

YORKSHIRE

ARE YOU READY?

02:19:00

MARATH

ASDA Foundation

 **YORKSHIRE**

10 MILE

17.10.21

YORKSHIRE
1 

**YOUR
RACE GUIDE**

WELCOME TO THE ASDA FOUNDATION YORKSHIRE 10 MILE

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

Excited crowds, fun characters, vibrant colours, and that all important finish line feeling. You'll find it all at the Asda Foundation Yorkshire 10 Mile. The start line is only days away now and we can't wait to see you all for what is set to be an incredible day of celebrations.

With race day fast approaching we want to make sure you have all the details you need and hopefully answers any questions you may have.

Enclosed in this race guide are details regarding what to expect on race day as well as key details about parking, your race packs and our Covid-19 guidance.

Please ensure you read this guide thoroughly and ensure you arrive in plenty of time for the event.

Whilst we are excited that mass participation events are allowed to return and that restrictions have been eased. We would ask all entrants and spectators to remain respectful of each other throughout the event.

Respect social distancing where possible and whilst not essential we would encourage you to wear a face covering where appropriate.

We hope you are looking forward to event day as much as we are.

With crowds out on course ready to give you hero's welcome as you finish we promise this will be an incredible event.

A BIG THANK YOU

You should take enormous pride in being part of the Yorkshire 10 Mile. 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!

Whether you're looking to smash a PB, enjoy a bit of fun competition with family and friends, or you're just happy to get around the course, we hope that you enjoy your day and continue to support our runs!

We would also like to take this opportunity to thank the York City Council and the University of York as well as all our event partners for their continued support, especially over the past 18 months. This event simply wouldn't be possible without their support.

WHERE IT ALL STARTED



JANE TOMLINSON'S RUN FOR ALL

Marathon Yorkshire 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.

Every year tens of thousands of people take part in events like the Yorkshire 10 Mile - running for charity, for a personal challenge or just for fun.

While we've changed since that first event in 2007 - not least by growing significantly, Run For All's philosophy remains exactly the same; high-quality, great fun events for absolutely all abilities.



UNIVERSITY
of York



CITY OF
YORK
COUNCIL

ERDINGER
ALKOHOLFREI

CELEBRATE
AND RECOVER

AT



ASDA Foundation
YORKSHIRE
10 MILE



NATURAL. REFRESHING. ISOTONIC.



**PLAN
YOUR
DAY**

EVENT INTRO

Here we go, the Asda Foundation Yorkshire 10 Mile is almost here.

Bringing that race-day buzz into a brand new decade, hearing even louder roars from the crowds and seeing so many of you achieve amazing things at the finish line.

You're set to raise hundreds of thousands of pounds for charities across the UK, and we can't thank you enough for your support.



WHAT SHOULD I EXPECT?

FOR ALL atmosphere

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



KEY TIMINGS

A BIG finish

You'll feel like an Olympic athlete with thousands of spectators cheering you towards the finish line on your final straight through the city centre at Pinstone Street.

Entertainment

Known as a talented city, we'll have groups, bands and cheer points providing extra motivation on-route to keep those legs pumping!



Need a hand?

Our friendly Eventeer team will be on-course and around the venue in their fluorescent yellow t-shirts to help you out and provide support.

Without the support of our amazing Eventeers, this charity run wouldn't be possible.

We would like to say a big thank you to GoodGym York, Chapel Allerton Runners, York Rotary Club and Rotary York Ainsty! All the finish line smiles and money raised at this Steel City favourite are the products of their hard work. Please take the time to give them a big thank you.

YOUR RACE PACK

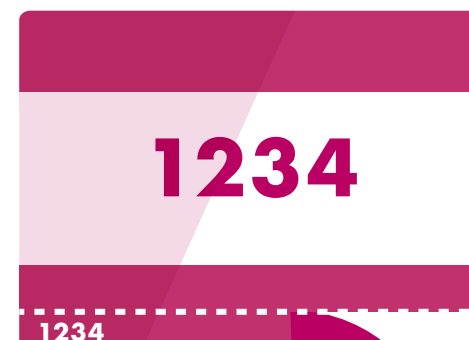
Race Numbers will start to arrive with entrants from the 6th of October. If you've not received your race pack in the post by the 14th of October please contact us using the contact form on our website.

