



RUN FOR A MATE WITH A MATE



**ROB BURROW
LEEDS MARATHON**

In Partnership with **Clarion**



**LEEDS
HALF MARATHON**

**OFFICIAL
MAGAZINE
12TH MAY 2024**

runforall.com

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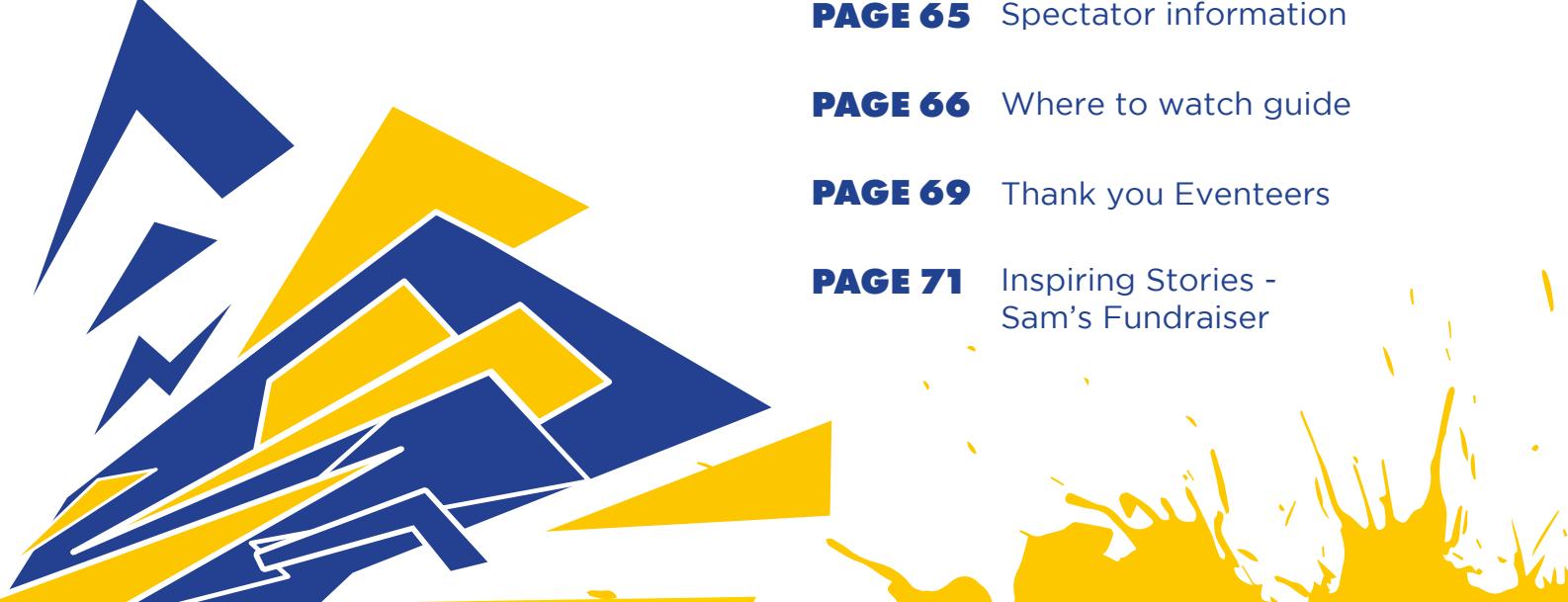
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WELCOME

WE ARE READY TO GO, ARE YOU?

Excitement is building, and preparations are well underway as the city gets ready for the return of Yorkshire's most iconic and biggest running events, the Rob Burrow Leeds Marathon, in partnership with Clarion and the Leeds Half Marathon.

This year's event will again be all about friendship, connection, community and running for a mate, with a mate.

Following countless hours of training, sacrifice, determination and discipline, the training is nearly over. Soon you will be lacing up your trainers and joining the start line outside AMT Headingley Stadium. After months of logging your miles, sharing training tips with friends

and preparing yourself for the big day, remember that race day is a celebration of all that work.

And in no time at all, you will be soaking up that post finish line buzz and collecting your well-deserved finisher's medal; a moment which will stay with you forever. Take the time to be proud of yourself.

Preparation is key for any event, so with that in mind we recommend reading this guide in detail to ensure you're fully prepared.

You'll find all the information you need to help you have the very best experience, including route maps, travel guides, stadium information, spectator tips, final training tips and so much more.

GOOD LUCK CLASS OF 2024

LAST YEAR'S HIGHLIGHTS

A celebration of friendship saw over 15,000 charity runners, first-time runners and athletes came together to run the inaugural Rob Burrow Leeds Marathon in partnership with Clarion.

When launching the marathon, Kevin Sinfield CBE's message was simple... Run for a mate, with a mate.

The first marathon in Leeds since 2003, everyone was running in Rob's name for a reason.

There were originally 7,777 places available, a homage to the No 7 shirt Rob Burrow CBE wore for the Rhinos. But the event sold out within weeks, with many captivated by Rob's courage and inspired by Kev's fundraising efforts for the MND community.

Encapsulating the power of friendship through adversity, last year's inaugural event captured the hearts of the nation as Rob and Kev crossed the finish line together in an incredible symbol of unity.



RUN FOR A

MATE

WITH A MATE

A poignant moment in history, as Kev pushed his mate Rob around the course. Stopping just short of the marathon finish line, Kev lifted his former teammate Rob, out of his wheelchair and carried him in his arms over the finish line. Cheers erupted from the crowds in the stadium and one of the most iconic and inspirational moments in sport was made.

We have received countless inspiring stories from runners who have been spurred on to run in honour of Rob or who have been inspired to 'Run for a mate' just as Kev has.

A HUGE FUNDRAISING MOMENT

Last year's event raised a phenomenal **£5 million** in charitable donations for a number of truly great causes, including the event's two main partner charities, the Motor Neurone Disease Association and the Rob Burrow Centre for Motor Neurone Appeal.

Through the extraordinarily efforts of those taking part, this year's marathon and half marathon will again support many charities and their meaningful work.



Help us build the Rob Burrow Centre for Motor Neurone Disease

We still need to raise £1.4 million

Click to
Donate

 Leeds
Hospitals
Charity

Let's do good together

Registered charity number: 1170369

A MESSAGE FROM THE ROB BURROW CENTRE FOR MOTOR NEURONE DISEASE APPEAL

We would like to say good luck to all of our Team Leeds Hospitals Charity runners participating the Rob Burrow Marathon and Leeds Half Marathon!

You've helped raise over £1,236,000.00 million (and counting!) for our Rob Burrow Centre for Motor Neurone Disease appeal, hoping to raise £6.8 million to build a state-of-the-art MND centre at Seacroft Hospital.

We still have £1.2 million left to reach our fundraising target, and it's inspirational people like you that are helping us get even closer to making Rob's dream of a specialist MND centre in Leeds a reality.

One of our charity's core values is 'Together' and this has been at the heart of the appeal since it first launched in September 2021.

Every step of the way we've worked together. Alongside with Dr Jung and the MND clinical team, together with the Burrow family and MND patients, and together with thousands of fundraisers and donors, and now together with the architects to design the building.

With your support, we have reached an incredibly exciting milestone in our journey to building the Rob Burrow Centre for Motor Neurone Disease, after final designs and plans for the centre were submitted to Leeds City Council.



Following stakeholder meetings, architects Corstorphine & Wright have encapsulated a real sense of community in their designs for the centre, by creating a central space in the building where patients, families and staff can come together, complete with reading and quiet spaces, as well as activity and dining areas.

From conversations with staff, we also understood the importance of creating a designated space for the team on the first floor away from clinical areas. These need a dedicated wellbeing space, where patients can take a few moments maybe after difficult conversations. As well as creating a space where the community can come together to support one another - one of our main visions for the centre is sustainability.

This is reflected in everything, from the location on site and the materials we build it from, to the furniture, colours, and textures we will weave throughout the building and its surroundings. We have designed the centre with a vision for the future so that the building can adapt to new treatments and innovations for MND patients as they emerge.

As the architects work with the hospital Estates and Facilities team, MND clinic staff, patients and families to progress with the build, our fundraising efforts won't stop to create a centre where MND patients and their families can live in the now.

Find out more about the Rob Burrow Centre [here](#).





Thank you #TeamMND!

On behalf of over 5,000 people living with motor neurone disease (MND) in the UK right now, good luck and thank you to all our runners taking on the Rob Burrow Leeds Marathon and Leeds Half Marathon on 12 May!

It's not too late to join our team and raise vital funds to help us improve access to care for people living with MND, campaigning and research to bring us closer to a cure.



Join #TeamMND and you'll receive a free running vest or technical t-shirt.

Scan the QR code or visit:
www.mndassociation.org/runforrob





“
**Totally love it. Did a
couple of classes
last week
jeeeeezzzz aching**

Member, Pudsey Leisure Centre

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CLASSES FOR
ONLY....

£25.95

“

£5 MILLION
RAISED
IN 2023



DONATION OF £5
on each item sold in the Rob Burrow Leeds Marathon range
will go to the MND Association
and the Rob Burrow Centre
for MND Appeal.



**ROB BURROW
LEEDS MARATHON**

In Partnership with **Clarion**



**MERCHANDISE
NOW AVAILABLE**

PURCHASE HERE



**Shop the brand new 2024 Rob Burrow
Leeds Marathon Merchandise**

**From beanies to hoodies and training tops,
there's something for everyone.**

Please note that the cut-off date in order to receive your purchase before event day is Thursday 2nd May.

