the Roger Kirk Centre.

Extra Info

A photographer will be on hand in the relay hospitality area from 8.00am to 8.35am to take team photos. These can be sent to you digitally or framed and delivered to your team address after the event to display with pride! Please arrive with plenty of time to ensure that you don’t miss out on this opportunity.

Due to timings of buses taking runners to their starting points, you won’t be able to watch your teammates start. However, once you arrive back on campus you can watch the finish from a designated spectator area. Spectator buses can be found in the Event Village once you have completed your leg in the relay race in order to watch your team members along the route. Using your corporate wristband, you can access the Relay Hospitality Area as and when you wish. For more information on spectator points, please see the map on page 5. There will also be more information in the Roger Kirk Centre on race day.

Awards

Awards will be presented for the three fastest teams in each of the relay categories:

- Open
- Mixed
- Female

The winners will be announced in the week after the event and your team managers will be notified of the date, time & location of the presentations.

Please remember, if a member of your team is running 2 legs, you will be unable to qualify as one of the fastest 3 teams.



WE LOOK FORWARD TO SEEING YOU ON MARATHON DAY, GOOD LUCK & ENJOY THE EVENT!



IT'S BETTER TOGETHER!



Get your official personalised Yorkshire Marathon race memento in the event village on race day!

PERSONALISE YOUR PRINT WITH YOUR NAME & CHOICE OF FINISHING TIME OR BIB NUMBER AS A LASTING REMINDER OF YOUR RACE



A6 FRAMED, A4 FRAMED & A4 UNFRAMED PRINTS AVAILABLE TO TAKE HOME ON THE DAY!

Find us at the  stall in the event village

Celebrate that finish line feeling in style by taking home your very own personalised Yorkshire Marathon print to display with pride!

Simply visit the PBV stall before or after the race and fill in one of our forms with the details you'd like on your print - we'll then produce your memento at the stall to take home on the day.

Check out our website to order 2021 and 2022 designs now - 2023 design to be revealed soon!

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YOUR YORKSHIRE MARATHON RELAY MAP

