



Jane Tomlinson's
RUN FOR ALL



EVENTEERS

VOLUNTEER PROGRAMME

HANDBOOK

WELCOME

Congratulations on becoming an official Run For All Eventeer

You are now one of hundreds of Eventeers who selflessly give their time to play a significant role for both the smooth delivery of the event but also keeping all the participants encouraged, motivated and safe.

Through your support you are not only allowing our events to take place but your continued support helps these events to

grow, allowing more people to participate and raising more money for charities on both a local and national scale. Quite simply, we couldn't put on these events without our incredible team of Eventeers on the day. So, on behalf of everyone here at Run For All, the participants and everyone else involved in the event, thank you!

"I volunteer because I want the people who run to be looked after, I really want them to just go and run and not have to be concerned about which direction they're running in or obstructions on the way or make sure they have everything they need depending on my volunteer role. As a volunteer I can make sure that happens and I can cheer them on their way too!"

Viv Williams - Eventeer



"Huge thanks to all the volunteers. Your hard work was certainly appreciated by me pre-race, during my half and afterwards. Part of the great experience on the day"

Jennifer Turner - Participant

WHY WE DO WHAT WE DO



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

Jane, from Leeds, made headlines around the world by taking part in a series of incredible endurance events - despite being diagnosed with an incurable cancer. The mum-of-three defied her devastating diagnosis to complete challenge after challenge - from marathons and triathlons to ironman contests and cross-Europe cycle rides.

By 2007 her declining health meant she was unable to take part in any more extraordinary undertakings.

However, using the money she raised on her epic American adventure, Jane was able to sow the seeds for the Run For All Leeds 10K - the cornerstone of what would become her continuing legacy.

Today, that single event has grown into one of the UK's largest not-for-profit event organisations, helping thousands of people every year to raise money for both local and national charities. And while the scale has grown, the message remains the same: to deliver high-quality, inclusive, and unforgettable events for people of all abilities.

EVENTEER JOURNEY



As our name suggests, our events are 'For All' and this is just the same when it comes to our volunteers. We have a wide range of Eventeer Roles on Event Day to suit everyone - for all age ranges, abilities and experience levels. However, to make sure everyone is safe and sound we do have a couple of stipulations:

- **Route Marshal Eventeers need to be 18 years old or over**
- **16 - 18 years olds will need parental/guardian permission to be an eventer**
- **Under 16's will need to have a parent/guardian present with them at all times on event day.**

Our Eventeer Roles are based both in our Event Village, helping participants both pre-race and post-race, or out on Route where you will see participants in action.

2026 EVENT DATES

LEICESTER 10K	01.03.26
NOTTINGHAM 10K	08.03.26
SHEFFIELD HALF MARATHON	29.03.26
CITY OF LINCOLN 10K	12.04.26
COVENTRY RUNNING FESTIVAL	19.04.26
BESPAK GEAR 10K	03.05.26
ROB BURROW LEEDS MARATHON	10.05.26
LEEDS HALF MARATHON	10.05.26
HULL 10K	31.05.26
LEEDS 10K	14.06.26
RAMATHON & RAM 5 MILE	28.06.26
ARLA PROTEIN YORK 10K	02.08.26
BURY BID 10K	20.09.26
LARKING GOWEN IPSWICH HALF MARATHON	27.09.26
SHEFFIELD 10K	27.07.26
LINCOLN HALF MARATHON	04.10.26
MCCAIN YORKSHIRE COAST	11.10.26
ALTRA YORKSHIRE MARATHON FESTIVAL	18.10.25
LEEDS ABBEY DASH 10K	29.11.26

COURSE ROLES

ROUTE MARSHAL

The route marshal is a fantastic way to see the event and help create an electric atmosphere from start to finish, lead runner to backmarker! You will be allocated a point on route and will be supported by a Senior Marshal as well as the Run For All Course team. The route marshal will often be based on a junction and support the public regarding road closure enquiries so knowing the area is always a bonus.