PARTNER CHARITIES



motor neurone disease

Awareness of MND has increased astronomically, thanks to the efforts and bravery of our patrons Rob Burrow CBE and Kevin Sinfield CBE, and every person who has supported our work. This awareness is helping our community feel more recognised, less alone, and means thousands more are joining our fight against MND.

On behalf of the 5,000 people living with MND in the UK right now, and the thousands more people whose lives have been impacted by the disease, thank you for running the half or full marathon in Leeds on 12th May. Without people like you, our vision would be unreachable.

Each step you take around Leeds' hilly course will bring us a step closer to treatments, a cure and better support. We are incredibly grateful.



We would like to say a BIG thank you to all of our Team Leeds Hospitals Charity runners participating the Rob Burrow Marathon and Leeds Half Marathon!

You've helped us raise over £1,236,000.00 million (and counting!) for our Rob Burrow Centre for Motor Neurone Disease appeal, hoping to raise £6.8 million to build a state-of-the-art MND centre in Leeds. Thanks to your dedication to fundraising, our campaign has now reached the half-time whistle and raised over £3.4 million.



Each year, over 150 children in Yorkshire are diagnosed with cancer. When a child is diagnosed, lives are turned upside down instantly: not just for the child but the entire family. Getting well again can be a long and challenging journey, emotionally, physically, and financially. Supporting children and families throughout that journey is why our charity, Candlelighters, was formed more than 45 years ago.

Our mission is to bring light to every family affected by childhood cancer across Yorkshire by providing emotional, practical and financial support, as well as bringing hope, by investing in vital research to improve the outcomes and lives of children with cancer. Good luck to all our runners today!



St Gemma's Hospice is delighted to be an official charity partner for the 2024 Leeds Marathon and we are looking forward to the big day itself! We are pleased to have lots of runners taking part in support of St Gemma's Hospice including the lovely Caroline who is a Clinical Practice Educator at the Hospice.

Caroline said 'I am so proud to work for St Gemma's, every working day I see examples of the exceptional lengths that staff go to, to provide high standards of palliative care. It is important to me to do whatever I can to raise money for St Gemma's and committing to the Leeds Marathon has made it a personal challenge too.' Thank you so much to Caroline and all the other runners supporting St Gemma's Hospice, we are so very grateful and wish you all the luck for the 12th May!



Yorkshire is one of the regions hardest hit by cancer. Together, we can change this. Yorkshire Cancer Research is a charity dedicated to funding research so that you and those you love live longer, healthier lives

MACMILLAN CANCER SUPPORT

At Macmillan, we know that the number of people living with cancer is rising, and by 2030 we estimate that in Leeds alone, over 43,000 people will be living with cancer. Macmillan has committed to be there for everyone who needs us, from the moment they receive their cancer diagnosis. We want to help them find their best way through and help everyone live life as fully as they can.

With the help of our amazing supporters, we hope to raise over £30,000 at the Rob Burrow Leeds Marathon this year, to help provide vital services to those who need it most. We are proud to be a part of such an exciting event and cannot wait to see all of our 285 Team Macmillan runners out in their green finery, taking on the streets of Leeds!

JANE TOMLINSON APPEAL



A big thank you to all the runners fundraising for the Jane Tomlinson Appeal at the Leeds Marathon.

Your support will help us continue funding OWLS bereavement service, research into kinesio taping, our children's health and well being programme, and research into a blood test used for the early detection of breast cancer.

We can't thank you enough for your help. Good Luck - you've got this!



Thank you so much for joining Team Alzheimer's Society. By 2025, there will be 1 million people in the UK living with dementia. We can't beat it alone. In the past 12 months, our supporters have helped 92,000 people access direct support. Having someone there to help in the toughest times is invaluable. Thank you for all your help.



We're so proud to be hosting the Rob Burrow Leeds Marathon at AMT Headingley for the second year, the place where Rob made so many memories throughout his playing career.

Personally, this is an incredible event to be a part of and I'm looking forward to taking on the challenge again, whilst raising money for the Leeds Rhinos Foundation.

This year, over 30 Leeds Rhinos Foundation runners will be on the start line, fundraising for our charity and having a Rhinos inspired VIP marathon experience. We're so proud that so many people chose to support us to continue changing lives through the power of sport.

You can see our charity video - [We're All About Community](#) [here](#)

Bob Bowman QPM, Leeds Rhinos Foundation Chief Executive Officer



HIGH5

FUEL THAT
HIGH5
FEELING





ROB BURROWS MARATHON NUTRITION



ROB BURROW
LEEDS MARATHON

In Partnership with **Clarion**

If you're tackling a marathon, you will have trained hard for months to get in great shape and ready to line up at the start of those 26.2 miles. One of the critical pieces in the marathon puzzle is your race-day nutrition strategy...

The Fuelling Facts

During a marathon, more than two thirds of your energy can come from carbohydrate. Unfortunately your body is only able to store a limited amount of carbohydrate and as the miles tick by, you will deplete that store. As your carb levels fall, so does your energy, and you will find it harder to maintain your early pace. You could even hit the dreaded 'wall' – where your carb stores are so depleted that your muscles are forced to rely almost exclusively on fat as fuel.

During Your Marathon

Think of your body's store of carbohydrate as a relatively small fuel tank, that starts emptying as you start running. Your muscles use carbohydrate quickly and can easily deplete that store during a Marathon. If you provide your muscles with carbohydrate by consuming gel as you run, they will take less fuel from your carbohydrate store and it will last longer. The purpose of taking gel during your marathon is to delay the point at which you run out of fuel – until you cross the finish line.



Taking too much gel too quickly can and will cause stomach problems. By contrast, taking just a couple of gels at the 17 mile mark, as some people do, will only provide a short lived energy boost. Taking 2 or 3 gels every hour from the very start of your event is optimum and will mean that by mile 17, you should still have enough carbohydrate energy available for a strong finish.

ENERGY GEL AQUA AND ZERO

AVAILABLE ON COURSE

RACE DAY BREAKFAST

Breakfast should be light and high in carbs. Cereals, toast and porridge are good options. Drink 500ml of HIGH5 Energy Drink for additional carbs and to stay well hydrated. Take a HIGH5 Energy Bar with you to eat on the way to your race.

NOVICE RUNNERS

If you weigh more than 55kg: 15 minutes before the start take two HIGH5 Energy Gel Aqua Caffeine sachets and drink 200 to 300ml of water or HIGH5 ZERO.

If you weigh less than 55kg: 15 minutes before the start take two HIGH5 Energy Gel Aqua sachets (no caffeine) and drink 200 to 300ml of water or ZERO.

DURING YOUR RUN: take one Energy Gel Aqua sachet every 30 minutes. Wait until 30 minutes from the start of your race before taking your first sachet.

If you are on-course for a long time, try using Energy Gel Aqua Caffeine for the first 4 1/2 hours of running, then switch to standard Energy Gel Aqua (without caffeine) for the remainder of your run. Use a HIGH5 Race Belt to carry your gels.

EXPERIENCED RUNNERS

15 minutes before the start take two Energy Gel Aqua Caffeine sachets (with caffeine) and drink 200 to 300ml of water or ZERO.

DURING YOUR RUN: Take one gel sachet every 20 minutes during your run (3 per hour). Wait until 20 minutes into your race before taking your first sachet. Depending on bodyweight, there is a maximum number of Energy Gel Aqua Caffeine sachets you can take. Any additional gels you consume should be standard Energy Gel Aqua (without caffeine). Your bodyweight: Max Energy Gel Aqua Caffeine sachets:



- 50kg:** 5 during + 2 before
- 60kg:** 7 during + 2 before
- 70kg:** 8 during + 2 before
- 80kg:** 9 during + 2 before
- 90kg:** 10 during + 2 before

If you find that 3 gels an hour is too much, try and consume as many gels as you comfortably can. Practicing using gel during longer training runs makes it easier to use on race day. You can use Energy Gel instead of Energy Gel Aqua depending on personal preference - they perform the same function.

FLUIDS

Your fluid needs will depend on how warm the weather is on race day and how much you sweat. Try to drink water or the on-course drink regularly. If you use the on-course drink, take care not to consume too much additional carbohydrate from that drink or you will need to adjust your gel intake. In very hot conditions you may need additional electrolytes. Individual ZERO tabs can be wrapped in Cling Film and carried on your run. Simply put the tab into the on-course water to make a refreshing electrolyte drink. ZERO does not contain carbohydrate.

AFTER YOU FINISH

Drink 400ml of HIGH5 Recovery Drink as soon as you finish. Drink another 400ml one hour later and eat a balanced meal as soon as possible.



CAFFEINE NOTE

Caffeinated products are not suitable for children and pregnant or breastfeeding Women. If you do not wish to use caffeine for any reason, simply follow the guidelines using gel without caffeine.



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*Cannot be used in conjunction with any other coupon.