**LEG A ASSEMBLE
AT 8:45AM**

**LEG F ASSEMBLE
AT 10:30AM**

**LEG B ASSEMBLE
AT 8:35AM**

**LEG C ASSEMBLE
AT 9:05AM**

**LEG D ASSEMBLE
AT 9:10AM**

**LEG E ASSEMBLE
AT 10:05AM**

KEY

 MARATHON ROUTE

 10 MILE ROUTE

 TIMING MAT

 MILE MARKERS

 KM MARKERS

 MARATHON RELAY CHANGEOVER

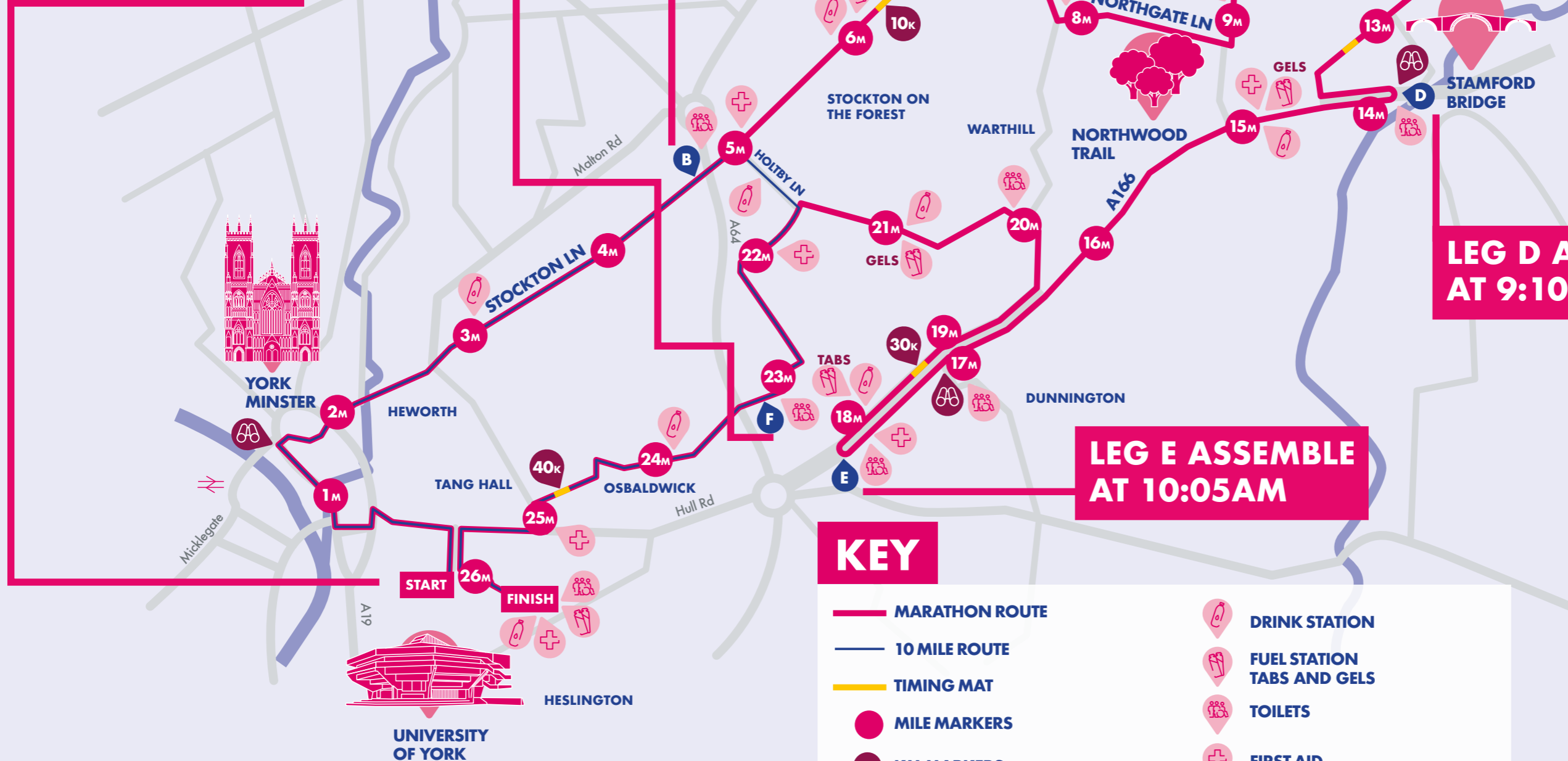
 DRINK STATION

 FUEL STATION
TABS AND GELS

 TOILETS

 FIRST AID

 SPECTATOR POINT



HARVEY'S FIRST MARATHON CHALLENGE



We are delighted to announce that Harvey Gration, the son of the late BBC Broadcaster Harry Gration MBE will be joining us at the start line of this year's very special Yorkshire Marathon.

Currently studying for his final year exams at the University of Exeter, Harvey will be returning to his Yorkshire roots to take on his very first marathon challenge. Being an experience runner but having never ran such distance before, Harvey will be running to honour his dad and raise much needed funds for a charity very close to his heart, [Myeloma UK](#).

"I'm running this year's 10th Anniversary Yorkshire Marathon for two reasons; Yorkshire, and it's people. Two things my father interminably loved, and the Yorkshire marathon entwines both.

That is why, I will be literally following in my dad's footsteps and running the 26.2 miles, 10 years after he ran the first!

Always similarly infatuated by sports,



my passion for running took off side by side with my Dad in lockdown. It is in his loving memory that I will also be raising money for Myeloma UK, a form of cancer my father had in his later years. Any donations will be hugely appreciated by the whole Gration family and Myeloma UK.

York is the centre of the 26.2-mile challenge and a city where we lived as a family and where Dad ran the inaugural Yorkshire marathon, as well as the London marathon in years gone by. He is a tough act to follow, but he will be pushing me on I know, and I look forward to sharing a special moment with the people of Yorkshire who knew him best and most lovingly.

I can't wait to get out there, and find those same feelings of deep gratitude for the marathon's warm and collective atmosphere that my father spoke of so much (and hopefully enjoy the running a bit more as well!)."

Good luck Harry, we can't wait to cheer you on across the finish line!

To support Harvey on his Yorkshire Marathon journey, please [click here](#).

Run for good with JustGiving

Celebrating the 10th Anniversary of the Yorkshire Marathon by running for a cause you love? We're here to help you get ready for the big day. Here are our top tips for raising more for your chosen charity.



Personalise your page

Tell visitors exactly what your cause means to you.



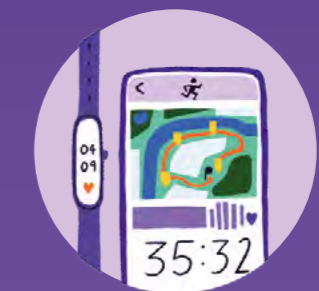
Set a fundraising target

Don't be afraid to aim high!



Share your page on social media

Get more eyes on your page.



Connect a fitness app

Connect your page so supporters can follow your progress.

Raise money for a cause close to your heart.

Create your page at www.justgiving.com

JustGiving™

YOUR YORKSHIRE MARATHON APP

TRACK YOUR FAVOURITE RUNNERS AND MORE!

Don't forget to download the official Yorkshire Marathon app! Whether you're a runner or spectator, this app will help you ensure you're 100% ready for the big day.

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

Download on the
App Store

Available on the
Google Play



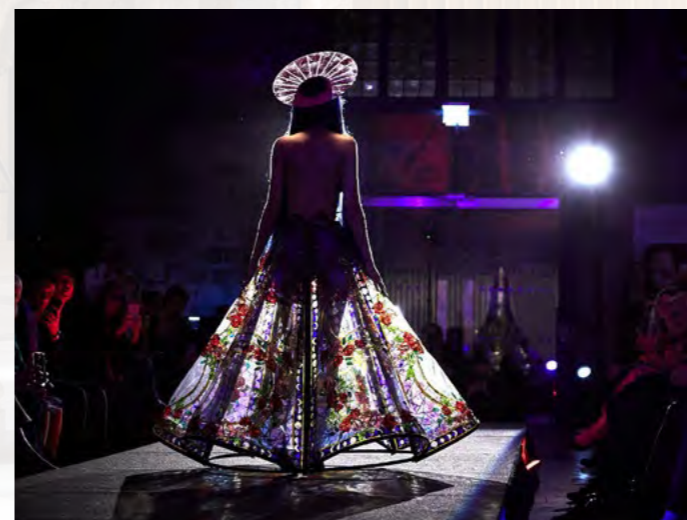
FOR MORE INFORMATION GO TO
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**Planning an event is a marathon,
*not a sprint***

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MARATHON ENTHUSIAST, ROB DEERING Q&A

Guitar playing stand up comedian Rob Deering is looking forward to tackling his 9th Yorkshire Marathon! A keen marathon runner and Parkinson's UK Champion of Running, Rob has raised over £150,000 for Parkinson's UK. He and fellow comedian-runner Paul Tonkinson host the popular podcast Running Commentary, which they record while they run.

Rob's book "Running Tracks - The Playlist And Places That Made Me A Runner" features the Yorkshire Marathon, and half of Rob's profits from the book go to Parkinson's UK.

