

# YORKSHIRE MARATHON

RELAY



OFFICIAL EVENT

## RELAY GUIDE

20 OCTOBER 2024

[runforall.com](https://runforall.com)



# IT'S ALL ABOUT TEAM WORK!

**The Yorkshire Marathon Relay, a hugely popular addition to the Yorkshire Marathon Festival, will see teams of six battle it out to claim the bragging rights of being the fastest team in the race. Participants get their marathon fix and medal by joining five of their friends or colleagues to each take on a leg of the marathon course!**

Enjoyed by co-workers, friends and families alike, this is a great way to enjoy the Yorkshire Marathon without having to take on the full 26.2 miles.

Teams will be looking to achieve their fundraising goals, or simply enjoy a bit of healthy competition and with distances varying within the Relay, it makes the Relay both fun and accessible for participants of all abilities.

In last year's Yorkshire Marathon Relay, Zeno's Arrows, collectively crossed the finish line in a time of 03:04:16 within the Open Team section, while TSG Consulting were the fastest female team to cross the finish line in a time of 03:39:15. And in the Mixed Teams section, team Millfield Medics crossed the finish line in a time of 03:35:16.

**The race is on for 2024! Will your Relay team be the quickest to cross the line?**



# EVENT DAY

## KEY TIMINGS

**06:00**

Park and Run Car Park opens at Elvington Airfield.

**07:30**

Relay hospitality area and registration opens.

**08:00**

Professional team photos begin.

**08:45**

**'A' runners assemble with marshals and lead to start line.**

**09:05**

**'C' runners assemble with marshals and lead to bus.**

**09:30**

Bus 'B' & 'C' depart University.

**09:35**

Bus 'D' departs University.

**10:30**

Bus 'E' departs University.

**10:50**

Bus 'F' departs University.

**12:30**

Cash Bar at Roger Kirk centre opens. Park & Run buses return back to Elvington Airfield.

**06:30**

Park and Run Services to the Event Village begin from Elvington Airfield.

First City Centre Shuttle Bus to depart York City Train Station.

**08:35**

**'B' runners assemble with marshals and lead to bus.** Professional photographer leaves hospitality area.

**09:00**

Bus 'B' departs University.

**09:10**

**'D' runners assemble with marshals and lead to bus.**

**09:30**

**Yorkshire Marathon & Relay start.**

**10:05**

**'E' runners assemble with marshals and lead to bus.**

**10:30**

**'F' runners assemble with marshals and lead to bus.**

**11:00**

Brunch service starts in Corporate Hospitality Area.

**17:00**

Last Park and Run bus departs back to Elvington Airfield.



## INSPIRING STORIES THIS YEAR'S CHAMPIONS



# THE BIG STRONG LASSES - STRONGER TOGETHER AFTER BREAST CANCER

This year's Yorkshire Marathon Relay will include two teams from the Big Strong Lasses – a community of women who weight train together, on zoom, after a diagnosis of breast cancer. It was set up by Carolyn Garritt, a personal trainer specialising in working in cancer rehabilitation who was diagnosed with breast cancer herself during the covid lockdown.

"I knew that I'd recover best if I made sure I did weight training three times a week, so I changed my work schedule and started teaching weights online, sharing my own rehab with others in the same boat." The Big Strong Lasses rarely get to meet in real life but have been training together online since 2022. Some of them also are part of 5k Your Way, the brilliant initiative that links cancer patients with designated parkruns on the last Saturday of every month. In February this year they went further, and tackled 10km in the London Winter Run.

The Yorkshire Marathon will be their first relay event, and they can't wait. Running the last leg for her team, Fiona said 'I'm taking part because I was so jealous of the excitement around the Winter Run and I felt I wanted to be part of that comradery, even if that meant doing some running'. Fiona is a regular parkwalker and is now following a couch to 5k programme as her first foray into running."

It's well known that exercising after a cancer diagnosis helps in many ways: it can help reduce the risk of the cancer returning and can help manage the myriad side effects from treatment. Training together as a group is proving a winning formula for the Big Strong Lasses: Karen, who has gone from a non-runner to a half marathoner since her cancer, said "The support and understanding that comes from doing this with women who have all had breast cancer is priceless."

**[READ MORE HERE](#)**

# PLAN YOUR DAY

**Thank you for entering the 2024 Yorkshire Marathon Relay. This part of the magazine details important event information and arrangements for the day. Please ensure you read it carefully.**

## Registration

Your dedicated Relay hospitality area is situated in the **Roger Kirk Centre**. Signage will be in place across the campus to direct you – please see the map for the location.

Hospitality in the Roger Kirk Centre opens at 7.30am. Please ensure you arrive before 8.30am to allow enough time to collect your race number, arm band, and be ready for your specific leg assembly zone meet time.

## Friends and Family

Spectator points across the route and in the city centre are great places for family, friends, or colleagues to visit if they are hoping to see you in action.

If you've completed the race and want to join the supporting crowds, the spectator bus timetable can help.

## Travel Journey Durations

University – Stamford Bridge: 30 minutes  
Stamford Bridge – Dunnington: 15 minutes  
University – Dunnington: 15 minutes.

Post event, there will be a paid bar in the Roger Kirk Centre which will be taking cash. This will be open from 12.30-5.00pm. You must be wearing your wristband to gain access to the Roger Kirk Centre and to claim your free travel.

## NEVER FEAR! FREE PARK & RUN IS AVAILABLE FOR ALL RELAY RUNNERS

Family and friends travelling with you will need to purchase their park & run tickets from our website by [\*\*clicking here.\*\*](#)

### Here are your travel options:

#### 1. Elvington Airfield Park & Run

- Complimentary Park & Run service from the official event car park at Elvington Airfield.
- Car park will open at 6:00am
- Park & Run service starts from 6:30am

#### 2. Marathon City Centre Shuttle Bus

- Between York Railway Station and the event Village from 7:00am

**We would advise getting on the earlier buses between 7:00am and 7:30am.**

Please wear your wristbands to redeem your free travel. Wristbands will be posted to your team manager with your t-shirts during event week.