What's in it?

Your race number

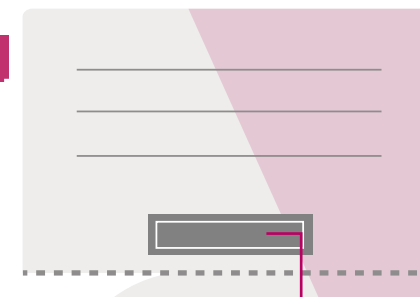
Make sure that your number is fixed to the front of your t-shirt or running vest. It must be clearly visible.

You will need your number to access the start line Assembly Zones.



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.



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 bum bag 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.

GETTING THERE

It is important to remember that several thousand people will be travelling to the event at a time when a number of major roads will be closed and diversions are in place. Make sure you plan your journey in advance and pre-book travel and parking options when required. Leave plenty of time for your journey in the morning to allow you to enjoy your Asda Foundation Yorkshire 10 Mile experience. Alternatively, download further information from the spectator section of our website at

A full list of road closures is also available to download on our website at www.runforall.com

By bike

There are several off road cycle paths & on road cycle lanes offering safe access to the university. Bike parking is widely available at the University of York and will be situated a short walk from the event village for anyone looking to ride to the marathon.

By train

York is one of the UK's main east coast lines, travelling by train is both fast and easy.

Visit: www.nationalrail.co.uk for more information about services to York.

By shuttlebus

If you're parking, getting dropped off or staying in York, you can take advantage of the city centre shuttle bus service. This will be operational between York Railway Station and the Event Village at the University of York. Runners will be given priority to board buses before 8.30am. Shuttle bus tickets available to purchase from the bus driver on the day.

By car

DROP OFF LOCATIONS

Two designated drop-off points at the University of York will be available on race day.

Please note, this facility is purely for drop-off and collection only. Please follow directional signage to access the drop-off locations and make arrangements for collection in advance as waiting will not be permitted.

West Loop - A19 Main Street (Fulford) - Broadway - Heslington Lane; for participants travelling from the city centre and/or west of the city.

East Loop - Church Lane - Innovation Way - University Road - Field Lane for participants travelling from the A64 and/or east of the city.

Please see the Campus map for further details. Please note there is no through access via these loops.

PARK & RUN

A dedicated Yorkshire Marathon Festival Park & Run service will be operational on race day.

Runners and spectators arriving by car can take advantage of this convenient service, which will be available by pre-sale from our website. The park & run service includes easy, quick and convenient parking and return transport between the Airfield and the heart of the Event Village. Park & Run tickets must be booked online prior to the event, please visit:

www.runforall.com

09:00 - 11:30 Stamford Bridge Park & Run

10:00 - 14:30 Dunnington Park & Run

10:00 - 13:00 Elvington Park & Run

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, all natural, high-protein products! Pick them up at selected ASDA stores.

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

**ARLA**
PROTEIN

ASDA



BOOK YOUR PARK & RIDE TICKETS NOW!

TAKE YOUR SEAT!



TICKETS ARE LIMITED SO MOVE FAST TO AVOID DISAPPOINTMENT!

Whether you're travelling 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:
WWW.RUNFORALL.COM

PLAN YOUR DAY

There's a lot of things to remember on race day and the more you can plan in advance the better you will feel and, more importantly, the better you will sleep the night before. Here are a few practical things you can do to help you perform your best on marathon race day and get ready with the best possible mindset.

WHERE TO STAY



There is no shortage of places to stay in York. From b&b's, glamping and camping to five star hotels and individual hostels. Whether you want self catering, dog friendly or spa treatments - there's something in York for every taste and budget. Find out more about accommodation browse Visit York at www.visit-york.org/sleep

LOGISTICS



You don't want to be stuck in traffic while the start gun is going off so make sure you allow plenty of time to travel in on the morning of the race. Remember there will be several thousand people making their way to the University grounds as well as numerous road closures and diversions which may cause delays. Please study the provided maps carefully and plan your journey well in advance. Page 9 provides travel tips, including the various public transport options to make your journey to the start link as smooth as possible. Please note there is no parking at the University of York or in the immediate vicinity.