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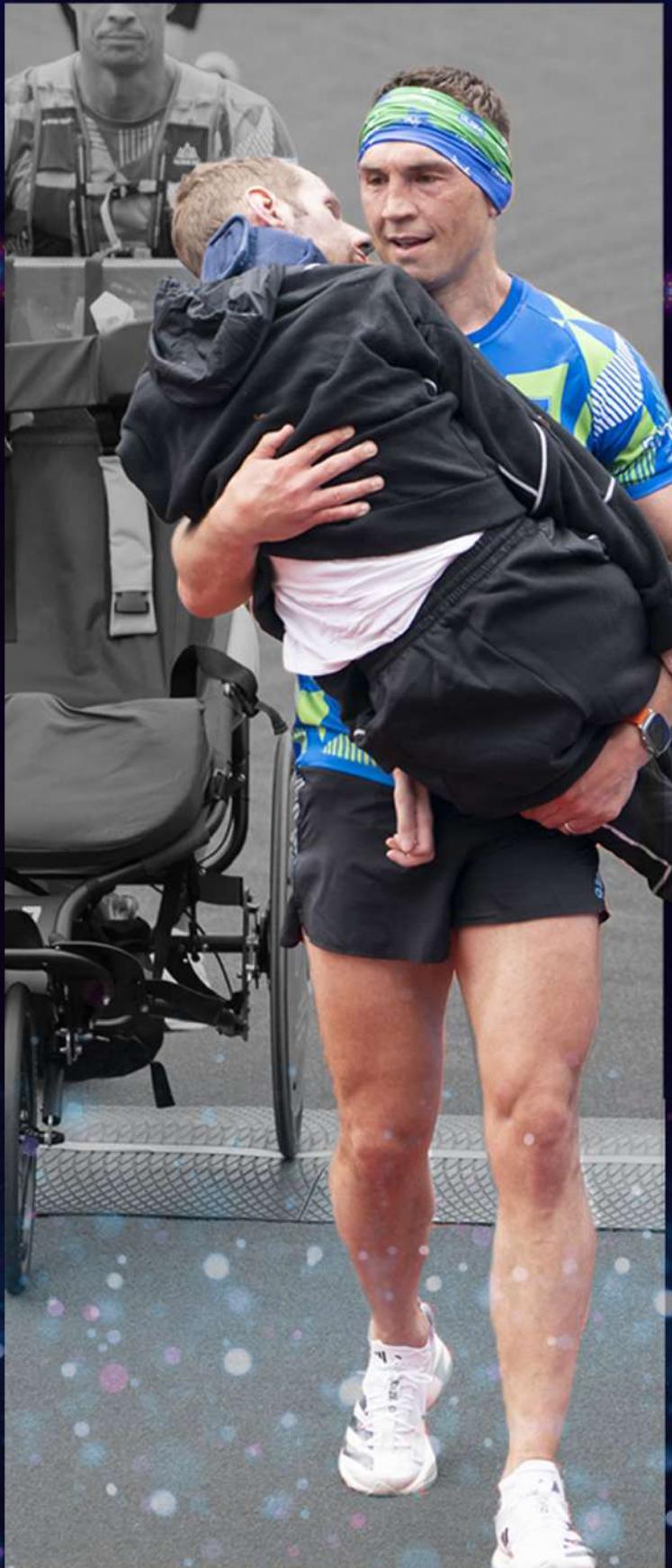
AUDIO & RADIO INDUSTRY AWARDS

— NOMINATED —

RadioTimes
MOMENT OF THE YEAR

**ROB BURROW
&
KEVIN SINFIELD
LEEDS MARATHON**

**BBC RADIO
LEEDS**



INSPIRING STORIES

RUN FOR HARRY

The Evans family will be taking on the marathon for a very special person, their cousin Harry.

In summer 2023, Harry aged just eight at the time, was very sadly diagnosed with a severe brain tumour. While his school mates continued their studies, Harry started a cycle of 6 weeks of proton therapy and has currently completed two out of four rounds of chemotherapy.

In response to the very sad news, the family knew they wanted to do something to show their support. As a team, six of Harry's cousins and uncle have decided to run the Rob Burrow Leeds Marathon in support of Harry and in aid of the Children's Brain Tumour Research Centre at the University of Nottingham.

With Harry and his family living in Wakefield, it made sense for the family to

run the marathon in Leeds, with the hope that Harry can join his family at the finish line

"We are all desperate to try and make a difference in the battle against children's brain cancer so if you have the chance to donate or share Harry's story it would be very much appreciated by us all.

"It was important to our family that all money raised would head to a charity which focuses on research on brain tumours. After searching for one that felt right for us we came across the Children's Brain Tumour Research Centre (CBTRC) at the University of Nottingham.

"We felt this was the right charity for us due to it having some family connections, such as it being in the city Harry was born in, as well as it being specific to children's brain tumours. It's an incredible cause and we've been in contact with the charity and had a lovely response to our upcoming challenge."



**CLICK HERE
TO READ MORE**

YOUR RACE GUIDE



**ROB BURROW
LEEDS MARATHON**

In Partnership with **Clarion**



**LEEDS
HALF MARATHON**

EVENT DAY TIPS BY

The logo for Coopah, featuring a stylized orange and white arrow shape followed by the word "COOPAH" in a bold, white, sans-serif font.

We asked our official training partner Coopah Run Coach for their Top Tips on how to manage pre race nerves...

HOW TO HANDLE PRE RACE NERVES

After months of hard work, you have finally made it to race week! The miles have been logged, and in just a few days time you will be standing on that start line. Hopefully you are starting to feel excited, but you may also be starting to feel pretty nervous, but if you are, don't worry - this is completely normal (and it just means that you care!)

REMEMBER YOUR WHY

Everyone has a reason to run - perhaps you want to finally tick a marathon off your bucket list, or perhaps you are raising money for a charity that means a lot to you. Whatever your reason, when you start to feel nervous, use this as a reason to remind yourself why you are running and how proud of yourself you will be when you cross that finish line!

BE PREPARED

In the final days leading up to the race, make sure you get everything ready ahead of time. Our top tip would be to create a checklist of everything you need for the race and make sure you check, check and check again! The last thing you want on the morning of the race is to realise you have forgotten your trainers! By getting everything organised ahead of time, that gives you one less thing to worry about and you can then focus on getting enough sleep, fuelling well and getting ready for race day!

TRUST YOUR TRAINING

It can be very easy for that self doubt to start creeping in as you approach race day, but use this time to focus on what went well during your training. The runs you felt strong, the runs you really enjoyed or perhaps the tough runs that you still completed and overcame! Remind yourself that you can do hard things, and that ultimately the race is just your final victory lap!

And finally, it sounds simple... but take a step back and keep reminding yourself that it's just a run! And no different to any of your other training runs. For 99.9% of us we aren't doing this to break world records, we run because we love it and enjoy it!

So take the pressure off yourself, remember you why and get out there and have some fun!

Team Coopah x





PARK & RIDE

NOW OPEN

Make your day hassle-free and book your Park and Ride tickets now to avoid disappointment.

Whether you're travelling on your own, with fellow runners or your friends and family are coming with you to watch, we have a selection of transport services to suit you.

Find the best Park and Ride service for you.

PURCHASE HERE

runforall.com

GETTING TO THE START LINE



We highly recommend planning your journey to the start line well in advance.

There will be several thousands of people travelling to Leeds at the same time, along with a number of road closures in and around the city, so book your travel now to avoid the added stress on event day.

A full list of road closures can be found [HERE](#)

PARK & RIDE SERVICES

With **NO** on-street parking in Headingley and restrictions in place to support residents, Park and Ride is essential if you want to travel to the event by car.

Park and Ride services will run between our dedicated parking sites at Stourton and Elland Road for both participants and spectators travelling to the event.

For both sites, you will be able to reserve a parking space and pay for a bus ticket per person.

Children under the age of 5 travel for free.

This service will depart Elland Road and Stourton at 06:30 and the final service will depart back to Stourton and Elland road at 17:00. Runners are advised to book the early slots in order to arrive on time.



ELLAND ROAD PARK & RIDE

This ticket is a return service from Elland Road Park and Ride to Beechwood Crescent.

This option is best suited for those travelling from the west via the M62 and M621.



STOURTON PARK & RIDE

This ticket is a return service from Stourton Park and Ride to Beechwood Crescent.

Those travelling by car from the south of the city and M1 to use this service.

Please note that the walk from the drop off location on Beechwood Crescent to the stadium entrance at Gate G on Kirkstall Lane is approximately 0.6 miles and is roughly a 10 minute walk.

[Click here for more information on pricing and to book the best Park and Ride service for you](#)

OTHER TRAVELLING OPTIONS

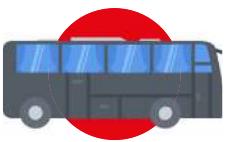


CINDER MOOR PARK & STRIDE

This ticket includes a parking space at Cinder Moor. Cinder Moor is accessible off Rampart Road which is **only** accessible from Woodhouse Street. AMT Headingley Stadium is approximately 1.2 miles away.

This option is best suited to those who are happy walking to the event.

Please note that car access into this car park will only be available until 08:30. Access by car into this car park will resume at 11:15. Please note that you will be able to leave the car park by foot with no restrictions at any time.



CITY CENTRE BUS SERVICES

This ticket is a return service from the O2 Academy (Leeds City Centre) to Beechwood Crescent. Best suited for those staying or wishing to park in the City Centre and for those from the east and northeast of the city.

The first service will leave the O2 Academy at 06:30. Runners are advised to book the early slots in order to arrive to the event on time. The final service will depart Beechwood Crescent at 17:00.

To purchase your ticket and to find out more click [here](#).

The Stadium Map below displays the Park and Ride and Spectator Shuttle Bus pick up and drop off locations.



DROP-OFF LOCATIONS

There will be two designated drop-off points available. Please note, this facility is for drop-off and collection only.

Please make arrangements for collection well in advance as waiting will not be permitted.

West side of Headingley Drop Off

Cardigan Road > Cardigan Lane > Chapel Lane > Newport Road and back out southbound on Cardigan Road.

East side of Headingley Drop off

Drop off at the end of Shaw Lane (LS6 4AA) left onto Grove Lane.



LOCAL BUS SERVICES

Please note, there may be diversions in place due to the event's road closures, but buses will still be running throughout the day.

For local bus times and to plan your journey please go to [First Bus](#) or [WY Metro](#).



LOCAL TRAIN SERVICES

Please be aware that there will be no train services arriving into Headingley or Burley Park before 09.00 on event day.