1. How did you get into running?

In my mid-30s I made quite an effort to get fit. At first, I was doing all kinds of things, but I enjoyed running most, and when I discovered the joys of running outside, listening to music, my life was changed forever.

3. What do you love most about the Yorkshire Marathon?

It's beautiful country - but easy underfoot - there's a great atmosphere, and the weather is often autumn perfection. The year it poured with rain all day was beautiful too, of course...



2. In which year did you run your first Yorkshire Marathon?

2014 - the second one I think. It was wonderful - chilly and foggy til I'd run about half way, clearing to beautiful sunshine. I got my Marathon PB - 3.14.07.

I should think that will stand forever now!

4. What does your running schedule usually look like?

I run about thirty miles a week - long-ish slow runs Monday-Thursday, often road-testing tunes for my Running Tracks Radio Hour or chatting with Paul Tonkinson for Running Commentary, then a speedy parkrun on a Saturday, wherever I've woken up after doing a stand-up show on the Friday night.

I'm lucky to have lots of time to run, and I get to run with friends - or my lovely wife - or spend time alone with my music, going long and slow or flat out and frantic.

5. Can you tell us more about why you run for the charity Parkinson's?

My dad Barney, who died in 2019, lived with Parkinson's for something like the last 20 years of his life. As soon as he was diagnosed, he started volunteering for his local branch of Parkinson's UK. I'm in a unique position where I can raise funds and awareness through running, stand-up comedy and general knowledge quizzes on TV - I've won the Weakest Link for Parkinson's UK, and Mastermind - twice! It's so great to be able to turn all this fun stuff that I love to do into something worthwhile.



6. Any race day top tips you'd like to share?

Two things: first, try not to stress too much on the start line - you've got this. Once you start, you'll travel maybe ten miles plus before any of the stuff you're worrying about matters, so stay cool and go steady.

Secondly, the Yorkshire Marathon starts and ends with a little hill; don't let it make you head off too fast at the start, and don't let it stop you at the finish!

Did you hear about the squash ball that ran a marathon?
It hit the wall

What did the angler do in the days leading up to the marathon?
Carp loaded

Did you hear about the zen Buddhist who did a marathon?
They were running it for clarity

What type of potatoes are most useful in a marathon?
Timing chips

**MARATHON
JOKES**
by Rob Deering



EVENT DAY

ENTERTAINMENT

Spectators and runners will be able to enjoy a selection of some fantastic local entertainment on route and in the Event Village.

Head to our route map to see where they will be situated. Be sure to check them out!



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PIPE BAND**



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CHOIR**



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JAMBO**



**ROCK
CHOIR**



**THE BLACK
MARKS**



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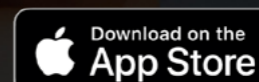
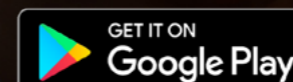
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The SHOKZ logo is displayed in white text on a black rectangular background in the top left corner.A gold-colored circular seal with a serrated edge. Inside, the text "Race Approved" is at the top, a small dot is in the center, and "Headphones" is at the bottom.A woman with dark hair tied back is shown in profile, looking forward. She is wearing a light blue athletic jacket and red SHOKZ OpenRun Pro bone conduction headphones. The background is a soft-focus outdoor scene with trees.

Open ear design

Bone conduction sport headphones

OPENRUN PRO

· Safety · Comfort · Stability · Hygiene



YORKSHIRE'S PRAM MAN

JOHN BURKHILL

One of Yorkshire's most famous fundraisers, John 'the man with the pram' Burkhill, is all set to take part in his eighth Yorkshire 10 Mile race.

John, 84, from Handsworth, South Yorkshire has been an iconic figure across the Run For All events calendar, joining us in York, Sheffield and Leeds on many occasions over the years.

John has been fundraising for Macmillan since 2007 when he initially set a target of £250,000 for the charity. His attention soon turned to the 'magic million' mark in 2013 after reaching a quarter-of-a-million pounds.

Inspired by the loss of his wife June to cancer just a year after having lost their daughter Karen during a routine procedure, John has partaken in 1,038 races in his life – pushing his late daughter's pram along the way and collecting donations.

Wearing his green wig and sporting a giant foam hand, John has brought a smile to people's faces wherever he goes.

John was chosen to receive the British Empire Medal for his services to charity in 2013 and a second bar for the medal was awarded to John in 2021. He also received the Douglas Macmillan award for his services to Macmillan Cancer Support in 2013 and was recognised with a British Citizens Award for services to charitable giving in January 2023.

And, despite reaching his dream target, John has no plans to slow - his fundraising journey continues!

Good luck John, we can't wait to see you on race day.



LAST YEAR'S FESTIVAL CHAMPIONS

YORKSHIRE MARATHON

Benard Bosuben was the winner of our 2022 Yorkshire Marathon, snapping up first place in a time of 02:22:56, just 9 minutes and 21 seconds shy of our Yorkshire Marathon event record set in 2013 by Edwin Korrir.

He was ecstatic to take the gold with it been his very first Yorkshire Marathon race.

Benard is set to join us again this year, will he take home the title for the second year running or will someone else be crowned winner of the 2023 Yorkshire Marathon?! Watch this space.

Samantha Antell was crowned our female champion of the 2022 Yorkshire Marathon. Samantha crossed the finish line in a time of 02:54:21 – just over 14 minutes shy of the Yorkshire Marathon female course record set by Helen Koskei in 2013.

Who will take home 1st place in our female Yorkshire Marathon field this year?

YORKSHIRE 10 MILE

Kieran Walker was crowned winner of the 2022 Yorkshire 10 Mile, crossing the finish line in a time of 00:50:58. Kieran was only 43 seconds of the Yorkshire 10 Mile set in 2017 by Dominic Shaw!