WEATHER



Keep an eye on the weather forecast - that good old Yorkshire weather changes daily. Make sure you bring something warm for the morning - gloves, warm layers and waterproofs would be advisable to keep you warm at the start. Old clothes which you are happy to ditch are perfect - anything left behind will be collected and donated to charity.

EAT



Breakfast on race morning is important - you don't want to be running around looking for milk for your weetabix or butter for your crumpets so plan it in advance, especially if you are staying away from home. Remember don't eat too much, especially too close to race time or your body will feel sluggish. For tips on a raceday breakfast.

PACK



We love a good flat-lay picture - take this as an opportunity to get all your race day kit ready. Pack your bag the afternoon before the race to avoid going to bed with thoughts of all the things you still need to remember on your mind. Make sure you are comfortable in your race day kit and your running shoes are worn in - race day is not the time to try out new shoes! Fix your number on in advance and attach your baggage tag to any bags - the more things you can do in advance the more calm you will feel on race day.

RACE DAY!

The day you've been waiting for has finally arrived! Whatever the weather, let's make it a day to remember with some inspirational achievements accomplished and amazing memories made.



IMPORTANT COVID-19 INFORMATION

Following the easing of the Government's Roadmap we ask that all runners adhere to the following before attending the Yorkshire 10 Mile.

All entrants must undertake a self-assessment for COVID-19 symptoms. Do not travel to the event if you are showing any symptoms of COVID-19. Symptoms of Covid-19 are currently recognised as any of the following.

A high temperature

A new, continuous cough

A loss of, or change to, their sense of smell or taste

Should you report or demonstrate any such symptoms, you must follow NHS and PHE guidance on self-isolation.

We want to keep everyone as safe as possible and re-assure all participants by requesting that everyone takes added precautions, therefore where possible, we would encourage everyone to take a Lateral Flow Test on Saturday or Sunday prior to coming to the event.

Anyone testing positive should not attend the event and follow government guidance. www.gov.uk/coronavirus

Race Numbers Under no circumstances swap your number or give your place to another participant.

Face coverings Whilst these are not mandatory we would encourage all entrants to consider wearing a face covering pre and post race.

Social distancing Please where possible observe social distancing and be respectful of both other entrants and volunteers throughout the event.

Travel Please give yourself extra time to get to and from the event.

Toilets These will be situated and spaced out across the Event Village. Please under no circumstance use public spaces and please avoid any spitting or nasal clearance throughout the event.