For further information on rail travel services go to [National Rail](#)



TRAVELLING BY BIKE

AMT Headingley Stadium hosts a number of cycle racks within the stadium. The cycle racks will be available to participants and spectators who have purchased a stadium spectator ticket.

Please note that bikes are left entirely at the owner's risk.



INSPIRING STORIES

IT'S TWENTY FOR TWENTY FOR BEN

2024 marks twenty years since Kevin Tranter, Ben's dad passed away, aged 46 from bowel cancer. To mark the anniversary and in memory of his dad, Ben will be completing twenty challenges this year – one for each year since his passing. The challenges vary from walking, running and cycling.

Ben intends to complete all the major running distances including the Leeds Half Marathon in May and Yorkshire Marathon in October. Whilst raising funds for St Leonard's Hospice who cared for his dad during his final weeks.

"I was 8 years old when Dad passed away and it took me a long time to process his death. I am a stereotypical 'bury your head in the sand' type of person so I've spent much of my life trying my best to hide from the grief, but I feel slightly more capable of talking about him now,



along with the ups and downs I have been through over these last 20 years."

"With my head in the sand, I have always put it off but now it feels like the best opportunity to give something a go given the significance of time that has gone by and this is where the idea of 'Twenty for Twenty' came from. I thought to myself, why don't you really challenge yourself this year and complete 20 different challenges for each year since Dad's passing? What is the worst that can happen?!"

"So here I am, I'm doing it and I can't wait to raise as much money as possible for a worthy cause.

"St Leonard's have been caring for patients and families for the last thirty-eight years and are a really important part of the care community in York. I know they shared a lot of care and compassion for Dad and my family in the hardest of times, and do so for countless families every single day.

"The photo I have shared is one of my favourite photos of Dad and I – Happiness encapsulated in a single moment in time. It was taken in the back garden of the house in Ilkley that I spent the first few years of my life growing up in – I was 3 years old in this photo.

"Thank you so much for taking the time to read about Twenty for Twenty and thank you, in advance, for any donations you wish to give along the way to help with this cause that is very close to my heart."

**CLICK HERE
TO READ MORE**

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MINI AGES 3-8 1.5KM
JUNIOR AGES 9-14 2.5KM

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RACE NUMBER INFORMATION

We know many of you will be awaiting your race number, please be advised that marathon and half marathon race numbers will start arriving in the post from Tuesday 30th April.

If you don't receive your race number in the post by Friday 10th May or live overseas, you will need to collect your race number from the Race Office over the event weekend.

The Race office will be located in the bus stop outside Headingley Carnegie Pavilion. This is located very close to GATE G (Cricket Ground) on Kirkstall Lane.

Opening times

Saturday 11th May 12:00 to 16:00

Sunday 12th May from 07:00

Please ensure you fill out the back of your race number with your emergency contact information. If you can no longer take part, please don't swap your race number with anyone. If you do, we won't know who to call in an emergency. Any runners we find to be doing this will be disqualified.

ASSEMBLY ZONES MARATHON & HALF MARATHON

There are five assembly zones for the marathon and half marathon. The colour of your bib matches your assembly zone on the start line, based on your estimated finish time.

Please ensure that you start the race in the correct zone. Marathon assembly zones will open at 08:15 and half marathon assembly zones will open at 09:30.

You will not be able to change zones. Both races will start in the following wave order:



MARATHON



HALF MARATHON



YOUR RACE NUMBER



FINISHER'S T-SHIRT

Marathon runners - located on your race bib is an icon stating your finisher's t-shirt size.

You will be able to collect your t-shirt at the finish line.

Half Marathon runners - if you have chosen to purchase a finisher's t-shirt with your entry, you will find an icon located on your race number indicating your t-shirt size.

If you would like to purchase a finisher's t-shirt on event day, please head to the Run For All tent in the Event Village.

BAGGAGE

You will need the Baggage label attached to your race number to use the Baggage Store. Simply rip off the label at the bottom and attach it to your bag.

TIMING CHIP

Your timing chip is affixed to your race number on the back, please do not remove, fold the chip or pierce your physical timing chip with safety pins.

[Please click here for event FAQ's](#)

50% TICKET DISCOUNT!

RUGBY LEAGUE DOUBLE HEADER

SAT 1ST JUNE

WOMEN 2:45PM | MEN 5:30PM



USE PROMO CODE* **MARA50**

SCAN TO BUY



OR VISIT TICKETS.THERHINOS.CO.UK OR CALL OUR TICKET OFFICE ON 0371 423 1315.

*CODE EXPIRES AT MIDNIGHT THE DAY BEFORE THE GAME.

OFFER AVAILABLE IN STANDING OR SEATING POSITIONS, MAXIMUM OF 2 TICKETS PER ORDER

INSPIRING STORIES



JOE'S 100 MARATHON CHALLENGE

Joe is on a mission to run 100 marathons in fifty-two weeks to raise money for Macmillan Cancer Support.

Joe started at last year's inaugural event and will be ending his challenge at this year's finish line. A victory lap in his own words, he'll be back on home turf after running all over the country.

Raising funds for a charity close to his heart, he continues to express the importance of giving back the others.

"I've been actively fundraising for Macmillan, a charity that holds a special place in my heart. They have been a

source of support during challenging periods, and I believe it's crucial to give back. I'm excited to compete in the Leeds race this year, it's the last hurdle and the ultimate victory lap.

Completing a marathon is a significant achievement that should be met with immense pride. It's not just about running; it's about the dedication and sacrifice of weeks of preparation. Every person's journey is different, which is why I find race day so fascinating. Training has been different for me leading up to this because it's not been a usual marathon block of 16 weeks hard work and a tapper week it's been consecutively running 2/3 marathons a week for 52 weeks!

In that time, I have ran over 60 official marathons, over 25 solo marathons and countless other events including Manchester and London which again will be a great event! I have so far raised well over £5000 for Macmillan this time round and previously have raised over £4000 for them when I ran a 52 mile ultra!

"Leeds Marathon 2024 will be a special day for me and my family as it will draw the curtain on the last year of sacrifice and struggles it has been easy but the reward out ways the suffering. If you see me out on the course come say hi and come show your support really appreciate it guys!"

**CLICK HERE
TO READ MORE**

INSIDE THE STADIUM

Here are some key details about your pre and post race facilities available inside the stadium.

IMPORTANT INFORMATION

Upon arrival within the stadium, runners will be directed to the right and half marathon will be directed to the left. This is in order to access the correct baggage stores and toilets. Please make sure your race number is visible.



BAGGAGE

Runners are advised to use the dedicated baggage stores available inside the stadium. For more information please see page 35.



TOILETS

Please only use the allocated toilets for this event located around the stadium. There will be plenty of toilets which you will be able to use pre or post race. Run For All operate a zero tolerance policy and any runners seen urinating anywhere other than the facilities provided will be disqualified.



CLOTHING

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



EVENT VILLAGE

The bustling Event Village, located inside the Stadium will be full of activity.

To satisfy your pre and post-run fuel needs, a selection of tasty food and drink choices will be available to purchase.

Our wonderful partner charities will also be located in the Event Village, so make sure you go say hi.





MASSAGE

The team from Leeds Beckett University Sports Therapy will be providing complimentary massage post race. You will be able to find them in the Cricket nets located inside the East Stand of the Cricket Ground.



RACE DAY MOMENTO

Head to the Event Village on race day and visit Epic Etchings to get your finishers medal engraved and Personal Best Vests to order your own personalised finisher t-shirt print to help celebrate your achievements in style.



MEDICAL

Should you need medical assistance, there will be roaming First Aider's based in the Event Village.



HALF MARATHON FINISHER'S T SHIRTS

Half Marathon runners, if you haven't done so already, you will be able to purchase a finisher's t-shirt at the Run For All tent inside the Event Village post race.



MERCHANDISE

You will be able to shop our brand new 2024 Rob Burrow Leeds Marathon merchandise, along with Run For All clothing inside the Event Village. From beanies to hoodies and training tops, there's something for everyone.

You can shop both ranges online [here](#). **However, please bear in mind that the cut-off date for your order to arrive in time for event day is Thursday 2nd May.**



4 REASONS TO STEP INTO STORE

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LEEDS HALF & MARATHON CHECKLIST

- RUNNING SHOES - RECOMMENDED FROM GAIT ANALYSIS
- RACE VEST
- LIGHT-WEIGHT RUNNING CAP
- SPORTS SUNGLASSES
- WATERBOTTLE
- LIGHT-WEIGHT JACKET
- NUTRITION/GELS
- NUMBER BELT



BAGGAGE



Please leave enough time pre-event to drop off your bag in the designated Baggage Store's.

Please use the tear-off strip attached to your race number and simply tie it around the handle of your bag before checking it in to the Baggage Store.

IMPORTANT INFORMATION

For baggage, marathon participants should turn right on entering Gate G and half marathon participants should turn left and follow event signage.

MARATHON RUNNERS

Please use the baggage store located on the concourse under the West Stand of the Cricket Ground.



HALF MARATHON RUNNERS

Please use the below Baggage Store locations depending upon your Race Number.

Baggage Marque in the Event Village (Car Park A)
RACE NUMBERS 20,000 - 24,000

Long Room (East Stand) inside the Cricket Ground
RACE NUMBERS 24,000 - 28,000

Please follow event day signage within the ground.

IMPORTANT INFORMATION

We kindly remind runners they will be unable to bring a bag larger than a small rucksack. This is in accordance with the Headingley Stadium ground regulations.

This is also a reminder that bags will be searched on entry to the stadium for the safety of runners and spectators. Please have your bags ready on show to gain quicker access. The entrance is located at Gate G on Kirkstall Lane.