Will Kieran regain his title or will we someone else cross the finish line first?!

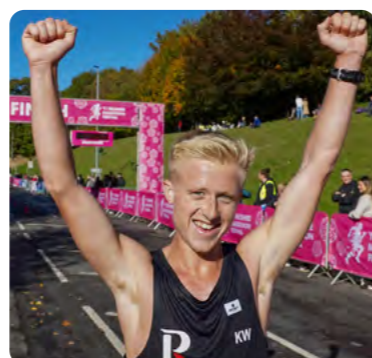
Faye Birkby took 1st place in last year's Yorkshire 10 Mile, crossing the finish line in a time of 01:00:12, just 1 minute 16 seconds off the course record set in 2019 by Sharon Barlow. Let's see who takes 1st place in 2023!



Benard Bosuben



Samantha Antell



Kieran Walker



Faye Birkby

YORKSHIRE MARATHON FESTIVAL RECORDS



EDWIN KORRIR



HELEN KOSKEI



BRET CROSSLEY



JADE JONES



TIAAN BOSCH



HANNAH COCKROFT



DOMINIC SHAW



SHARON BARLOW

Yorkshire Marathon

Male

Edwin Korrir: 02:13:41 2013

Female

Helen Koskei: 02:40:06 2013

Yorkshire 10 Mile Wheelchair

Male

Tiaan Bosch: 00:43:04: 2021

Female

Hannah Cockcroft: 00:44:50: 2017

Yorkshire Marathon Wheelchair

Male

Bret Crossley: 01:45:16 2017

Female

Jade Jones: 02:05:57: 2016

Yorkshire 10 Mile

Male

Dominic Shaw: 00:50:15: 2017

Female

Sharon Barlow: 00:58:56 2019

COURSE RECORDS





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www.york.ac.uk/study/visit

YOUR YORKSHIRE MARATHON APP

TRACK YOUR FAVOURITE RUNNERS AND MORE!

Don't forget to download the official Yorkshire Marathon app! Whether you're a runner or spectator, this app will help you ensure you're 100% ready for the big day.

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



Download on the
App Store



Available on the
Google Play



FOR MORE INFORMATION GO TO
runforall.com



KIT GUIDE

When gearing up for a big event, whether it be a 10-mile race or a full marathon, choosing the right kit can impact your performance and comfort. To step up to the start line feeling race day ready, here are a few of our do's and don'ts when choosing your kit.

Do run in your chosen kit BEFORE race day: testing out your head-to toe kit gives you plenty of time to find the perfect clothing for a distraction-free run. From t-shirts and leggings to running vests and socks, get kitted out and give them a try.

Don't try something new on race day: you may have heard this one before, the golden rule of race day

is to stick to what you have practiced. When it comes to nutrition, clothing and footwear, if you have found a combination that is comfortable and keeps you feeling good through the miles, stick with it on race day to help avoid any unexpected discomfort.

Don't neglect a nutrition plan: just like your footwear and clothing, proper nutrition is a key part of your race day kit. Practising with gels, energy blocks and electrolytes will help you achieve the right balance of fuel to keep you feeling fresh whilst avoiding an energy crash on the day.

Follow these guidelines and you'll be well prepared to conquer the distance and achieve your best performance on race day! Good luck!

CLOTHING



Ronhill Women's Tech Goldenhour Tee

[CLICK HERE](#)



Brooks Women's Method 7/8 Tights

[CLICK HERE](#)



Brooks Men's Short Sleeve Tee

[CLICK HERE](#)



Brooks Men's Notch Thermal Hoodie

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ACCESSORIES



The Ultimate Performance Fitbelt

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Shokz Openrun Bluetooth Headphones

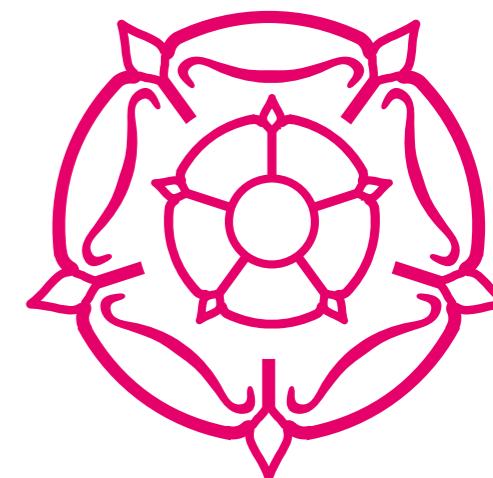
[CLICK HERE](#)

FOOTWEAR



Asics Cumulus 25 Men's Running Shoes

[CLICK HERE](#)



GOOD LUCK TO THE RUNNERS OF YORKSHIRE



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

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



STRENGTH COMES FROM WITHIN

FEED YOUR
DRIVE WITH
ARLA PROTEIN

MEET YOUR PACERS



Northern Pacing Volunteers will be helping you achieve your race day goals. The team have supported the Yorkshire Marathon Festival since the very start so we can't wait to welcome them back to the start line once again.

Founded in 2015, NPV was inspired by the values and examples set by the late, great Leeds running legend Terry Midgley who always supported runners of every ability to achieve their own personal targets.

Running with a pacer can be a great way to make sure you have a fantastic race day experience. Thanks to their extensive

running experience, the pacers know when to take it slow and when to push on and they often have helpful tips or words of encouragement.

It will be easy to spot them in the start pens, as they will be wearing big Arla Protein flags on their backs.

Find the flag with the finish time you want and then run alongside the pacer wearing that flag to finish the course in your goal time.

Thank you, pacers, for all your dedication and hard work!



