



NOTTINGHAM 10K



YOUR RACE GUIDE

COURSE INFO | FIND YOUR NEXT CHALLENGE | DAY TIMETABLE & MORE!

ALL PROFITS FROM RUN FOR ALL WILL GO DIRECTLY TO THE JANE TOMLINSON APPEAL.
ALL ENTRANTS ARE ENCOURAGED TO FUNDRAISE FOR THE CHARITY OF THEIR CHOICE.



WELCOME TO THE 2022 NOTTINGHAM 10K

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

The wait is nearly over. After weeks of training runs, the Nottingham 10K is just a few days away on Sunday 22nd May.

We can't wait to see you on the start line.

Read on to find out some key information that will help you prepare for the big day.

In the meantime, don't forget to tag us in your training pictures on social media using #Nottingham10K

We'll see you on the start line.



**University of
Nottingham**

UK | CHINA | MALAYSIA

In partnership with the University of Nottingham

A BIG THANK YOU!

TO OUR RUNNERS

We are expecting to raise a huge sum of money for local charities, big and small thanks to the incredible support of runners like you. On behalf of all the charities involved, **THANK YOU**.

Whatever your reason for running with us, whether it's for fun, for charity or to smash a PB thank you for choosing to run with us.

TO OUR VOLUNTEERS

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

All the finish line smiles and money raised are the product of their hard work. Some of our fantastic volunteer groups include Nottinghamshire Army Cadets.

Jane Tomlinson's Run For All

Run For All is part of the lasting legacy of the late amateur athlete and fundraiser Jane Tomlinson CBE.

At Run For All, we continue Jane's vision, to provide a fundraising vehicle for a huge number of local and national charities.



PLAN YOUR DAY

The 2022 Nottingham 10K is nearly here.

The wait is nearly over and in just a few days you'll be at the start line ready to tackle the Nottingham 10K. Here's some key information that will help you prepare for the big day.

WHAT TO EXPECT?



FOR ALL atmosphere

At Run For All we pride our events on being FOR ALL and this 10K is no different. So, whatever your own personal goals, you can enjoy incredibly inclusive spirit and feel good running!



Volunteers

Need a hand? Our friendly Volunteers team will be on-course and around the venue in their fluorescent yellow hi-vis, to keep you heading in the right direction and provide cheers and support.

GETTING THERE



By bus

The Nottingham 10K start/finish line is approximately a 20-minute bus ride from Nottingham bus station. For more info on buses and timings please click [here](#).



By train

Nottingham railway station has regular rail services from London, Birmingham, Derby, Leicester, Newark, Grantham, Worksop, Sheffield and Peterborough.



By car

Travelling to Nottingham University Campus is easier than you may think. Run For All encourages entrants to look at using public transport where possible or to join with family and friends to car share to travel to the event.

PARKING

To view the Nottingham City Council parking advice, please click [here](#).

Further details will be announced closer to the event date about specific event parking.



KEY TIMINGS

7.30AM Race Office, Baggage Store and Assembly Zones open

9.10AM Warm up

9.30AM 10K starts

YOUR RACE PACK

What's in it?

Don't worry if your race pack seems a little light. Your timing chip is already attached to your race number. You also have a tear-off strip attached to your race number should you choose to use the baggage drop off-facilities.

How should I wear my race number?

Please make sure that your number is fixed to the front of your t-shirt or running vest. It must be clearly visible.

Obstructing your number with any kind of clothing can sometimes cause issues with the timing chip.

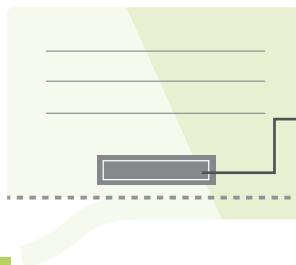


Baggage tag

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

Where will I need my race number?

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



Your timing chip

Your timing chip is already attached to your race number.

GOOD TO KNOW

Here are some of our top tips

- Keep your race number dry and safe. To be extra prepared, pin your race number to your race top or vest. Then there is no way you could possibly lose it.
- Your timing chip is affixed to your race number, please do not remove, fold the chip or pierce your physical timing chip with safety pins.
- Wear your chipped bib number on your chest on the outer layer of clothing e.g. if a running jacket is worn, wear your number on top of this. Do not cover your bib number and chip with a bumbag or running belt.
- Your bib and timing chip does not need to be collected in after the event. It can be kept as a memento of your race day.