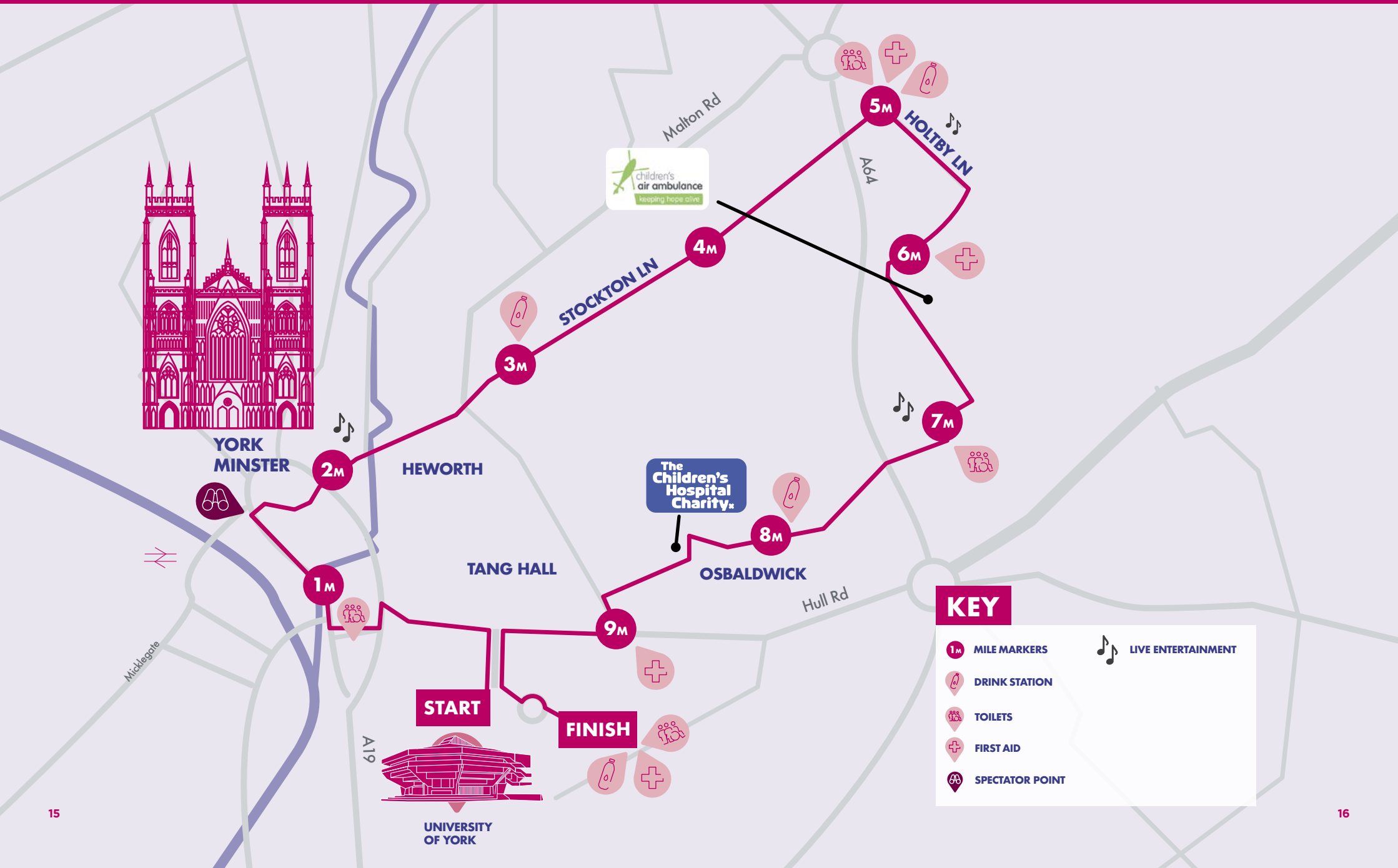
Come ready to run minimise your interaction with race staff, volunteers and participants by being as self-sufficient as possible.

Please bring your own hand sanitizer.

OUR TOP TIPS

- Make sure you don't miss the warm up
- Get to your assembly zone with plenty of time
- While your waiting to run get to know the people round you

ROUTE MAP



RACE DAY

BEFORE YOU GET GOING



Baggage storage

Please leave time to drop your baggage at the Baggage Store, which will open at 7:00am. You will be able to retrieve your baggage from the same store after your run. If you're planning to use the event Baggage Store, please ensure that your baggage tag is removed from your race number and securely attached to your bag ready for race day.

This must be attached prior to handing your bag over on race day to our Eventers. Bags larger than a back pack will not be accepted. Run For All can also not store motorcycle helmets, bikes or pushchairs. All belongings left within the official baggage area are left at the owners risk



Headphones AFTERSHOKZ

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.

The Yorkshire 10 Mile official headphone providers are Aftershokz, which use bone conducted technology to deliver sound through the cheekbones to your inner ear. This means that you can enjoy your music and still hear your surroundings.

DURING THE RACE



Fuel and hydration

It is so important to stay hydrated. You'll find your hydration on course at **miles 3, 5 and 8**. As well as on course, all runners will receive water at the finish.



Pace



Huge thank you to the team from Northern Pacing for once again helping our runners achieve their goals. The volunteers from Northern Pacing Volunteers will be running from 5 minute increments from 1hr 10min to 1hr 45min - You will be able to spot them in the start pens by the bright Aria Protein flags and their race times.