A full list of what can and cannot be brought into the stadium can be found [here](#).

INSIDE THE STADIUM

BAGGAGE KEY

- 1 MARATHON BAGGAGE STORE
- 2 HALF MARATHON BAGGAGE STORE
Race Numbers 20,000 - 24,000
- 3 HALF MARATHON BAGGAGE STORE
Race Numbers 24,000 - 28,000
- HALF MARATHON RUNNERS
- MARATHON RUNNERS



KEY

- GOODY BAGS
- RACE OFFICE
- MASSAGE
- TOILETS
- PARTNER CHARITIES
- FOOD & DRINK
- MEDICAL
- MERCHANDISE
- RFA

ERDINGER ALKOHOLFREI



ROB BURROW LEEDS MARATHON

In Partnership with **Clarion**

YOUR MARATHON ROUTE MAP



YOUR RITUAL AFTER SPORT.



ERDINGER
ALKOHOLFREI

ISOTONIC
REDUCED CALORIES
CONTAINS VITAMINS



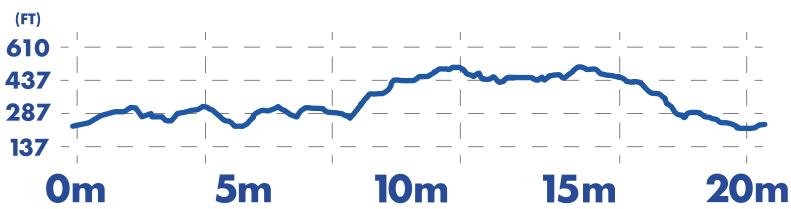
LEEDS HALF MARATHON

YOUR HALF MARATHON ROUTE MAP

Key

- WATER
- HIGH 5 TABS STATION
- HIGH 5 GEL STATION
- TOILETS
- MILE MARKERS
- LANDMARK
- START
- FINISH
- FIRST AID
- CHEER POINT
- ENTERTAINMENT
- SPECTATOR POINT

Elevation



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— LASER ENGRAVING —

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REMEMBER THIS MOMENT FOREVER.”

EPIC ETCHINGS PROVIDES MOBILE LASER
MEDAL ENGRAVING TO CAPTURE YOUR STORY.



— FIND US IN THE EVENT VILLAGE! —



@EPICETCHINGS



@EPICETCHINGS

EVENT DAY TIMINGS

-  **06:30** Travel services begin:
Elland Road Park and Ride
Stourton Park and Ride
Cinder Moor Park and Stride
Cinder Centre Shuttle Bus Service
-  **07:00** AMT Headingley Stadium opens to runners ONLY
Race Office and Baggage Store's open
-  **08:15** Rob Burrow Leeds Marathon assembly zones open
-  **08:40** Rob Burrow Leeds Marathon warm up begins in the assembly zones
-  **09:00** **Rob Burrow Leeds Marathon, in partnership with Clarion STARTS**
-  **09:30** Leeds Half Marathon assembly zones open
-  **09:40** Leeds Half Marathon warm up begins inside the assembly zones
-  **10:00** **Leeds Half Marathon STARTS**
-  **10:00** Spectator Shuttle Bus services to start from Queenswood Drive. This service runs to spectator points, Adel and Otley.
-  **10:30** AMT Headingley Stadium opens to spectators
-  **11:10** Leeds Half Marathon winner expected
-  **11:20** Rob Burrow Leeds Marathon winner expected
-  **11:30** Return services for Park and Ride begin on Beechwood Crescent
-  **12:30** Kevin Sinfield expected on the finish
-  **13:30** Final Leeds Half Marathon runner expected
-  **14:00** Final spectator bus service to depart back to Queenswood Drive from spectator points Adel and Otley
-  **17:00** Final Park and Ride service to depart Beechwood Crescent
-  **17:30** Final Rob Burrow Leeds Marathon runner expected.



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YOUR
RACE.

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THE FINISH LINE CATCHES YOU

MAY 5TH, 2024

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**FREE T-SHIRT
JOIN US NOW**



Runna

INSPIRING STORIES

ALISON'S VERY FIRST MARATHON

60-year-old Alison will be running her very first marathon in her sixtieth year. Alison was due to join us on the start line last year but had to withdraw her entry after a cancer diagnosis.

Originally signing up for the 2023 inaugural event, Alison was set back after she was diagnosed with Non-Hodgkin's Lymphoma. Just before Christmas of 2022, Alison had been experiencing sinus problems and found a lump in her neck, which she thought was caused by an infection.

Unfortunately, the reality was much worse and after tests and scans, Alison was told she has an aggressive form of Non-Hodgkin's Lymphoma.

Spurred on by Rob's journey and Kev's fundraising challenges for MND, Alison knew she still wanted to do something to support others fighting MND.

Despite not taking part in last year's inaugural event, Alison clocked 26.2 miles by running around her local area and raised over £2000 pounds for the Rob Burrow Centre for MND.

Receiving the all clear in September 2023, Alison still suffers from fatigue but is extremely determined to cross the finish at this year's Rob Burrow Leeds Marathon. "I am determined to defy the odds, just like Rob has throughout his life off and on the rugby pitch, and make it to the 2024 Rob Burrow Leeds Marathon!"



"I've followed Rob's journey and Kevin's challenges for MND, so when I saw I could fundraise at the marathon for the Rob Burrow Centre for MND Appeal, I jumped at the chance to take part! Taking part in this run is nothing compared to the struggles that people living with MND and their families face on a daily basis.

"My training is going ok. I actually felt quite energised. I felt so good I gave my 'Aberdeen Endurance Joggers' running buddies a big hug. They have been so supportive of me whilst going through my chemo and since I've come back running with them again."

**CLICK HERE
TO READ MORE**



THE NORTH LEEDS
FOOD FESTIVAL
2024

OFFERS FOR RUNNERS

SATURDAY 11TH & SUNDAY 12TH MAY

Roundhay Park

(15 Minute Drive from Headingley Stadium)

The North Leeds Food Festival returns for it's 8th year on the SAME weekend as your big day. We know how challenging a marathon is, so we want to make sure you are well looked after. Check out our exclusive offers for runners below....

Carbo Load Saturday (20% Off)

Fancy joining us the day before your big day? Use the code 'LDSRUNNER24' for 20% off your tickets.

Tickets must be purchased before 04/05/24 to claim offer.

Sunday Celebrating (Free Entry)

Claim your FREE ticket on our ticket sales site. Entry after 3pm only.

Ticket must be ordered online. One free ticket per runner. Race number must be presented to gain free entry.

We're honored to support runners at the Rob Burrows Marathon & Half Marathon.

We wish you all the best and hope to see you stuffing your face, sipping a drink and enjoying a dance at some point over the weekend.



Find out more and get your tickets today at northleedsfoodfestival.co.uk

JANE TOMLINSON APPEAL



A big thank you to all runners fundraising for the Jane Tomlinson Appeal. Your support makes such a difference.

Your support will help us continue funding OWLS bereavement service, research into kinesio taping, our children's health and well being programme, and research into a blood test used for the early detection of breast cancer.

We can't thank you enough for your help. **GOOD LUCK - YOU'VE GOT THIS!**



OUR KEY FOCUSES



OWLS children's
bereavement care



Kinesio taping –
non-drug therapy



Children's health
and well-being



Early detection
of breast cancer

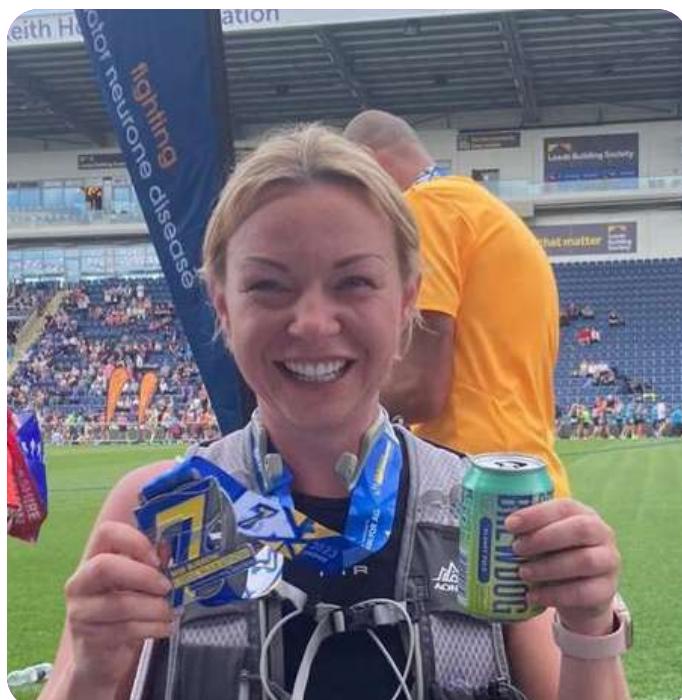
INSPIRING STORIES

MELANIE TO RUN THE HALF MARATHON

Melanie, ran the inaugural marathon last year, just three days before she started chemotherapy.

However, in November, she was told the cancer had spread and was incurable. Despite the stage four diagnosis, she has refused to be downtrodden and vowed she will not let cancer "define" her life. Determined to keep up the running, Melanie will be running the Leeds Half Marathon with her colleagues at Rucklidge Law to show that anything is possible, even with a life-limiting disease.

"In May 2023, I was diagnosed with this very aggressive form of breast cancer. It came as a big shock. I was fit and healthy, I exercised and ate well and was only 39 years old. I'd also been training for the Rob Burrows Leeds Marathon that year so I was literally at the peak of my fitness.



