



BURNLEY 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 BURNLEY 10K

The Burnley 10K is almost here, and we want to make sure you're totally prepared for this exciting event. In this guide, we have all the details you need to make sure you're race day ready!

This is a brand new challenge starting and finishing at Turf Moor, and it's jam-packed with local landmarks. You're sure to love this town centre event as much as we do.

A BIG THANK YOU!

Here we go, the 2022 Burnley 10K is almost here. That means bringing the race-day buzz into a brand new decade, hearing the roars from the crowds, seeing hundreds of runners cross that finish line, and raising thousands of pounds. We can't thank you enough for being a part of this event.

The "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, please remember that we want to create an inclusive, supportive environment for everyone.

RUNNERS

You should be incredibly proud to be a part of the Burnley 10K. We are expecting to raise thousands of pounds for local charities thanks to runners like you. On behalf of all the charities involved, THANK YOU – we couldn't do it without you.

EVENTEERS

Without the support of our amazing Eventeers, this event simply wouldn't be possible. Please take the time to give them a big thank you on course when you grab your water, or at the finish when they hand you your goody bag.

Jane Tomlinson's Run For All

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

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

Find out more [here](#).



BEFORE YOU START

WHAT TO EXPECT?



Eventeers

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



Baggage storage

Please leave time to drop your bags at the Baggage Store in the Event Village from 07.30am. You will be able to retrieve the baggage from the same place after your run.



Zones

Please familiarise yourself with the Assembly Zones at the start line. The zone you start your race in should correspond with your predicted time. In your zone, you'll be surrounded by runners with a similar finish time and pace, which will ease congestion and make for a safer start to the race.



Warm up

Make sure you get to the start line by 09.10am to take part in the official Burnley 10K warm up. This is a great way to get moving and ready to run.



KEY TIMINGS

7.30 AM	Race Office opens
9.10 AM	10K Warm up
9.30 AM	10K Starts
10.00 AM	Finisher expected

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

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](#).



YOUR RACE NUMBER

Collecting your race number

You will need to collect your race number from St Peter's Leisure Centre (BB11 2DL) during event week. The collection times are:

11th, 12th & 13th July: 10:00am - 3:00pm

14th & 15th July: 10:00am - 9:00pm

16th July: 12:00pm - 3:00pm

If you are unable to pick up your race number during these times, please come to our Race Office from 7:30am on event day. This will be located in the Event Village at Turf Moor.

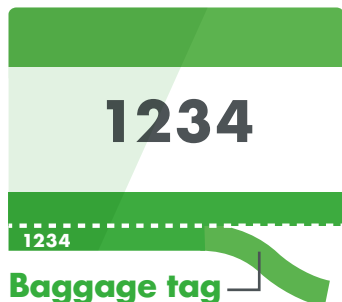
What will I need my race number for?

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

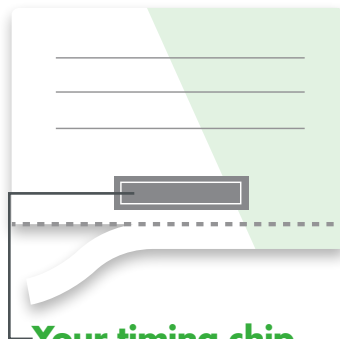
Your timing chip is already attached to your race number. You also have a tear-off strip attached to your race number should you choose to use the baggage drop off-facilities.

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.



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 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.



Our team of pacers, sponsored by Arla Protein, are from Northern Pacing Volunteers and will be on hand to support you on your run.

Each pacer will have a flag attached to them with finish times and will run at a steady pace so you can run near them and achieve a target time. Our pacers will be pacing at 5 minute intervals between sub-40 minutes through to 1 hour 15 minutes.

They are all very friendly, so feel free to have a chat with them before the event, and be sure to say thanks once you have crossed the finish line.



GETTING THERE

Travelling to Burnley is easier and quicker than you might think, so we encourage all entrants to use public transport or car share with family and friends if possible.



Train

Regular services will be running to and from [Burnley Central Station](#). The train station is approximately a 10-15 minute walk from the Event Village.



Bus

The bus station is approximately a 10-15 minute walk from the Event Village. Please bear in mind that buses may be affected by the road closures, so for alterations to services, visit the Lancashire Council [website](#).



Bike

We encourage cycling to this event, but make sure you remember to bring a bike lock so you can secure it. Please note, road closures apply to bikes as well.



Parking

Due to the event, the roads around Burnley are likely to be busier than usual. Please leave plenty of time for your journey.

Parking in council car parks is free on a Sunday, with many car parks being a short walk to the start line.

For more detailed parking information, please check the council website [here](#).



DURING THE EVENT



On-course water

There will be a water station around the 5km mark so you can hydrate during the event.



Pacing yourself

Stick to your pre-race plan and make sure you don't start too fast. It should feel easy in the first half, and the second half is when you'll really kick it up a notch.

Feeling low? Try to stay positive – tough moments will pass. Running with pacers and others can really help too!



Toilets

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



Clothing

Please note that any clothing left anywhere other than in the Baggage Store will be collected at the end of the race and donated to charity.



Litter

It's important that we leave the town the same way we found it, and we're committed to keeping Burnley tidy. Recycling bins will be provided around the Event Village and we ask that you use them.