LEO TSANG PACER PROFILE

"I am Leo Tsang and I will be volunteering as the 3:30 pacer in the Yorkshire Marathon Festival this year for the Northern Pacing Volunteers (NPV) group. I am honoured to have been invited to participate in this year's event, especially with it being the 10th anniversary of the Yorkshire Marathon which makes it even more special.

Personally, I have only got into running in 2018 and I have lots of memories of myself following pacers around in various events over the past few years, achieving some good results

I was lucky enough to be introduced to the NPV in the beginning of 2022 and since then I have volunteered at a few Run For

All events as a pacer, including both the half marathon and the 10K.

Volunteering as a pacer is such a unique experience for me, doing what I love the most which is running; while contributing to the running community and helping others achieving their goals is so rewarding.

All the cheering from the crowd along the route and all the nice words I get after crossing the finish line is an encouragement for me to keep my volunteering work going.

I wish all the best to every participant taking part in this year's 10th Anniversary Yorkshire Marathon Festival. See you at the finish line!"

MARATHON

PACER TIMES

- 3 HOURS 15 MINUTES
- 3 HOURS 30 MINUTES
- 3 HOURS 45 MINUTES
- 4 HOURS
- 4 HOURS 30 MINUTES
- 5 HOURS
- 5 HOURS 30 MINUTES
- 6 HOURS

***2 PACERS PER TIME**

"The 2023 Yorkshire Marathon will be my third consecutive year pacing the 5h30 runners with my pacing buddy Emma, and I'm delighted to be back on the course again helping hard-working marathoners to achieve their race goals.

I love marathons, and when a friend saw me support a running club buddy to a personal best time, he suggested I join the Northern Pacing Volunteers. Yorkshire Marathon 2021 was my first time ever running with a pace flag, but I'd run 26.2 miles more than 20 times before and was confident I could stick to the time whilst encouraging those around me to keep going.

Friends joke that I'm a metronome, good at getting into a running rhythm and sticking to it no matter what, so this was the perfect job for me. That first year the biggest issue was working out how to have a wee on route. The tall flag is not compatible with the portaloos on the



EVE HART PACER PROFILE

course! I made it though and am still in touch with the runners who ran with me then.

Pacing is a big responsibility but also a huge privilege. I wear a bracelet which does the maths for me so I know I'm on time, and shout regular updates to the crew around me so that they can be confident we're going to hit their target.

I love chatting to people about their reason to run and spotting charity vests, distracting people so the miles melt away. Some runners stick with us from the beginning to the end, and others have gone off a bit faster and are walking when we see them. There's no better feeling than getting someone going again when they think their event is over, and there are usually some teary hugs at the finish line!

2023 will be my 36th marathon and I'm looking forward to sharing it with some brilliant runners. Going for a 5h30 finish? We've got you, come and join the pacing party!"

10 MILE

PACER TIMES

- 1 HOUR 5 MINUTES
- 1 HOUR 10 MINUTES
- 1 HOUR 20 MINUTES
- 1 HOUR 25 MINUTES
- 1 HOUR 30 MINUTES
- 1 HOUR 35 MINTUES
- 1 HOUR 40 MINUTES
- 1 HOUR 45 MINUTES
- 2 HOURS

THANK YOU EVENTEERS



The Yorkshire Marathon Festival simply wouldn't happen without the support of our incredible Eventeers. Our volunteers play an instrumental role in the success of the Yorkshire Marathon Festival and their impact is felt far beyond the start line on race day.

From handing out water on course, to giving you your medal on the finish line, our amazing eventeers are with you every step of the way. Over the last ten years, we've had so many amazing volunteers from groups such as: Derwent Lions, Good Gym York, Leeds Beckett University, Rotary Club of York, Minster Lions of York, Chapel Allerton Runners, York parkrun, North Yorkshire Police Cadets, York Centurions, University of York Sports Team and York St John University.

To each and every person who has supported the festival since 2013,
THANK YOU.

"York Rotary (yorkrotary.co.uk) is delighted to again assist with the left luggage in this year's Marathon.

This is one of a number of events the club has supported for several years, including the York 10K and the York Triathlon; in addition our Dragon Boat Challenge on the Ouse each July raises some £90 000 annually for York charities.

York Rotary is a friendly all-gender club of around 70 members who very much welcome new members to join us



in charitable support fundraising, as well as in informal social events (fun!). We are part of the world-wide Rotary movement with some 1.4 million members; clubs have no political or religious affiliations. One of the movement's major aims, which is now almost achieved, has been the complete eradication of polio throughout the world.

We wish all runners in this year's event every success."

**Mike Hay, President Elect
York Rotary**



"The Beavers, Cubs and Scouts from 1st Marston Moor had an absolutely fantastic time volunteering at the York 10k!

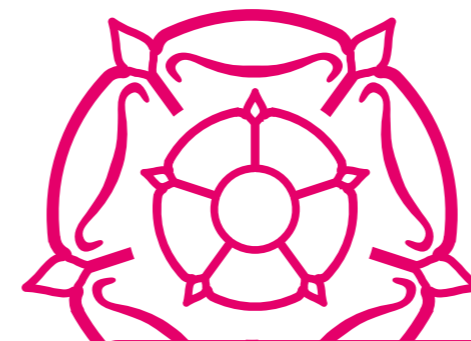
After giving out high-fives as runner crossed the start, we helped with the handing out of goodie bags, water and t-shirts on the finish line. Whilst it was a busy job for the Young People, they got stuck in and really enjoyed it.

Although both the runners and the Scouts experienced a tiring day, there really was full engagement, with both groups appreciating the other's commitment

We are looking forward to getting involved again at this year's Yorkshire Marathon Festival to help support the event organisers and all the wonderful people running and fundraising for such worthwhile causes."