### Spectator Bus Timetable

**9:00am - 11:30am:** Stamford Bridge (return until 1:30pm)

**10:30am - 2:30pm:** Dunnington

# YOUR EVENT VILLAGE MAP

## Key

	WATER		PARK & RIDE BUS STOP
	TOILETS		SPECTATOR SERVICE BUS STOP
	FINISH GOODY BAGS		CITY CENTRE BUS STOP
	RACE OFFICE		BUS TO RELAY CHANGE OVER POINTS
	FAMILY & FRIENDS MEETING POINT		FOOD & DRINK
	BIG SCREEN		LANDMARK
	SPONSORS		FIRST AID
	MASSAGE		WALKING PATH
	BAGGAGE		RUNNERS ONLY ONE WAY
	BIKE RACK		MERCHANDISE
	INFORMATION POINT		PUBLIC VEHICLE ACCESS LIMITED



# RELAY BUSES



## The Start

Bus marshals and Run For All staff will be on hand throughout the morning, so please listen out for the announcements!

'A' runners will meet with their marshal in the Roger Kirk Centre at 8.45am and will be taken to get ready for mass warm up at 9.00am. 'A' runners will be filtered into the main marathon field behind Zone 2 runners in their dedicated zone. 'A' runners must be wearing the correct race number and have the teams 'relay baton' secured around their arm.

All other runners should wait in the Roger Kirk Centre until they are called to meet their marshal and will be transported to their respective changeover points around the route.

All buses will be signposted 'Bus B', 'Bus C', 'Bus D', 'Bus E', and 'Bus F' to correspond with each leg of the relay. The buses will be located a short walk away from the Roger Kirk Centre in the Event Village.

**Buses will depart promptly at the specified times due to the strict road closures in place. Please ensure you are on time as buses will depart whether all runners are on board or not at these specified times.**

## Returning Buses

'A', 'B', 'C', 'D', and 'E' runners, upon completing their leg of the race, will be directed to buses to return to the University. Bus marshals will be on hand to guide you to your changeover points and back to your bus. Runners must take all personal possessions with them, when leaving buses, as well as any teammates' belongings. Lost property will be returned to the Relay Hospitality Area in the Roger Kirk Centre.

## Key



WATER



HIGH 5 TAB STATION



HIGH 5 GEL STATION



TOILETS



10 MILE ROUTE



1 MILE MARKERS



RELAY CHANGE OVER



FIRST AID



LANDMARK



SPECTATOR POINT



CHEER POINT



ENTERTAINMENT



\*Route map subject to change

# ON THE DAY



## Baggage

A dedicated Relay baggage store will be located in the Roger Kirk Centre, where you can leave your bags before boarding your bus.

Please take all personal belongings off the bus when arriving at the changeover points. Make arrangements for your team member (running the leg before you) to take items back to the Roger Kirk Centre. Items you need after completing your leg should be given to the team member running the leg after you, before you leave the Roger Kirk Centre pre event. You will return to campus on a different bus after completing your leg of the race.

## Mile Markers

Markers will be prominently displayed at every mile and at 10K, 20K, 30K and 40K. Clear signage will also be positioned around the route in the lead up to, and at key facilities including Relay changeover points.

## Water

Runners are advised to consider the effects of dehydration and should drink fluids to compensate.

Please refer to the route map for the exact locations on route.

## Medical

Medical personnel will provide assistance at regular intervals around the route.

## Toilets

Toilets will be located close to Relay changeover points.

## Team Photography

A photographer will be on hand in the relay hospitality area from 8.00am to 8.35am to take team photos. These will be sent to you digitally after the event to display with pride! Please arrive with plenty of time to ensure that you don't miss out on this opportunity.

## Leg Distances

RUNNER	LEG MILEAGE	EXACT LOCATION ON ROUTE
RUNNER 'A'	4.8 MILES	UNIVERSITY ROAD (START)
RUNNER 'B'	6.1 MILES	STOCKTON LANE AT JUNCTION WITH HOPGROVE LANE SOUTH
RUNNER 'C'	3.2 MILES	SAND HUTTON (HEADING TO STAMFORD BRIDGE)
RUNNER 'D'	4.1 MILES	ROSTI FACTORY TURNING POINT, STAMFORD BRIDGE
RUNNER 'E'	5.0 MILES	MURTON LANE TURNING POINT (STAMFORD BRIDGE ROAD)
RUNNER 'F'	3.0 MILES	MURTON WAY AT JUNCTION WITH MURTON LANE

# OUR 2023 WINNERS



## OPEN

**Zeno's Arrows**



## FEMALE

**TSG Consulting 1**

## MIXED

**Millfield Medics**

## Awards

Awards will be presented for the three fastest teams in each of the Relay categories:

- **Open**
- **Mixed**
- **Female**

The winners will be announced in the week after the event and your team managers will be notified of the date, time & location of the presentations.

Please remember, if a member of your team is running 2 legs, you will be unable to qualify as one of the fastest 3 teams.

## Your Finish Line Awaits

Once you've completed your leg, make sure you come to the hospitality area to collect your goodie bag and enjoy a well deserved bite to eat.

For those in the final leg, we know it may be tempting to collect a medal and goodie bag as you cross the line however your dedicated Relay medal & goodie bag will be waiting for you in the Relay Hospitality.



For all the event information please view the official  
**YORKSHIRE MARATHON MAGAZINE**

**CLICK HERE**



**runforall.com**