This is a great role for all Eventeers – groups and individuals. However, please note all Route Marshal Eventeers need to be 18 years old or over.

DRINK STATION

Drink Station Eventeers are a welcome sight for all runners as they make their way around the route for a welcomed respite, especially in the summer months. Eventeers will be ready for the first runner and the last with that all-important drink of water whilst also shouting words of motivation and support. You will be supported by a Drink Station Manager allocated to your Drink Station as well as the Run For All Course Team.

This is a great role for groups such as cadets, scouts, school groups and sports clubs.

SPLASH & SPONGE STATION

In the Summer Months when temperatures are higher we will add in extra Hydration Stations on Route to keep our participants cool and hydrated! Our Eventeers on the Splash/Sponge Stations will be ready and on hand to assist keeping runners cool as they pass through the splash/sponge station whilst also shouting words of motivation and support. You will be supported by a Drink Station Manager as well as the Run For All Course Team.

This is a great role for groups such as cadets, scouts, school groups and sports clubs!

Please note – this role will not be available at all events.

EVENT VILLAGE ROLES

FINISH PROCESSING

Our Finish Processing Eventeers will have an extremely rewarding day as they will be some of the first faces participants see as they cross the finish line. Eventeers will be ready with that all-important medal, goody-bag and water to hand to every participant as they finish their race with a well-deserved congratulations. Eventeers here will also help channel participants into the 'T-Shirt Collection' and 'No T-Shirt Collection' based on their bib so is a great role to be vocal with! You will be supported by a Finish Processing Manager as well as the Run For All Venue Team.

This is a great role for all Eventeers – groups and individuals! Team work plays a big part in this role so is a great way for teams to work together or to meet new people!

BAGGAGE STORE

The Baggage Store is one of the first and last stops participants will make when they arrive to the Event. Our Baggage Eventeers will greet participants both pre and post event as they drop off and collect their belongings. At the Baggage Store working closely as a Team, you will help sort and store bags numerically to speedily reunite runners with their bags and a well-deserved congratulations! You will be supported by a Baggage Manager as well as the Run For All Venue Team.

This is a great role for all Eventeers – groups and individuals! Team work plays a big part in this role so is a great way for teams to work together or to meet new people!

RACE OFFICE

The Race Office is the Hub of the Event Village where our team of friendly Eventeers will be waiting to help! Participants will come here to collect their Race Numbers pre-event where our Eventeers will be on hand to assist and give them a warm welcome and calm the pre-race nerves. This is a customer facing role so our Eventeers need to be friendly, approachable and chatty! You will be supported by a Race Office Manager as well as the Run For All Venue Team.

HOW TO SIGN UP



**"I HAD AN AMAZING TIME
VOLUNTEERING AT THE EVENT,
I'M STILL BUZZING NOW!"**

TRACY ROBINSON

SIGN UP NOW

**Please note if you are
volunteering for a Partner
Charity of the Event make sure
you are signing up directly
with that charity.**

**Know what role you want to
do? Great! Next it is time to
sign up!**

The easiest way to do this is
follow the link below for the
event you want! Signing up as
a Group?

Again, sign your group up
through the link where you
will be able to say what your
Group Name is and how many
Volunteers you are expecting.
Otherwise please email
eventeers@runforall.com and
one of the team will be more
than happy to help!