**David Greenwood
Beaver Scout Leader**

**1st Marston Moor Scout Group
Harrogate and Nidderdale
District Scouts**



HOW TO VOLUNTEER

Feeling inspired or know someone who might like to volunteer at next year's Yorkshire Marathon Festival or at a future Run For All event?

We are always looking for new, enthusiastic volunteers to join our Eventeers team.

Simply email eventeers@runforall.com to register your interest. Feel free to mention any particular events you would like to work at and the roles that interest you.

Thank you for considering to volunteer, we'd love to have you on the team!



RUN FOR ALL 2024 EVENTS

LEICESTER 10K

03.03.24

SHEFFIELD
HALF MARATHON

07.04.24

CITY OF LINCOLN 10K

14.04.24

Recipharm
GEAR 10K

05.05.24

LEEDS
HALF MARATHON

12.04.24

ROB BURROW
LEEDS MARATHON

12.04.24

HULL 10K

09.06.24

ALI BROWNLEE 5K

16.06.24

LEEDS 10K

23.06.24

DERBION
ROMATHON

30.06.24

YORK 10K

04.08.24

MIDDLESBROUGH 10K

01.09.24

Larking Gowen
IPSWICH
HALF MARATHON

22.09.24

SHEFFIELD 10K

29.09.24

SIGN UP FOR OUR 2024 EVENTS

runforall.com

BBC RADIO York

wishes

GOOD LUCK

to all of this year's runners



Listen live and listen again

FM | DAB | 



OUR 2023 OFFICIAL PARTNER CHARITIES



St Leonard's Hospice

Wishing all our runners and everyone taking part in the Yorkshire Marathon and 10 Mile the best of luck!

St Leonard's Hospice is a leading provider of palliative and end-of-life care across York and North Yorkshire. We are here to help and support anyone living with a life-limiting illness, and those they care about, at our Hospice, in patient's homes and across our community. We also provide bereavement support for anyone dealing with grief.

Our care is always provided free of charge, but it is not free to provide. We need to raise nearly £8 million a year to run all our services, so we rely on the generosity of people like you. Your support really does make a difference. Thank you.

We are so lucky to have so many incredible charities working in partnership with the Yorkshire Marathon Festival to motivate our runners, boost the fundraising efforts on the day and create an amazing atmosphere along the route and in the Event Village.

Be sure to pop over to check out all of the charity stands on race day, there'll be so excited to see you!



The Jane Tomlinson Appeal

Celebrating 20 years of the Jane Tomlinson Appeal, which helps children to be happier and healthier and improves the lives of people living with cancer.

Thank you to everyone who is taking part in the Yorkshire Marathon and raising funds for the Appeal to enable us to continue Jane's legacy, we cannot do this without your amazing dedication and support.

Good luck, enjoy the event and the Appeal team look forward to meeting everyone on the day.



20th Anniversary Challenge - to find out more [click here](#)



Macmillan Cancer Support

"At Macmillan, we know that the number of people living with cancer is rising, and by 2030 we estimate that in North Yorkshire alone, over 70,000 people will be living with cancer. Macmillan has committed to be there for everyone who needs us, from the moment they receive their cancer diagnosis. We want to help them find their best way through and help everyone live life as fully as they can.

With the help of our amazing supporters, we hope to raise over £40,000 at the Yorkshire Marathon this year, to help provide vital services to those who need it most. We are proud to be a part of such an exciting event and cannot wait to see all of our 154 Team Macmillan runners out in their green finery, taking on the streets of York!"



Age UK

Thank you to all those supporting Age UK York and to you for taking an interest in reading more about us. Age UK York is a local charity and we exist to support older people and those around them. We support thousands of people across York and surrounding communities each year through a wide range of services. These include assisting older people experiencing financial hardship through our money and benefits advice team, to helping someone resettle home after a stay at hospital to helping older people and their pets to stay together in the event of a personal emergency.



Mind York

"York Mind is a leading local provider of services supporting individuals recovering from mental ill-health to achieve outcomes that will progress them towards recovery. As an independent charity, we could not continue to run our vital services without the support of our amazing local community fundraisers and supporters.

All of those running the Yorkshire Marathon this October in support of Team York Mind are helping us to continue the fight for better mental health in and around the city.

We want to take this opportunity to say a great big thank you to all of our runners for their hard work, commitment and dedication -We wish everyone the best of luck with their training and fundraising efforts in the lead up to this event, and we can't wait to be there on the day to cheer them all across the finish line!"

Each day we are part of someone's story. This is only possible thanks to the kindness of our supporters and our staff and volunteers. A huge thank you to our runners taking part in the Yorkshire Marathon - our first ever year - and if you would like to get involved and be part of our team and help make possible what we do please do email fundraising@ageukyork.org.uk and you can find out more online at www.ageukyork.org.uk

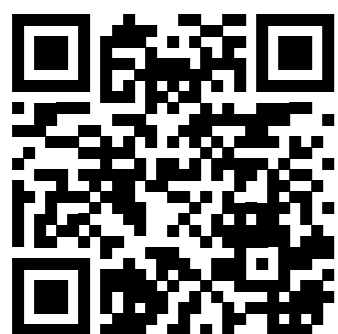
JANE TOMLINSON APPEAL



Improving lives

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

Find out more



**ROB BURROW
LEEDS MARATHON**

In Partnership with **Clarion**
12.05.24

ENTER AT
runforall.com

RACE DAY HEROES

Read more about some of the amazing stories behind the participants who will be lining up on this year's Yorkshire Marathon Festival start line.

The McCormack Family

The McCormick family, with roots in York, will be running this year's Yorkshire Marathon Festival to raise much needed funds for Prostate Cancer UK, a charity very close to their hearts.