RACE PACK COLLECTION

Race Packs are collection only from David Ross Sports Village at the University of Nottingham. Access via Beeston Lane

Monday May 16th - 3.30pm - 7pm
Tuesday May 17th - 3.30pm - 7pm
Wednesday May 18th - 1.30pm - 7pm
Thursday May 19th - 3.30pm - 7pm
Friday May 20th - 1.30pm - 8pm
Saturday May 21st - 10.30am - 3pm

ROUTE MAP



NOTTINGHAM 10K



KEY

1 KM marker



Water Station

OFFICIAL SPONSORS & PARTNERS

A BIG THANK YOU TO ALL
OUR SPONSORS AND PARTNERS...



University of
Nottingham
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Nottingham
City Council

SHOKZ

gopuff



RACE DAY



Baggage storage

Please leave time to drop your baggage at the Baggage Store, which will open in The Studio inside the University from 7:30am.

You will be able to retrieve your baggage, which is a short walk from the start/finish after your run. Please refer to the event village map for the location.

If you're planning to use the event Baggage Store, please ensure that your baggage tag is removed from your race number and securely attached to your bag ready for race day. This must be attached prior to handing your bag over on race day to our Eventeers.

Bags larger than a small back pack will not be accepted. Run For All can also not store motor cycle helmets, car keys, bikes or pushchairs.

All belongings left within the official baggage area are left at the owners risk.



Headphones

You are welcome to wear headphones, but please make sure that you are aware of your surroundings all around the course.

If you wish to listen to music on your run, please make sure that you're able to hear the marshals' instructions, emergency vehicles and fellow competitors.

SHOKZ – approved headphones for RUN FOR ALL events

Using bone conduction technology, award winning SHOKZ (formerly AfterShokz) deliver stereophonic sound through your cheekbones to your inner ear.

This means you can enjoy your music and still hear everything around you including traffic, emergency vehicles and other warning noises as well as race instructions from marshals and fellow competitors.

For your exclusive Run For All **15% discount** through Up & Running. Use the code: **RFASHOCKZ** on the Up & Running Website.

STARTING THE RACE



Zones

When approaching the start line, please look out for your predicted run time to locate you within the correct assembly category. This will be indicated by flags with the timings on.

ZONE

DURING THE RACE



Fuel and hydration

It is so important to stay hydrated. You'll find your water station on course just before 5km.

As well as on course, all runners will receive water at the finish from our partners Water in a Box.



Toilets

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



Pace

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

Stick to your pre-race plan and keep your head. Be patient and don't start too fast. 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!



Clothing

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



KEEP NOTTINGHAM GREEN

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

Bins will also be provided over the 100 metres following the drinks station and we request that runners use these to help our clean-up crews to leave city the way that we found it! Should runners wish to carry their drinks/gels beyond the provided bins, please pass any litter to your nearest marshal.

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





GOOD LUCK TO THE RUNNERS OF NOTTINGHAM



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

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

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



UP & RUNNING

EST. 1992

6 REASONS TO STEP INTO STORE



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nationwide



Award-winning
customer service



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gait analysis



Fun, free & friendly
weekly 5K runs



Fast & free
delivery



Expert advice
in-store & online

[Click here to find
your nearest store](#)