The pacers are there to help you through to the finish line in the time you want. They run consistently throughout the course and, thanks to their experience and many hours running, know when to hold back and when to push on.

Thank you Northern Pacing Volunteers!



Toilets

Toilets will be situated and spaced out across the Campus and also on route, please see the campus & route map for further details



Clothing

It is important to note that all clothing discarded at the start of the race will be collected and donated to an appropriate charity. Unfortunately, we are unable to keep any clothing that has been left in the starting area, unless dropped in the baggage store prior to the race.



STARTING THE RACE



Zones

At the start there will be flags to mark timing zones and it will be up to you to find the appropriate zone to start in according to your predicted time. In your zone, you'll be surrounded by runners with a similar finish time and pace, which will help ease congestion and make for a safer start to the race.



Keep York Green

Run For All are 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.

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 York green and encourage other runners to do the same.



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NO FUN STANDING STILL



OUR MISSION IS TO HELP OUR CUSTOMERS TO LEAD A HAPPIER AND HEALTHIER LIFE THROUGH RUNNING AND FITNESS.



WE WANT TO HELP SAVE OUR ENVIRONMENT, SO WE NOW OFFSET ALL THE CARBON FOR OUR ORDERS AND COURIERS.

CHARITY PARTNERS

A BIG THANK YOU TO ALL OUR CHARITY PARTNERS!