Following a prostate cancer diagnosis of Grandad McCormick back in 2012, Dad Andy set himself the challenge to complete one 12 marathons across the course of a year – one every month.

Fast forward ten years to 2022, Andy himself was presented with his own Prostate cancer diagnosis. A keen runner, footballer, runner and cyclist, the diagnosis provided a huge shock to the family.

Flying the flag for the Yorkshire Marathon weekend in 2022, it was then that Andy decided to tell everyone outside of the family about his cancer diagnosis. Living in Spain, Andy ran the Yorkshire Marathon virtually.

After 7 months of treatment at St James' University Hospital in Leeds, Andy received the phone call they'd all been waiting for, the cancer had been successfully removed.



Andy's daughter, Gracie said: "My dad, his wife Gill, my sister and two brothers as well as their partners and children are all taking part in the Yorkshire Marathon Festival. Some of us will be doing the full marathon, some 10 miles and for the kids (and those of us that are seriously unfit) we will be doing the York parkrun the day before. We need to spread this message and raise as much money as we can for Prostate Cancer UK.

The charity has a simple ambition, to stop men dying from prostate cancer. Through shifting the science over the next 10 years to focus on radical improvements in diagnosis, treatment, prevention, and support, we will stop prostate cancer being a killer.

And finally a message to dad from us four: Dad we love you, we're so proud of the way you handled everything that was thrown your way, you're an inspiration and truly are the strongest person we know!"

To support the McCormick family and to find out more [click here](#)

The Ellie Kempley Scholarship

Benjamin Kempley, originally from Yorkshire but now living in Paris has managed to recruit a team of 33 friends and family to join him at this year's Yorkshire Marathon.

Running in honour of his late sister Ellie, Ben and team will be fundraising for the Ellie Kempley Scholarship for the Maria Montessori Institute.

Benjamin said: "My younger sister Ellie died, without warning or reason, from SADS (Sudden Arrhythmic Death Syndrome) on September 16th 2022. She was 23. Shock, sadness, disbelief, regret, and anger have defined the time since. Grief is all the love you want to give, but now can't - and my family and I loved Ellie beyond imagination.

We have since been searching for ways to express that love. It is therefore with great excitement that we decided to establish a scholarship in her memory at the Maria Montessori Institute.

The MMI is a registered charity which promotes the educational approach first developed by Maria Montessori. They offer a variety of courses, but when Ellie passed away, she was mid-way through an AMI Montessori 3-6 Diploma (<https://www.mariamontessori.org/training/teacher-training/3-6-years/>)

She hugely enjoyed, and thrived in, her first year of study and was destined to be a wonderful teacher. She was incredibly passionate about children, had graduated from Manchester Metropolitan University in Childhood Studies, and had worked part-time at Rigg Farm Montessori Nursery.



From 2023 onwards, the Ellie Kempley Scholarship intends to cover the full tuition of a student, or students, through the course that Ellie was unable to finish. It was always her dream to educate, inspire, and care for young people. By sponsoring teachers in her honour, we can do just that.

For our first ever fundraising event, we decided to take on the fantastic Yorkshire Marathon - a race extremely close to home. We have recruited a team of 33 friends and family, pictured below, to run on Ellie's behalf. They have been training for over 10 weeks, in countries ranging from Australia to Sweden to Japan, in anticipation of the event. Some are seasoned runners; some run from time-to-time; and some are complete beginners. All are extremely brave!

Our goal is to raise over £10,500. We would therefore be incredibly grateful for any donations - little or large - to our cause. Please follow this link - gofund.me/ba0fd3b0 - to help us reach our goal!"



RACE DAY HEROES

Rebecca Bagguley

Rebecca Bagguley, based in Staffordshire will be travelling north in October to complete her very first 10 Mile race.

Having only run a 5-mile race so far, Rebecca suffers from chronic fatigue syndrome/ME and finds running a real challenge. Rebecca wants to prove to herself that she can push herself both physically and mentally. A fitting race for Rebecca, she watched in admiration of Jane Tomlinson's achievements and bravery so to cross the finish line will be a proud moment for her.

"10 years after being diagnosed with chronic fatigue syndrome/ME I joined my local running club, Silverdale RC, having seen the support given to a club member at a local parkrun celebrating their 50th milestone event.

Becoming part of the running community has been a life changing experience for me and I have made some special friends and found inspiration from so many people along the way.

Whether they have been running for years, they are new to running like me, they are running for a friend (Kevin Sinfield comes to my mind) or they are like Jane Tomlinson who defied the odds with her incredible achievements whilst battling health problems. This year I decided to challenge myself by completing the 7 in 7 challenge to raise money for MND, run my first ever 10K race in Manchester as part of the



20th anniversary celebrations of the Commonwealth Games and complete my first ever 10-mile race at the 10th anniversary of the Yorkshire Marathon Festival.

I am really proud of my running journey and what I have been able to achieve, particularly as I am also trying to manage my chronic fatigue syndrome/ME, although I have to admit that I have found it really physically and mentally challenging and I have had many conversations with myself whilst out on training runs wondering what I am doing to myself!

However, I would encourage anyone to sign up to an event and not be intimidated by the word 'running' like I used to be – just think of it as putting one foot in front of the other to get from one place to another instead! I'm looking forward to getting to the start line in York on the 15th October and adding another medal to my collection!"

Good luck Rebecca, we know you can do this!

Caroline to run in memory of sister, Ruth

Caroline Ambler, originally from Yorkshire but now living in Jersey, will be taking part in the Yorkshire 10 mile in memory of big sister, Ruth who died in St Leonard's Hospice, York on 20th November 2022.