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Better Water • Better World



UK SPRING
WATER

ECO-FRIENDLY

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

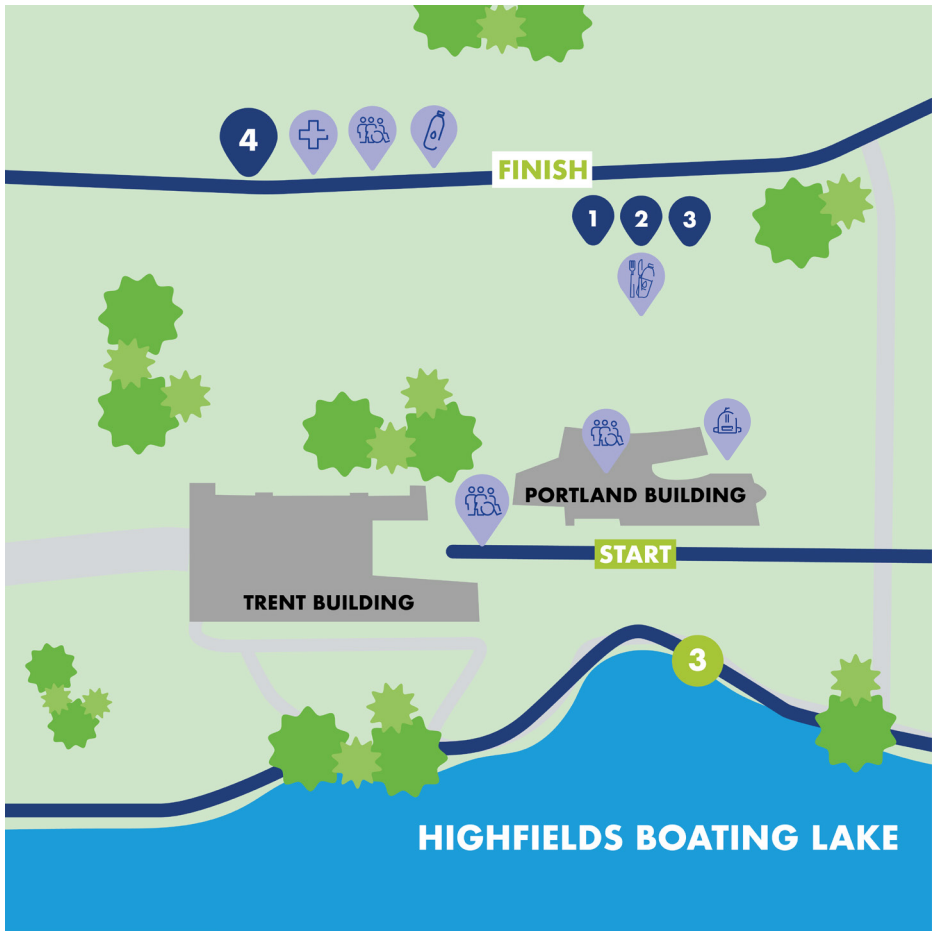


NOTTINGHAM 10K

CHARITY PARTNERS



EVENT VILLAGE



- | | | | | |
|----------|------------------|---------------|--------------|---------------|
| 1 | Massage | 4 | Goody bags | First Aid |
| 2 | Race Office | Toilets | 3 | KM marker |
| 3 | Charity Partners | Water Station | Food & Drink | Baggage Store |

AT THE FINISH

At the finish of the Nottingham 10K you'll find plenty of opportunities to replenish and rehydrate.

You won't want to miss out on all of this...

WHAT YOU'LL FIND



Finish Line

One last push towards the finish! Please respect others when finishing and be aware of those around you.

Many are keen to finish with a flurry – please move to one side if you are not looking for that big finish.

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



Food and drink

Once you've finished the 10K come back to our Event Village where you'll find catering options available. Portland Coffee, from the University of Nottingham will also be offering refreshments inside the Students Union.



Medical facilities

As well as the medical staff on course, there will be a combination of first aid points and roaming first aiders around the Event Village. Please see the Event Village map for the locations of first aid and make yourself familiar with the whereabouts of these facilities.



Goody bag

A selection of goodies awaits each finisher. There'll be plenty of tasty treats and even an event t-shirt and medal you can wear with pride to remind yourself of your achievement.



Partner charities

This year the Event Village will play host to our wonderful partner charities.



Reclaiming baggage

You are advised to make your way to the Baggage Store to reclaim your property before meeting up with your loved ones. Please collect your baggage as soon as possible so that you can avoid the queues.



Results

It's not all about time, but if you fancy knowing how quickly you conquered the course; head here.



Marathon Photos

Photographs can be purchased after the event online [here](#).





WHAT'S NEXT?

DERBION
 **ROMATHON**
19.06.22

ENTER

DERBION
 **RAM 5 MILE**
19.06.22

ENTER

 **LEEDS 10K**
03.07.22

ENTER

 **YORK 10K**
07.08.22

ENTER

FANCY AN EVEN BIGGER CHALLENGE?

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

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

ENTER HERE

 **YORKSHIRE MARATHON**
16.10.22

MAKE 2022

