



Arena Group

YORK FUN RUN

Jane Tomlinson's
YORK 10K

Jane Tomlinson's
Arena
YORK MINI & JUNIOR RUN
www.runwitharena.co.uk
833
MINI
#RunWithArena
Jane Tomlinson's
RUN FOR ALL
LIFE
AIR AMBULANCE
Registered Charity No 1084305

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 RUNNERS

It's not long until your Arena Group York Fun Run, and we hope you're excited to take on the challenge! This guide will help you get ready for the big day and will answer any questions you might have.



GETTING THERE & AT THE START



Getting there

The Askham Bar Park and Ride service will be operating on the day of the event for £2 per person to and from the Knavesmire. Please click [here](#) for more information.

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

There is dedicated parking available for York Fun Run entrants and their families. This will be open from 10.00am. Please see map [here](#).



Where to meet

All runners are required to assemble at 11.30am on the start line for a warm up before the start of the event.

Your race number

Collect your race number from the Race Office at Knavesmire Racecourse any time from 10.00am for fun runners. In the big blue buckets next to the Race Office entrance, you'll find safety pins that you can use to attach your race number to your t-shirt.

KEY TIMINGS

10.00am Event site / Race Office open

11.30am Fun Run participants to meet on start line for warm up

11.45am York Fun Run Starts

TOP TIPS FOR THE DAY



Your supporters

Your friends and family will be looking forward to cheering you on! Make sure you get them to head to the start/finish area so they can watch you whiz past them and grab your finisher's medal.



Baggage

There's no baggage storage at the Fun Run, so if you've got a spare jacket or bag with you, get your family and friends to look after them while you're out for your run.



At the finish

Running is thirsty work, so grab a bottle of water. You will be directed to the collection point by our team of friendly volunteers where you'll be able to meet back up with your family and friends. This is where you can show everyone your brand new, shiny medal!



Big smiles

There will be a team of photographers out on course who will want to see your cheesiest smiles! You'll get your personal photos emailed to you to purchase from marathonphotos.com the following week. If you don't want your photo to be used in this way, please contact info@runforall.com prior to race day.



Warm up

To help you feel ready and raring to go, our friends from York Sport will be offering a fun warm up. Make sure you don't miss it!



Tag us

If you like to share your memories on social media, don't forget to tag [@runforall](https://www.instagram.com/runforall) and [#RunWithArena](https://twitter.com/RunWithArena) so we can see your best snaps!

FUNDRAISING



JANE TOMLINSON
APPEAL



The 2022 Arena Group York Fun Run will be supporting the Jane Tomlinson Appeal.

The Appeal is the legacy of the late inspirational Jane Tomlinson CBE who made headlines worldwide by completing a series of seemingly impossible challenges after being told she had incurable cancer and just months to live.

Jane, a mum-of-three, defied her diagnosis to take part in countless marathons and famously rode across Europe and the USA to raise funds for charity. The Appeal aims to carry on Jane's extraordinary achievements by continuing to support children to be happier and healthier and improve the lives of people living with cancer. This is done through 4 key projects.

Kinesio Taping - non-drug therapy

Exploring the benefits of Kinesio Taping – and how it can alleviate pain in people living with cancer. Click [here](#) to find out more.

OWLS children's bereavement care

Support for children who have suffered the devastating loss of someone special, like a parent or sibling. Click [here](#) to find out more.

Children's health and well-being

Programmes to improve the mental and physical health of primary school children in disadvantaged areas. Click [here](#) to find out more.

Early detection of breast cancer

Supporting research into a blood test to detect breast cancer earlier, potentially saving countless lives. Click [here](#) to find out more.

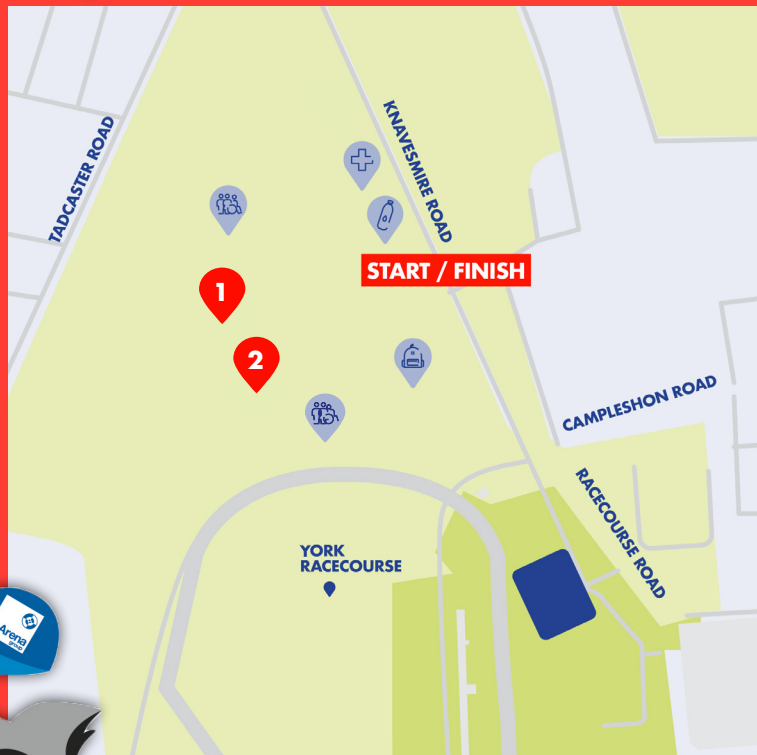
EVENT VILLAGE

CLICK MAP
TO ENLARGE



KEY

- | | |
|----------------------|--|
| 1 RACE OFFICE |  TOILETS |
| 2 CHARITIES |  WATER STATION |
| |  FIRST AID |



ROUTE MAP



CLICK MAP
TO ENLARGE

LEAVING NO TRACE

Run For All is committed to keeping York green 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. Let's work together to keep York green and encourage other runners to do the same.

GOOD LUCK!

We hope you have a fantastic day!

Check out more of our 2022 events calendar at:

runforall.com



SPONSOR INFO....



Arena Group

A **XEROX**™ Business Solutions Company

We are delighted to welcome back Arena Group as the title sponsor of this year's Fun Runs supporting these events.

The workplace tech company has been a title sponsor since 2010, with the sponsorship forming a vital part of Arena Group's wider aims to support key community-based initiatives.

Arena Group, a Xerox Business Solutions Company, provides expertise in digital and IT services, copy and print, voice and communications, and document management.

Don't forget to tag your pre-race prep and on the day pics

#RunWithArena.