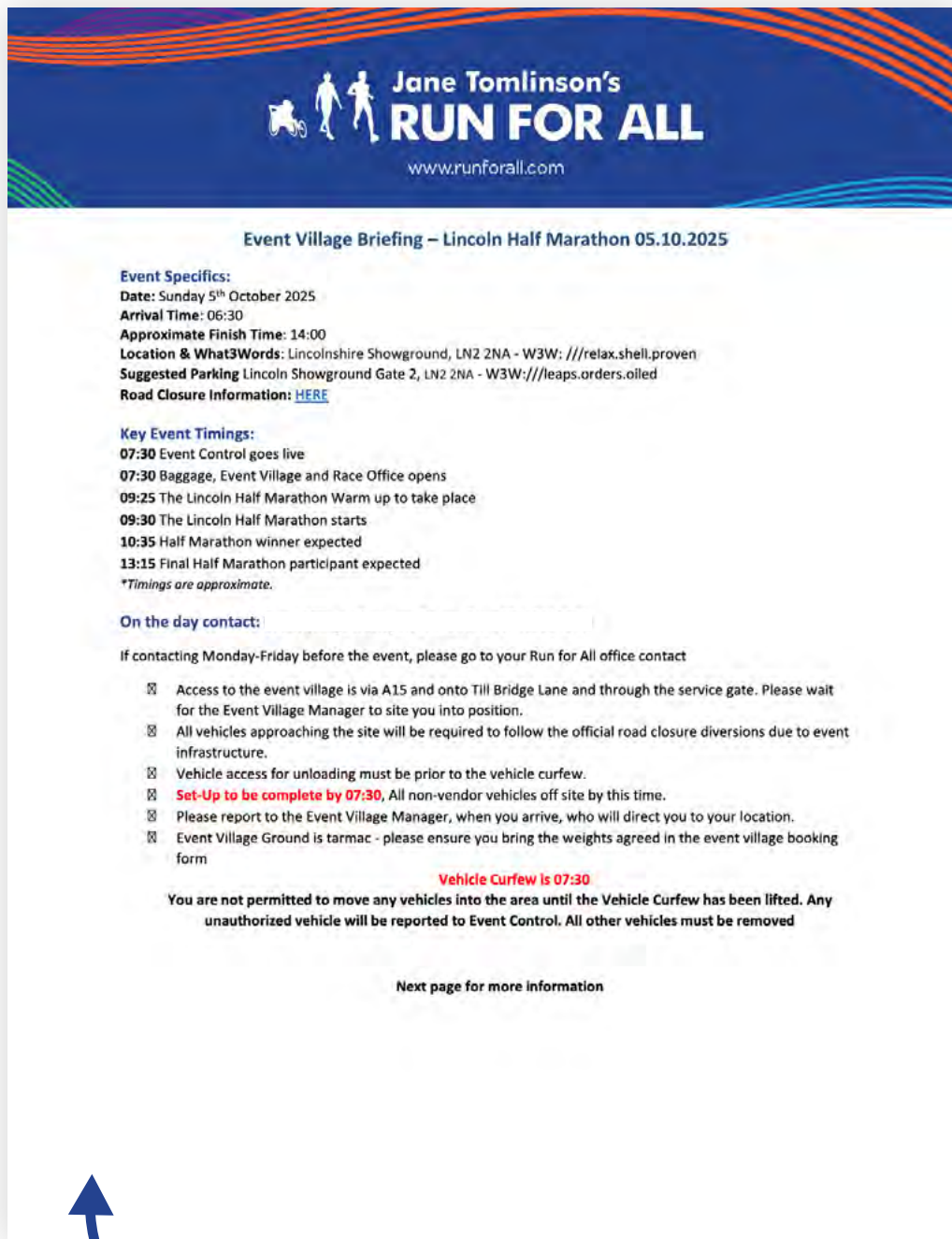


**"THANKS FOR MY SECOND YEAR
MARSHALLING, I LOVE IT AND I
THOROUGHLY ENJOY GIVING THE
RUNNERS ENCOURAGEMENT AND THEY
ARE ALWAYS VERY THANKFUL"**

AMANDA RHEAD

EVENT BRIEF

At least 1 week out from Event Day you will receive a brief like the one below. If you have not received your brief before this then please email eventeers@runforall.com.