"My diagnosis came only a week before I was due to run the Leeds Marathon. This was my first ever marathon and I'd trained so hard for it. My oncologist, being really into running and fitness, was very happy for me to still run the marathon provided I started a tough chemotherapy regime just 3 days afterwards. So I did. I ran that difficult hilly marathon on such a hot day with my new diagnosis still spinning in my mind but it made me even more determined to enjoy it and soak up the atmosphere and I loved it!

"I ran it in 4 hours 22 which I was very pleased with as I'd engaged with the crowd, and other runners and took plenty of photos along the way, appreciating every minute of it! I even managed a last-minute fundraiser and raised nearly £3,000 in one week for the Oscars Paediatric Brain Tumour Charity which I was so thrilled with!"

"It was my mission to book in for another marathon the following year as I loved it so much. However, cancer had another plan for me. It has spread to other parts of my body, and so quickly. I now have stage 4 incurable cancer and I'm back on chemotherapy but permanently. My body has already taken a lot this year and will continue to do so, therefore, I've set my sights slightly lower and have booked in for the half marathon this year instead. In doing so, I've managed to rally a huge team of friends, family, and colleagues to run with me! Some of whom have never ran a race in their lives before and my wonderful husband is running the race with me which will be his first ever half marathon."

**CLICK HERE
TO READ MORE**

Good luck to everyone taking part in the Rob Burrow Leeds Marathon 2024.



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ON COURSE



To help you prepare for the big day and familiarise yourself with the course, here are some key details about facilities available and what to expect



HEADPHONES

As this is a closed-road event, 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 you can hear the marshals' instructions, emergency vehicles and fellow competitors.

Our official headphone partner is Shokz, which use bone conducting technology to ensure you can still hear your surroundings.

SHOKZ 15% OFF USE CODE: **RFASHOKZ** [CLICK HERE](#)



HYDRATION & FUEL

We have eight water stations on course, as well as High 5 energy stations including High5 Zero tabs and High5 energy gels. A Red Bull energy station will also be available for marathon runners. A full list of hydration and fuel locations available across the course for both the marathon and half marathon can be found below.

MARATHON

MILE 3 - WATER STATION

MILE 6 - WATER STATION & HIGH5 ENERGY GELS

MILE 9 - WATER STATION & HIGH5 ZERO TABS

MILE 12 - WATER STATION & HIGH5 ENERGY GELS

MILE 15.2 - WATER STATION, RED BULL FUEL

STATION & HIGH5 TABS

MILE 18 - WATER STATION & HIGH5 ENERGY GELS

MILE 21.3 - WATER STATION & HIGH5 ZERO TABS

MILE 23.3 - WATER STATION & HIGH5 ENERGY GELS

MILE 26.2 - WATER STATION AT THE FINISH

HALF MARATHON

MILE 3 - WATER STATION

MILE 6 - WATER STATION & HIGH5 ENERGY GELS

MILE 8.2 - WATER STATION & HIGH5 ZERO TABS

MILE 10.2 - WATER STATION & HIGH5 ENERGY GELS

MILE 13.1 - WATER STATION AT THE FINISH



ROUTE SPLIT

Shortly after mile 6, half marathon runners will continue along Otley Road, while marathon runners will bear right onto Church Lane. The route will then merge once again as half marathon and marathon runners meet at mile 21 for the marathon and shortly after mile 8 for the half marathon. Please follow route signage on the day.



TOILETS

Please only use the toilets allocated out on course. Run For All operates a zero-tolerance policy and any runners seen urinating anywhere other than the facilities provided will be disqualified.

Marathon toilet locations on course:

Miles 3, 6, 9, 12, 14, 15, 16.5, 18, 20, 22, 23

Half Marathon toilet locations on course:

Miles 3, 6 and 10

PHOTOS



The team from Marathon Photos will be out on course and on the finish line to capture your marathon photos, so don't forget to keep smiling! You will be able to make a pre-order before the event or purchase post-race [here](#).



LITTER

It is important that we leave the course the way we found it. Recycling bins will be provided on course at each water station and we ask that you use them. If you want to hand on to your water beyond the provided bins, please pass any litter to your nearest marshal.



RACE SUPPORT

A sweeper vehicle will travel the route at a seven-hour completion pace and roads will re-open behind the vehicle. You have the option to retire from the race and board the vehicle at any time. If you expect to take more than seven hours to complete the event, please email info@runforall.com to discuss what support is available to you.





PACERS

Don't rush, stay hydrated, stick to your plan, and remember that low moments will come - but you can push through them! We'll have friendly pacers on course from Northern Pacing Volunteers, and Chorlton Runners, sponsored by Arla Protein who can help you stick to your intended finish time. They'll have flags attached to them with finish times so you can choose the best pace to suit you. 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!

Please bear in mind that for anyone running at the back, you will be supported by a member of our support staff team who will stay with you all the way until the finish line.

NORTHERN PACING VOLUNTEERS

MARATHON

PACER TIMES

3 HOURS 15 MINUTES

3 HOURS 30 MINUTES

3 HOURS 45 MINUTES

4 HOURS

4 HOURS 30 MINUTES

5 HOURS

5 HOURS 30 MINUTES

6 HOURS

*** 2 PACERS PER TIME**

CHORLTON RUNNERS

HALF MARATHON

PACER TIMES

1 HOUR 35 MINUTES *

1 HOUR 45 MINUTES **

1 HOUR 50 MINUTES **

1 HOUR 55 MINUTES **

2 HOURS **

2 HOURS 05 MINUTES **

2 HOURS 10 MINUTES *

2 HOURS 15 MINUTES *

*** 1 PACER PER TIME**

**** 2 PACERS PER TIME**



PROTEIN

GOOD LUCK TO THE RUNNERS OF LEEDS



**ROB BURROW
LEEDS MARATHON**

In Partnership with **Clarion**



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

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

**FEED YOUR
DRIVE WITH
ARLA PROTEIN**



STRENGTH COMES FROM WITHIN

ENTERTAINMENT ON COURSE

You and your supporters will be able to enjoy an array of fantastic local entertainment out on course. From brass bands to Irish dancing, there's something for everyone to enjoy.

Be sure to keep a look out as you make your way around the course!

PHILHARMONIC CHOIR - 2 MILES

(MARATHON & HALF MARATHON)

CAPELA DO SAMBA MILE - 2.5 MILES

(MARATHON & HALF MARATHON)

HUMBER DRUM CIRCLE MILE - 4.5 MILES

(MARATHON & HALF MARATHON)

LUU IRISH DANCE SOCIETY - 5 MILES

(MARATHON & HALF MARATHON)

LEEDS PIPE BAND - 5.5 MILES

(MARATHON & HALF MARATHON)

SWING TRAIN - 6.5 MILES

(MARATHON ONLY)

THE TENMOURS - 7.5 MILES

(MARATHON ONLY)

CAPTAIN BULLHEAD CEILIDH - 12.5 MILES

(MARATHON ONLY)

OTLEY UKELE ORCHESTRA - 16.5 MILES

(MARATHON ONLY)

GARFORTH BRASS BAND - 17.5 MILES

(MARATHON ONLY)

CAMBRIDGE COLLECTIVE - 18 MILES

(MARATHON ONLY)

LEEDS ROCK CHOIR - 20.5 MILES

(MARATHON ONLY)

THE BLACKMARCS - 22 MILES

(MARATHON ONLY)

LEEDS PRIDE - 23 MILES

(MARATHON & HALF MARATHON)





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OFFICIAL EVENT PHOTOGRAPHERS

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KEEP AN EYE OUT ON YOUR EMAILS TO MAKE THE MOST OF THESE GREAT DEALS.

AFTER 7 DAYS THE DIGITAL SUPER PACK INCREASES TO £34.99

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MARATHON MOTIVATORS

Powered by



The Rob Burrow Leeds Marathon route is very scenic but also challenging in parts! To ensure motivation levels remain throughout, we've partnered with local running clubs, Pudsey Runners and Dewsbury Road Runners.

As you cross the half way point. Dewsbury Road Runners will be based at mile 14, cheering you on and offering words of positive encouragement.

And Pudsey Runners will be based between miles 17.5 and 21 and will be on hand to run alongside you as you run the famous 'hill climb' out of Otley.

Lesley Jackson of Pudsey Runners said "We are a close-knit community-based club and know how vital volunteers are to events like this. We wanted to get involved in race day to help support the amazing runners, who will be giving their all for such a fantastic charity. We'll be there on the day, providing a friendly face with lots of encouragement and motivation. We are a vocal bunch, so the runners will hear us before they see us!"

Dawne Greaves of Dewsbury Road Runners said "We want to ensure the runners are supported and encouraged but also want to give something back to the running community. We wish all the runners the very best of luck and we look forward to cheering you all on and providing lots of hi-5s along the way."



CELEBRATE YOUR ACHIEVEMENT IN STYLE WITH AN OFFICIAL PERSONALISED RACE MEMENTO

Rob Burrow Leeds Marathon 2024



Leeds Half Marathon 2023

A limited number of these stunning framed pictures will be produced in the event village on race day.

Choose between two print sizes and personalise with your **name** and **finish time** as a lasting reminder of your accomplishment ready to take home and display with pride on your wall, desk, shelf or trophy cabinet.