For what is set to be Caroline's first ever running race, Caroline has gradually built up her running schedule through the Couch to 5K running programme which she did from April to June this year, culminating to her first parkrun event.

"I am taking part in the Yorkshire 10 Mile to raise money for Hospice UK - I am looking forward to running in the city where I went to school and where my sister spent her final days.

I am looking forward to running in the city where I went to school and where my sister spent her final days. I am also running in memory of my sister Ruth - I can constantly hear her voice encouraging me. Ruth was supremely positive in the face of the greatest adversity and I miss her every day.

I have first hand experience of the amazing work which hospices do when my big sister, Ruth, died in St Leonard's Hospice, York on November 20th, 2022.

Ruth spent the last four days of her life having her pain managed by wonderful doctors and nurses, they gave her dignity, support and a feeling of calm and safety in her final days. The support which my brother, Christopher and I were given felt as if there was a caring arm around our shoulders and that support continued in the days, weeks and months after Ruth's death.



Hospice UK is the national charity working with the government and NHS to ensure our 200+ local hospices can survive and thrive in these challenging financial times. Hospice UK is there for children, adults and families going through death, dying and grief.

Currently, one in four UK families can't get the care they need and deserve when their loved one is dying. This needs to change. It takes £3 million every single day to keep our local hospices open, two-thirds of this comes from people donating and fundraising in their communities."

Good luck Caroline, we will be cheering you on at the finish line! To support Caroline on her fundraising journey, [click here](#)

YOUR MUSIC PLAYLIST



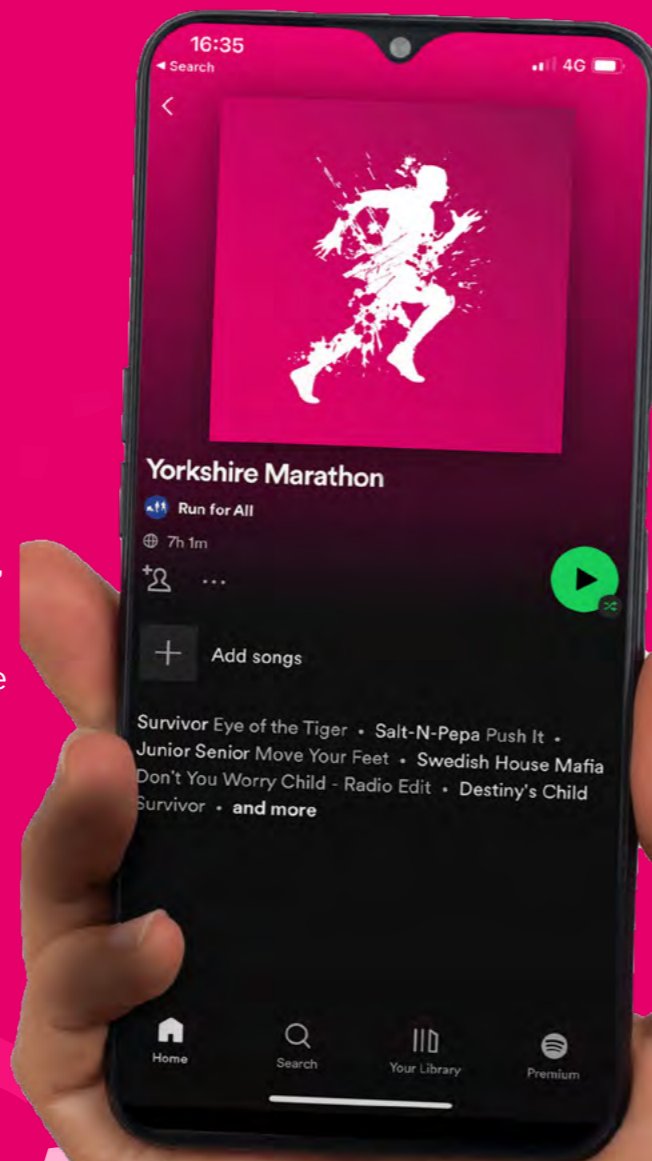
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We made an official tried and tested running hits? With the help of you guys, we've made an official Yorkshire Marathon playlist to help you stay motivated during training or on the big day.

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A graphic for a 'Run for All Boro Duo' event. It features a red shield on the left side, partially overlapping a tree. The text 'RUN FOR ALL' is at the top in white, bold, sans-serif font. Below it, 'BORO' is in a very large, white, bold, sans-serif font, and 'DUO' is in a slightly smaller, white, bold, sans-serif font. The background is a photograph of a tree with green leaves.

RUN FOR ALL
BORO
DUO

A group of runners are participating in a triathlon, running along a red dirt path that runs alongside a river. The runners are wearing various athletic gear, including tank tops, t-shirts, and shorts, and many have race bibs pinned to their chests. In the foreground, a male runner in an orange tank top with bib number 3191 is running towards the camera. To his right, a female runner in an orange tank top with bib number 22047 is also running. Behind them, a large group of other runners are visible, some in blue, green, and yellow shirts. The path is bordered by a black metal fence on the right side, which separates it from the river. The background shows lush green trees and foliage. A blue banner with the text "SIGN UP HERE!" is overlaid on the top left corner of the image.

MIDDLESBROUGH 10K

16.06.24

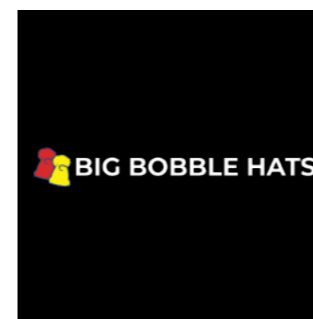
01.09.24

SIGN UP HERE!



12.05.24

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