**Jane Tomlinson's
RUN FOR ALL**
www.runforall.com

Event Village Briefing – Lincoln Half Marathon 05.10.2025

Event Specifics:
Date: Sunday 5th October 2025
Arrival Time: 06:30
Approximate Finish Time: 14:00
Location & What3Words: Lincolnshire Showground, LN2 2NA - W3W: ///relax.shell.proven
Suggested Parking Lincoln Showground Gate 2, LN2 2NA - W3W: ///leaps.orders.oiled
Road Closure Information: [HERE](#)

Key Event Timings:
07:30 Event Control goes live
07:30 Baggage, Event Village and Race Office opens
09:25 The Lincoln Half Marathon Warm up to take place
09:30 The Lincoln Half Marathon starts
10:35 Half Marathon winner expected
13:15 Final Half Marathon participant expected
**Timings are approximate.*

On the day contact:

If contacting Monday-Friday before the event, please go to your Run for All office contact

- ☒ Access to the event village is via A15 and onto Till Bridge Lane and through the service gate. Please wait for the Event Village Manager to site you into position.
- ☒ All vehicles approaching the site will be required to follow the official road closure diversions due to event infrastructure.
- ☒ Vehicle access for unloading must be prior to the vehicle curfew.
- ☒ **Set-Up to be complete by 07:30**, All non-vendor vehicles off site by this time.
- ☒ Please report to the Event Village Manager, when you arrive, who will direct you to your location.
- ☒ Event Village Ground is tarmac - please ensure you bring the weights agreed in the event village booking form

Vehicle Curfew Is 07:30

You are not permitted to move any vehicles into the area until the Vehicle Curfew has been lifted. Any unauthorized vehicle will be reported to Event Control. All other vehicles must be removed

Next page for more information

EVENT BRIEF EXAMPLE

EVENT DAY PREPARATIONS

WHAT TO BRING

Please be advised there are no secure lockers so it is best to bring as little as possible (especially valuables and personal items) or a back pack which is kept with you at all times. Useful items to bring include:

WATER

SNACKS

CAP OR HAT

SUNGLASSES

SUN CREAM IF NEEDED

RAINCOAT

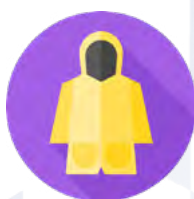
EXTRA LAYERS

MOBILE PHONE

PORTABLE CHARGER

BE PREPARED

- Confirm your attendance to eventeers@runforall.com pre-event and remain dedicated to attending on the day. Come rain or shine we rely on all our volunteers to be there on the day.
- Carry out the role to the best of your ability. Read your brief before event day and listen to the brief your manager will give you once you arrive. If you are unsure about anything, please ask.
- Ensure you are friendly and polite with everyone you come in contact with and always looking to help.
- Communicate with everyone with everyone positively and effectively.
- Keep the atmosphere high for not only participants but also fellow volunteers and spectators.



EVENTEER STORIES

RUTH CROSSLEY

Route Marshal at Rob Burrow Leeds Marathon

My favourite part about the role was the freedom to talk to everyone, particularly the runners. They all had different stories to tell. I enjoyed identifying runners who seemed to be on their own and making myself known to them to discuss their run and take a photo so they could send it to whoever was waiting to see them on the course on the run, just to let them know they were okay.

I am a runner myself and knew that I wouldn't be running either of the events on the day so thought it would be good to volunteer and give back to the running community what they have done for me in the past. I ran the Leeds 10k last year and if it wasn't for the volunteers and event staff, these events wouldn't be possible or run smoothly. It's always good

to volunteer but to know I supported Rob Burrow and Kevin Sinfield in their goal to raise awareness and funds for MND made it even more special.

I had the chance to go near the start line for 2 of the phased starts. The buzz amongst the runners, the DJ, other volunteers and spectators was magical; lovely to witness and be a part of.

The feeling volunteering at these events gives you is better than you can imagine. The genuine thanks you receive makes you realise you've been part of someone's special day. I enjoyed it that much I've offered to volunteer again at the Leeds 10k and was so inspired by the event I have entered next years full marathon!