Guarantee your print on the day by pre-ordering now



Leeds Half Marathon 2024

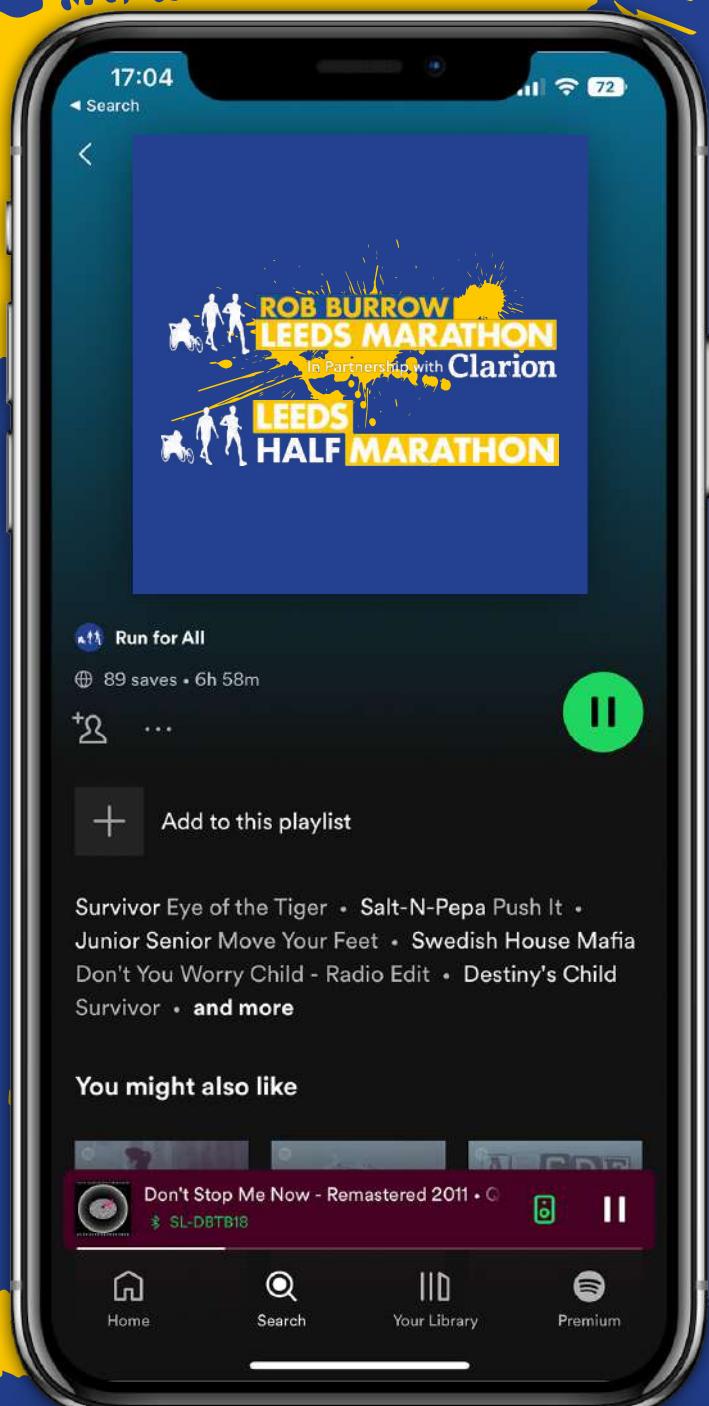
YOUR EVENT DAY PLAYLIST

Looking for some tried and tested running hits?

We've made an official playlist to help you stay motivated during training or on the big day.

With a list of high tempo bangers, throwbacks, motivational classics and more, there's something for everyone.

Head to spotify and search Run For All



BBC
RADIO LEEDS

GOOD LUCK
EVERYONE!



OFFICIAL MEDIA PARTNER



ROB BURROW
LEEDS MARATHON

In Partnership with **Clarion**

LEEDS MARATHON RECOVERY TIPS



LEEDS BECKETT UNIVERSITY
SCHOOL OF HEALTH

Marathons are a huge test of physical and mental resilience so getting yourself to the end is an amazing achievement regardless of your time. The journey doesn't stop at that finish line, recovery is key and should be treated with the same focus and attention as your training. The Sport and Exercise Therapy staff and students at Leeds Beckett University provided some key recovery considerations below.

RECOGNISE

Twenty-six miles is hard work. The energy expenditure is enormous and the first thing in your recovery should be recognising this. On average people will expend between 2,200 and 3,200 kilocalories during a marathon regardless of pace. It is, therefore, no wonder you will feel physically and mentally drained, sore, stiff and everything else in the days that follow.

PLAN

Fail to prepare, prepare to fail. The old saying rings true here. If you make time to factor in and plan your recovery sessions you are more likely to do them and have a consistent and effective recovery process. Get your calendar out and spot the opportunities to get the aching limbs gently moving and engaging in your recovery activities.

REFUEL

You will need to consume your macronutrients relative to age, weight, sex and competitive status. Your macro and micronutrients are key to repairing and rebuilding the damage muscle tissue and supporting the healing process. Rehydration is key too, for every 1kg bodyweight lost we need to drink 1.5L of water. Try to drink 500ml within 30 minutes post-race, topping up every 10 minutes until your target is reached.

REPAIR

Aim for 7-9 hours sleep and ideally at night to allow your body to work its magic and repair itself. Several modalities are also available, such as thermal therapy and sports massage, but these should be guided and implemented by qualified health professionals. Any pains and niggles should be allowed time to settle. Anything that does not settle with active rest and deloading will need professional assessment.

REFUEL

You will need to consume your macronutrients relative to age, weight, sex and competitive status. Your macro and micronutrients are key to repairing and rebuilding the damage muscle tissue and supporting the healing process. Rehydration is key too, for every 1kg bodyweight lost we need to drink 1.5L of water. Try to drink 500ml within 30 minutes post-race, topping up every 10 minutes until your target is reached.

MOVE

Gentle cyclic movements of the legs will help with circulation, nutrient delivery, and waste removal. It will also restore mobility in the aching and stiff muscles and joints. Deloading or resting from running for a couple of weeks is not going to undo your previous hard work, it will instead help you recover back to your normal state and hit the ground running in your next phase of training.



LEEDS 10K

23.06.24



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YORKSHIRE MARATHON FESTIVAL

20.10.24



**FANCY
ANOTHER
CHALLENGE?**

ENTER HERE

runforall.com

INSPIRING STORIES

TEAM ALFIE

A group of Alfie's friends including older brother Anthony, will be running in honour of Alfie and to raise funds for the Ben Kinsella Trust, a charity that tackle knife crime through education and Campaigning in Leeds.

For many of the group, this will be their first half marathon challenge but they are determined to run in memory of Alfie and to show the impact of knife crime, not just for Alfie's loved ones but for the wider community.

Anthony says, 'I can't thank my friends enough for being by our side through this difficult time. Exercise has been a great way to keep my mind healthy so signing up to the half marathon will be a great challenge. I really want to make Alfie proud on the day."

"Knife crime prevention is so important. I was heartbroken when I received the devastating call about my brother Alfie. Thankfully I will be surrounded by my mates on the day including my best friend Luke who will be sticking by me.

Luke says "A lot of us that are running are part of Cosa Nostra Football Team. A really close-knit group, we can't wait to make Alfie proud. The Ben Kinsella Trust is very close to our hearts and is a great support for families that are going through the same circumstances as Alfie's family.



We need to put a stop to knife crime as it's become very prevalent in today's society.

Anthony adds, "I'm sure event day will be a mix of emotions. The goal is to ultimately finish the race and to make Alfie proud."

**CLICK HERE
TO READ MORE**



congratulations!
celebrate on
the bench

wagamama 

find us upstairs in leeds trinity

SPECTATOR GUIDE



**ROB BURROW
LEEDS MARATHON**

In Partnership with **Clarion**



**LEEDS
HALF MARATHON**

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THE OFFICIAL APP

**TRACK YOUR
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AND MORE**

Don't forget to download the official Rob Burrow Leeds Marathon and Leeds Half Marathon App. Whether you're a runner or spectator, this app will help you ensure you're 100% ready for the big day.

Track runners participating in the marathon and half marathon, view route maps, get key info, read the race guide, and more.

Please search 'Run For All Events' on the App Store and Google Play.



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App Store



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SPECTATOR INFORMATION



Spectator support and encouragement make a huge difference to every runner and create that amazing atmosphere.

There are a number of ways for spectators to get involved on the day, whether it be inside AMT Headingley Stadium or out on course.

Be sure to keep up to date on any of the latest updates via our social media channels.



SPECTATOR BUS TICKETS



STADIUM TICKETS

Whether spectators are supporting family or friends, we are delighted to offer a return spectator bus service from Queenswood Drive which is a short walk from AMT Headingley Stadium.

Spectator shuttle bus services will operate on a return service between Queenswood Drive and the two spectator hubs; Adel and Otley.

Please note, that this is not a loop service between spectator hubs and it is not possible for spectators to visit both spectator locations.

Please also note, that those wishing to spectate in Adel will be able to see both half-marathon and marathon participants.

Those spectating in Otley will only be able to see marathon participants.

The Spectator Shuttle Bus service will start at 10:00 from Queenswood Drive and the last shuttle bus to leave Otley and Adel will be 14:00.

For more information and to book a ticket click [here](#).

AMT Headingley Stadium will be a hub of activity with all of the action unfolding on the finish line along with our sponsors and charity partners taking to the Event Village.

Spectators will need to purchase a stadium ticket in order to access the stadium. This will be the only way to gain access to inside the stadium to watch the finish line.

We advise booking early due to an overwhelming response in 2023 and tickets selling out.

Spectators will be allowed access to the stadium from 10:30. Each person can purchase a maximum of 4 tickets and babes in arms do not require a ticket. Once spectators have entered the stadium, they will be unable to leave and return.

Please note, when selecting how many spectator tickets you require please be respectful that numbers are limited and others may wish to see their family and friends finish. Please only select as many as you require.

To find out more information and to book a ticket click [here](#).