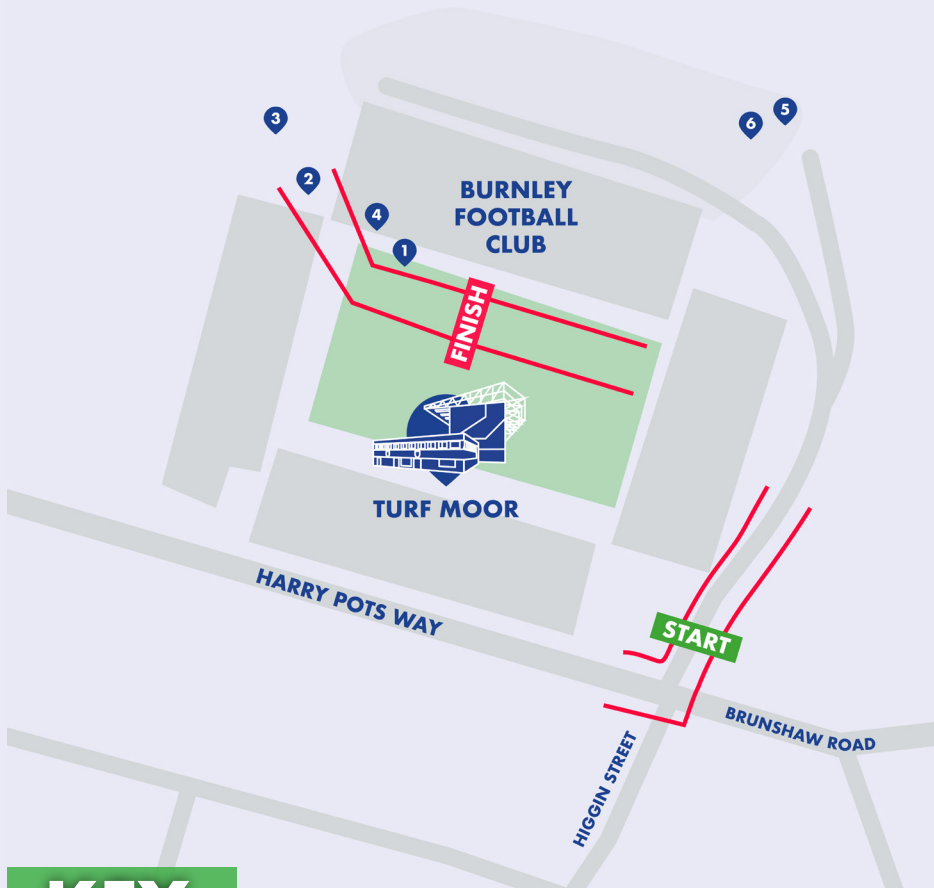
Bins will also be provided over the 100 metres following the drinks station on course and we request that you use these to help our clean-up crews. If you want to hang on to your water beyond the provided bins, please pass any litter to your nearest marshal.



ROUTE MAP



EVENT VILLAGE MAP



KEY

- | | |
|-----------------|---------------|
| 1 MEDICAL | 5 RACE OFFICE |
| 2 FINISH DRINKS | 6 CHARITIES |
| 3 FIRST AID | |
| 4 BAGGAGE | |

AT THE FINISH

Please respect others when finishing. If you're not looking for a big finish, please move to the side and make room for others. We know that you will be keen to take a well-deserved rest but continue past the finish line to collect your water as stopping too early can be dangerous to those behind you.



Finish drinks

After you continue past the finish line, you'll be able to grab some water to help you rehydrate. The finish drinks have been kindly supplied by our sponsor, Water In A Box.



Meeting friends & family

Got some fans? Please arrange to meet your friends and family in the Event Village outside Turf Moor. This will help us keep the finish area clear and safe.



AFTER THE EVENT

Once you've crossed the finish line, head into the Event Village or into Burnley to check out what's on offer.

WHAT YOU'LL FIND



Food and drink

Burnley has an abundance of restaurants and bars to satisfy your refuelling needs.



Medical facilities

There will be medical staff at the finish, and roaming first aiders.



Marathon photos

Smile! The Marathon Photos team will be on course throughout the event to snap your picture. Photographs can be purchased online [here](#).



Goody bag

Make sure you pick up your goody bag after you finish. There'll be plenty of tasty treats provided by our sponsor GoPuff, as well as your event t-shirt and medal.



Reclaiming baggage

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



Results

All results will be available on our website soon after the end of the event. However, keep in mind that it's not all about times – if you get out there and get active, then you should be proud of yourself!



CHARITY PARTNERS



BURNLEY FC
IN THE COMMUNITY



OFFICIAL SPONSORS & PARTNERS



GOOD LUCK TO THE RUNNERS OF BURNLEY



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.**

BURNLEY 10K



100% recyclable & sustainable.

Better Water • Better World



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PACKAGED

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



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your nearest store



YORK 10K

07.08.22

ENTER



BURY 10K

18.09.22

ENTER



SHEFFIELD 10K

25.09.22

ENTER



**ROB BURROW
LEEDS MARATHON**

14.05.23

ENTER

WHAT'S NEXT?

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

