



LEEDS 10K

18.06.23

Candlelighters
Together we can fight childrens cancer

LEEDS 10K
10th ANNIVERSARY
5281

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 2023 LEEDS 10K!

In partnership with Leeds City Council



The training is almost over and you're nearly ready for event day. Whatever your goal or reason for running, we are here to help you every step of the way. This guide contains all the key information you'll need to make your race day a success, so make sure you

read it thoroughly before event day. In the meantime, don't forget to tag us in your training photos on social media using #Leeds10K

We look forward to seeing you on the start line!

A BIG THANK YOU!

The Leeds 10K means race day buzz, roars from the crowds, countless inspiring stories, and thousands

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.

of pounds raised for charity. We can't thank you enough for being part of this amazing event.

TO OUR EVENTEERS

Without the support of our amazing volunteers, this event would simply not be possible. All the finish line smiles and money raised are the products of their hard work.

Some of our fantastic volunteer groups include, Get Fit For Mental Wellness, Leeds Mind, Leeds Hospitals Charity, Candlelighters, St George's Crypt, 7th St Matthew's North Leeds Scouts and Macmillan Cancer Support who will be located in the Event Village and on course.

Jane Tomlinson's Run For All

This is where it all began for Run For All.

The Leeds 10K was Jane Tomlinson's vision. Having raised £1.8 million for charity while she was battling terminal cancer, in 2006 Jane knew her time left to fundraise was limited. As a result, she decided to set up the Leeds 10K to continue the fundraising vehicle for charities that she had started.

Find out more [here](#).



PLAN YOUR DAY

The wait is nearly over and you'll soon be at the start line ready to tackle the Leeds 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!

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.

KEY TIMINGS

07:00AM

Race Office and Baggage store opens in the Event Village on Millennium Square

08:40AM

Leeds 10K warm up STARTS on the start line

09:00AM

Leeds 10K official START TIME

09:30AM

Leeds 10K winner expected

Clarion

The Leeds 10K Team Challenge brings teams together from businesses across the region to enjoy some competitive spirit amongst the thousands of participants taking part in one of Leeds' biggest runs.

Sitting alongside the main event of the day, the Team Challenge will see teams of all sizes and varieties battle it out to be crowned Team Challenge champions. Rather than competing as individuals, participants will work collectively to cross the line in the quickest combined time.



YOUR RACE PACK



IMPORTANT

If you entered on or after Monday 5th June or 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 the Saturday or on the event day.

The race office will be located in Millennium Square and opening times can be found below.

Saturday 12pm – 3pm
Sunday 7.00am

GOOD TO KNOW

What do I do with my number if I can't take part? If for any reason you can't take part on race day, it is vital that you do not let anyone else use your race number. Your race number is registered specifically to you and used to identify runners if there is a medical emergency. Please discard any unused race numbers, or return to Race Office.



WHAT WILL I NEED MY RACE NUMBER FOR?

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

BAGGAGE TAG

You will need your number to use the Baggage Store.

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.



Please avoid covering your race bib with any clothing or accessories. This may lead to your timing chip not registering with the timing mat.

GETTING THERE

Travelling to Leeds is easier and quicker than you may think. Run For All would encourage all entrants to look at the possibility of using public transport where possible to attend the event or to car share with family and friends.



BY TRAIN

Frequent, direct trains carry visitors from London to Leeds in just over two hours. There are also regular services from Scotland, the North East, the Midlands and across the Pennines. For more information go to www.nationalrail.co.uk or call: 08457 48 49 50



BY BUS

The nearest bus stop to the start line will be at the bottom of Woodhouse Lane/Blenheim Terrace. Please visit www.firstbus.co.uk/leeds to plan your journey.



BY BIKE

The nearest cycling racks are located on Leeds University Road, down from Cavendish Road. Please note, road closures are applicable to bikes as well.



BY CAR

Woodhouse Lane Car Park is the closest Leeds City Council car park to the start of the Leeds 10K and is open 24 hours. [Click here](#) for more parking options in Leeds city centre.



RACE DAY

PRE RACE



BAGGAGE STORE

Please leave time to drop your baggage at the Baggage Store, which will open in the Event Village, on Millennium Square at 7:00am.



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.



WARM UP

For those of you taking part in Leeds 10k make sure you get to the start line by 08:40am to take part in your warm up. This is a great way to get moving and ready to run.

In extreme warm weather conditions, the warm up will be replaced with a gentle stretch.



TOILETS

Toilets will be located in the Event Village on Millennium Square and by the start line, outside the steps of the Parkinson Building, University Of Leeds.

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, use the code: RFASHOKZ on the Up & Running website.

STARTING 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.

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 bagging store prior to the race.

ROUTE MAP



EVENT VILLAGE MAP



RACE OFFICE



CHARITY'S



MASSAGE



FINISH DRINKS



TOILETS



BAGGAGE

START LOCATION

The start line for the Leeds 10K will be outside the steps of the Parkinson Building, University of Leeds. This is roughly a 10- 15 min walk from Millennium Square.

START MAP



The location for the start of the Leeds 10K will be outside the steps of the Parkinson Building, University of Leeds. Make sure you leave the Event Village in good time ready for the start.

DURING THE RACE



HYDRATION

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



PACERS

Our team of pacers, sponsored by Arla Protein, will be on hand to support you on your run. They'll have flags attached to them with finish times and will run at 5 minute intervals between 40 minutes and 1 hour 15 minutes 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!



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.



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MEETING FAMILY & FRIENDS

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

KEEP LEEDS GREEN

Run For All is committed to keeping Leeds 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 Leeds green and encourage other runners to do the same.



AFTER THE EVENT



FOOD & DRINK

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



PARTNER CHARITIES

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



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 and at the start and finish line. 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 10K after the race, then head to our website. If you registered your mobile number when entering the event, you will receive a text message shortly after you cross the line confirming your official finish time.



MARATHON PHOTOS

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

SPONSORS & PARTNERS



Clarion



SHOKZ



BBC RADIO
LEEDS



TheBusinessDesk GROUP.COM



GOOD LUCK TO THE RUNNERS OF LEEDS



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.**

LEEDS 10K



UP & RUNNING
EST. 1992

6 REASONS TO STEP INTO STORE



Stores nationwide



Award-winning customer service



Free in-store gait analysis



Fun, free & friendly weekly 5K runs



Fast & free delivery



Expert advice in-store & online

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



GET YOUR OFFICIAL PERSONALISED RACE MEMENTO ON THE DAY AT THE FINISH

Come and see us in the event village to order and **take home** your own official **Leeds 10k** print marking your achievement in style.

We'll have a range of print sizes available for you to personalise with your **name** and choice of **finishing time** or **bib number** - which we'll produce on site for you to take away.

Visit our website for more **Run For All** designs and start your collection today!

personalbestvests.com

@ [personalbestvests](#)



EVENT DAY OFFERS

PRINT ON THE DAY SERVICE

FIND US AT THE TENT IN THE EVENT VILLAGE

CHARITY PARTNERS



St. George's
Crypt



MACMILLAN
CANCER SUPPORT



WHAT'S NEXT?



YORK 10K

06.08.23

ENTER



SHEFFIELD 10K

24.09.23

ENTER



SHEFFIELD HALF MARATHON

07.04.24

ENTER



10TH ANNIVERSARY

YORKSHIRE MARATHON FESTIVAL

15.10.23

ENTER



ROB BURROW LEEDS MARATHON

In Partnership with **Clarion**

ENTER HERE

12.05.24