WHERE TO WATCH GUIDE

The vibrant and buzzy streets of Leeds along with the picturesque outer countryside make the Rob Burrow Leeds Marathon and Leeds Half Marathon the perfect event for spectator viewing.

Wherever a loved one decides to cheer you on, they are guaranteed a fantastic atmosphere from the moment they arrive until the moment they leave.

With so many places to visit on course and two events taking place on one day, we've created this handy guide to help spectators plot their route and choose the best spot to cheer you on.

If parking in residential areas on course, please be mindful of residents and be respectful when choosing where to park.

Do remember that we run a spectator bus service out to Adel and Otley direct from the stadium. For more information head and to book a ticket head to [our spectator guide](#).

OTLEY

OFFICIAL SPECTATOR HUB

A hotspot for marathon viewing, it's here marathon runners will reach mile 16. With 10 miles left to go, there going to need the crowd support and someone cheering their name.

A market town full of pubs, coffee shops and cafes, spectators will be able to stop and enjoy a bite to eat or a coffee before cheering runners on.

And let's not forget the 'hill climb' along the Chevin as runners make their way from mile 17 to mile 20. A long stretch of 3 miles, it's guaranteed runners will need lots of encouragement. It's recommended to head into Otley before walking up to the Chevin. Here you will also find the most glorious and change to lovely views of the lower Wharfedale valley.

ADEL

OFFICIAL SPECTATOR HUB

Runners will reach Adel just before mile 7. Here marathon and half marathon runners will split, with half marathon runners continuing up Otley Road and marathon runners travelling along Church Lane towards Eccup and onto Bramhope.

A hotspot of spectators in 2023, this year is set to be the same again. Adel Sports and Social club makes the perfect area for marathon viewing, while Otley Road is the ideal spot to catch both sets of runners.

It is worth bearing in mind that half marathon runners will travel back through Adel as they make their way to the finish line, while marathon runners will also travel back through the area at mile 22.

WHERE TO WATCH GUIDE

HEADINGLEY

Leeds number one suburb makes the perfect stomping ground for race day viewing. Marathon and half marathon runners will wiz by as they make their way along the route and back towards the finish line at the stadium. Full of pubs, cafes, restaurants and bars, the suburb makes the perfect location for spectators.

WEST PARK

Further along Otley Road spectators will find West Park. Runners will approach this spot just before reaching Lawnswood Roundabout. The perfect location for spotting marathon and half marathon runners, spectators will be able to enjoy a coffee from West Park Lounge or West Park Cafe, before making their way back down to the stadium to enjoy the atmosphere.

POOL IN WHARFDALE

Marathon runners will reach Pool in Wharfedale at mile 13. A scenic village which enjoys views in most directions, including The Chevin, the Arthington Viaduct and Almscliffe Crag, it makes for a lovely marathon spectating location. Give runners a cheer as they approach the half way point!

BRAMHOPE

The village of Bramhope is expected to come alive with marathon and half marathon runners. Half Marathon runners will turn back on themselves shortly after mile 8, while marathon runners will approach Bramhope via Kings Road just after mile 9.

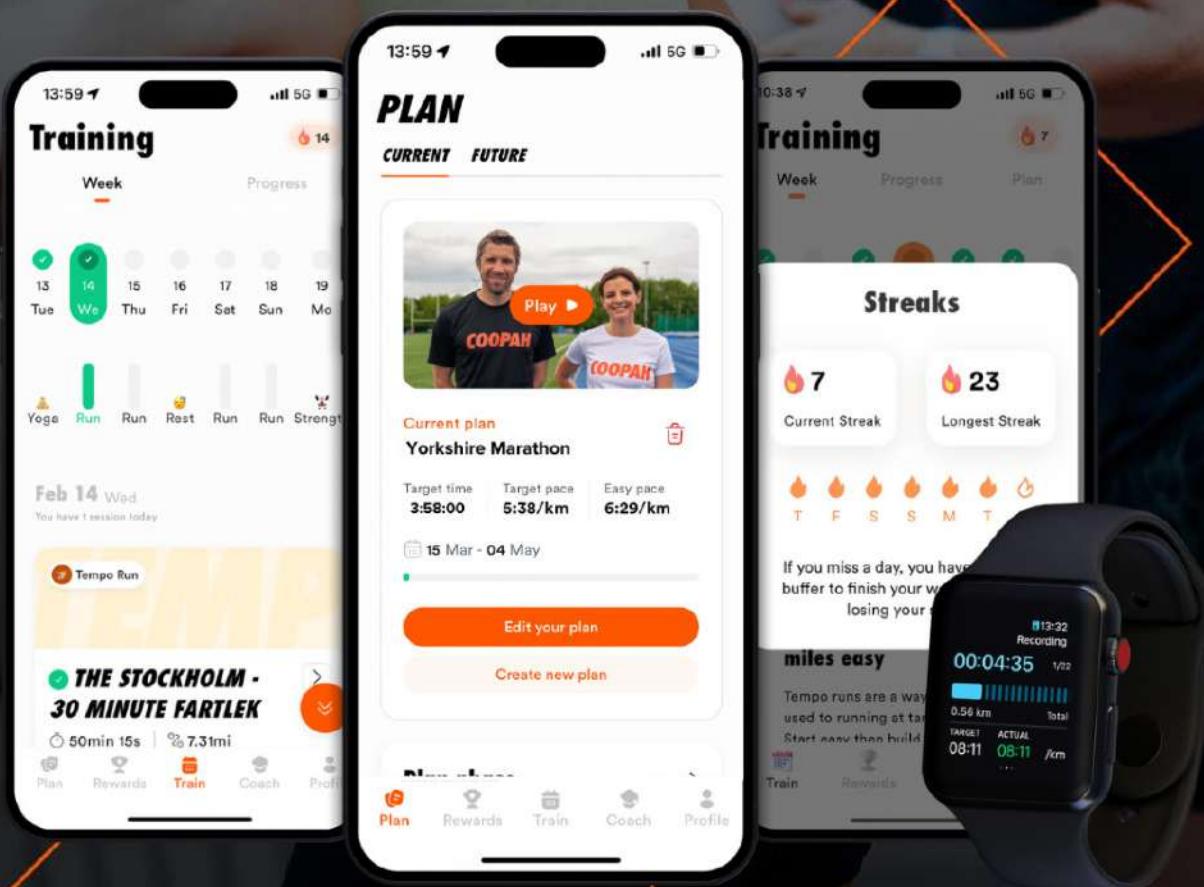
Marathon runners will continue along Leeds Road before turning right onto Creskeld Lane and then onto Arthington Lane. Spectators will also be able to cheer on a loved one as marathon runners make their way back through Bramhope around mile 20. Runners will have just completed the 'hill climb' out of Otley and may need the extra support!

The village hosts an array of coffee stops and the Fox and Hounds pub where spectators may want to stop for an afternoon refuel.

THE STADIUM

Spectators can watch all the finish line action unfold at AMT Headingley Stadium. Expect an electrifying atmosphere and a party from start to finish as thousands of participants of all abilities and ages cross the finish line. Spectators will only be able to access the stadium after purchasing a stadium ticket. To purchase a ticket and find out more information, head to our Spectator Guide.

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THANK YOU!

EVENTEERS VOLUNTEER PROGRAMME

The Rob Burrow Leeds Marathon and Leeds Half Marathon simply wouldn't happen without the support of our incredible Eventeers. Our volunteers play an instrumental role in the success of event day and their impact is felt far beyond the start line. From handing out water on course, to giving you your medal on the finish line, our amazing eventeers are with you every step of the way.

A list of our amazing volunteers

Leeds Building Society

University of Leeds

7th St Matthews North Leeds

Pure Gym

Carr Manor School

Ackworth Road Runners

Leeds West Cadets

Bramhope Scout Group

Hyde Park Harriers

Bramley Breezers

Heckmondwike Striders

Street Games,

Bramley Breezers

Central Yorkshire Scouts

HOW TO VOLUNTEER

Feeling inspired or know someone who might like to volunteer at a future Run For All event?

Simply click the email link to register your interest eventeers@runforall.com

Thank you for considering to volunteer. We'd love to have you on the team.



GET MARATHON READY

20% OF EVERY SALE IS DONATED TO THE MND ASSOCIATION



BURROW
7

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INSPIRING STORIES

SAM'S FUNDRAISER FOR MACMILLAN

Sam will be running the marathon for his fiancé, Bronagh and is fundraising for Macmillan Cancer Support. In May 2023, Bronagh was diagnosed with Round Cell Sarcoma Cancer with a tumour behind her left eye.

The diagnosis came just a few days before Bronagh's 30th Birthday. Their lives changed instantly.

Starting on chemotherapy straight away, the swelling went down and the tumour reduced in size slightly. It was then onto a dose of radiotherapy for six weeks before fighting multiple infections at the same time.

Bronagh is currently still living with an active tumour and will be continuing her treatment and hospital visits into 2024. This will be Sam's first marathon but he will be joined by his cousin Joe, a semi-professional runner and winner of the 2023 Yorkshire Marathon!

"He may try and win it, whilst I try and just finish it"

"Although we are still in the battle against this. Myself and my cousin Joe wanted to raise money for Macmillan Cancer Support by running the Rob Burrow Leeds Marathon in May 2024.



"Macmillan offer amazing support to many cancer patients and families similar to us in our situation. I can't thank them enough for what they have done for us and so many other families.

"If you can donate anything to this great charity then thank you! If not just a like or a share on social media will still help a long way instead. It would be amazing to see any friends and family down in Leeds on the day."

**CLICK HERE
TO READ MORE**

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LEEDS HALF MARATHON