Registered Charity No. 505002



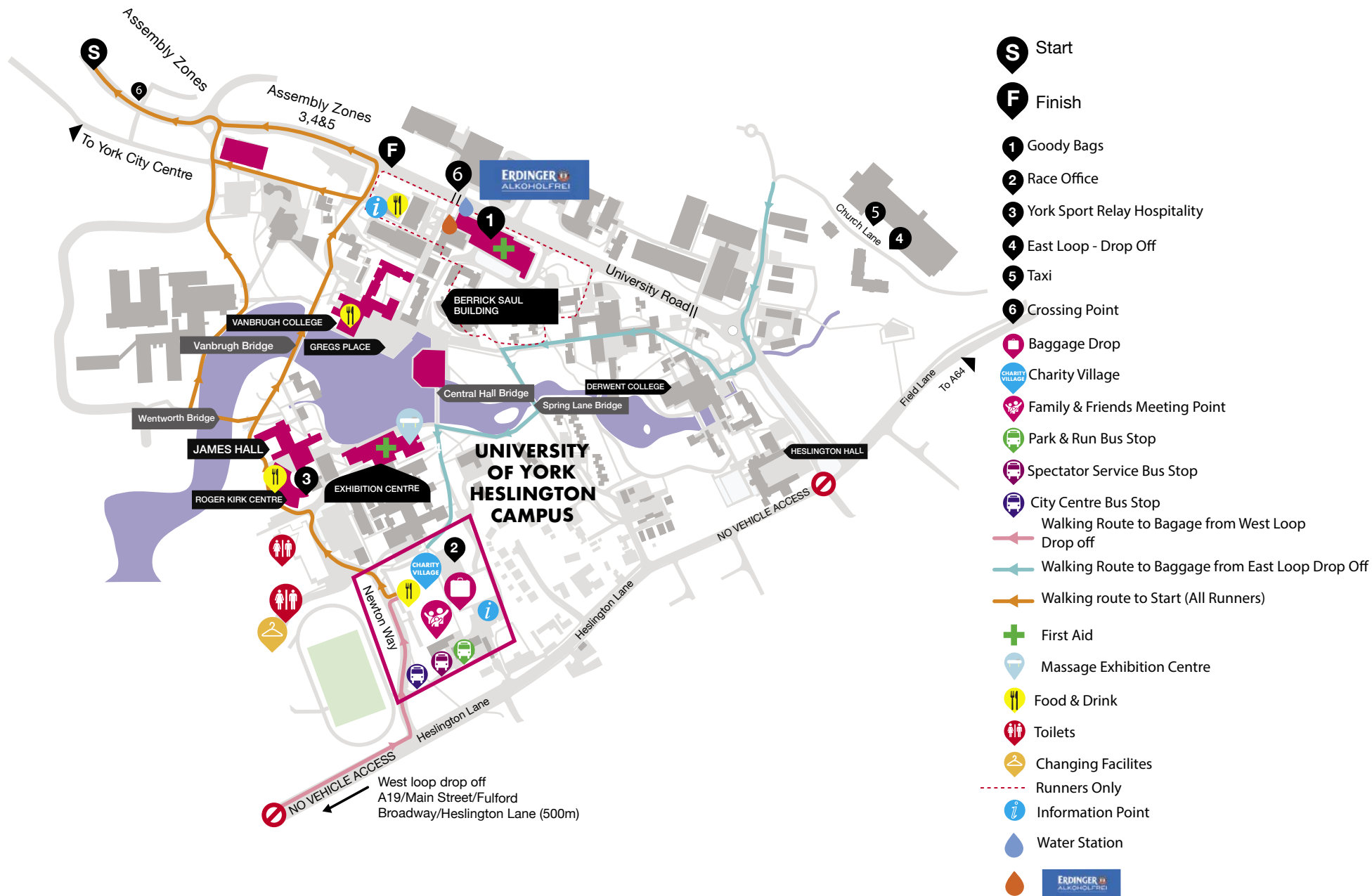
GOOD TO KNOW

Affiliation

The 2021 Yorkshire 10 Mile is licensed under the UK Athletics Road Race/Multi Terrain Rules for Competition and operated in accordance with the license requirements. UKA License No: (2020-40205).

CAMPUS MAP

EVENT DAY FACILITIES





PRE-ORDER
PACKAGE
£15

ASDA Foundation
YORKSHIRE
MARATHON
FESTIVAL

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



THE FINISH



AT THE FINISH

WHAT YOU'LL FIND

At the finish of the Asda Foundation Yorkshire 10 Mile you'll find plenty of opportunities to replenish and rehydrate.



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

Post event we know you will be looking to replenish your supplies after all those miles so make sure you visit one of the many locations on campus for food and drink across Campus. Check out the catering on offer in the Event Village in Campus South.



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

The Event Village will be based within Campus South and will play host to our wonderful partner charities and to our very own Jane Tomlinson Appeal. Don't forget this area is not just for those running for one of the official partner charities, everyone is welcome to come and enjoy the atmosphere.



Erdinger Alkoholfrei

At the finish, you'll be offered a chilled cup of naturally brewed Erdinger Alkoholfrei as you make your way along the finish chute. This great tasting isotonic recovery drink is free from fat and cholesterol, whilst also having a perfect balance of B-vitamins and minerals. It's the ideal way to recover and refuel as you celebrate your victory with family and friends.



Friends and family meeting point

Make the most of our meeting points so your friends and family can meet you after the race with ease. Please don't head to the first possible point to meet your friends and family, as this can cause congestion and makes finding your friends and family more difficult, particularly when you are tired after running.



Medical facilities

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



Reclaiming baggage

You are advised to make your way to the Baggage Store to reclaim your property before meeting up with your loved ones. Please collect your 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

Smile! The team from Marathon Photos will be on the course and finish line to and try capture your race day memories. Photographs can be purchased after the event online [here](#).



Massage

Soothe your tired legs with a post-run rub down! Massage will be available in the Exhibition Centre.



PLAN YOUR 2022



GEAR 10K

01.05.22



YORK 10K

07.08.22



NOTTINGHAM 10K

22.05.22



HULL 10K

12.06.22



BURY 10 MILE

18.09.22



**HULL
HALF MARATHON**



BURY 10K



**SHEFFIELD
HALF MARATHON**

27.03.22



**LEEDS
HALF MARATHON**

08.05.22



SHEFFIELD 10K

25.09.22



LEEDS 10K

03.07.22



Jane Tomlinson's
RUN FOR ALL

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A BIG THANK YOU TO ALL OUR OFFICIAL SPONSORS AND PARTNERS

ASDA Foundation



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PROTEIN



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