WHAT TO EXPECT ON EVENT DAY

It's Event Day! And we couldn't be more excited to have you as part of the team and supporting all of our incredible participants. Please follow all the details on your brief to meet your 'On the Day' contact. They will be clearly distinguishable wearing an **Orange Hi-Viz** with **Event Support Team** written on the back. From here you will:

- 1.** Be signed in and registered as an official event volunteer. Please ensure your manager has you signed in at the start of the day.
- 2.** Be given an official event Hi-Viz and Volunteer Lanyard which will have Key Information and Contact Details for the day. Please take the time to read this carefully. Any questions please ask.
- 3.** Your 'On the Day' contact will then give you a full brief about the event. This will include an overview of your Roles & Responsibilities, what to expect and any key information you need to be aware of.
- 4.** You will then be shown to your location where you can commence your volunteering role. Your manager will remain contactable throughout the shift either in person or on the phone to assist where needed.
- 5.** Have fun! You are a big part of the participants day.



EVENT DAY SCENARIOS



PARTICIPANTS AND THE PUBLIC

- Please answer any queries calmly and politely.
- Keep participants on the correct route and give them plenty of encouragements.
- Please wait for a natural gap in the runners to allow spectators to cross the route.

MISSING PERSONS

- A missing/lost person procedure is in place across the event, please report any incidents to Event Control.

RETIREE PROCEDURE

- If a participant wishes to withdraw from the event please contact Event Control, providing your location and marshal point number and the bib number of the runner wishing to withdraw.
- Please confirm if the participant will be making their own way back or whether they need support getting back.

EVENT DAY SCENARIOS - MEDICAL

MEDICAL PROCEDURE

- **Not Breathing** - Call our Medical Control using the number on your brief/ lanyard, or ask another marshal/person to do so. The control operator may Call 999 immediately. If it is a participant advise the operator that the casualty is taking part in the event and follow their instructions.
- **Breathing** - Calmly call Medical Control on the number on your brief/ lanyard and relay your marshal point number for your exact location. Calmly reassure the casualty that help is on its way and contact your supervisor if support is required.

Relay the following to event control.

- Is the casualty: Conscious? Y/ N Breathing? Y/N
- Type of injury?
- Exact location: Give marshal point + reference point or what3words
- Casualty's Race Number + Male / Female
- Is there more than one casualty? Y/N
- Your name and contact details

GUIDANCE TO REMEMBER

- Always check for dangers around before going to help the casualty
- If unconscious or not fully alert please turn the casualty onto their side, clear any obstruction from their mouth and ask for help from medical control.



OUR VOLUNTEER INCENTIVES

Along with joining the RFA Family, we also offer the below incentives to all of our incredible volunteers:

- A free entry into any Run For All event (excluding marathons). To claim this, email eventeers@runforall.com after you have volunteered and let us know which event you would like to be a part of!



- A great goody-bag with a drink and snack included on the day.
- Automatic entry into our volunteer raffle for the chance to win some amazing prizes!
- To re-deem a free entry we will need confirmation of your attendance in volunteering through the registration forms so please ensure you are signed in on Event Day.

We will provide you with all the equipment you will need as well as a goody bag as a thank you!

VOLUNTEER FEEDBACK & POST EVENT COMMUNICATIONS

Your feedback during and post event is greatly appreciated so please do share this with us! Alternatively, if you would like to do this anonymously we will circulate a post event questionnaire via email for you to have your say.

BECOME AN OFFICIAL VOLUNTEER



Become a prominent and fundamental part of the RFA family by joining our Eventeer Programme! Our Eventeer programme is filled with regular volunteers that love our events. This programme gives them the opportunity to grow their skills and knowledge in events as well as have a great time doing it! Our Eventeers range in experience and age but what makes them special is that they love what they do and we couldn't do it without them!

SHARE YOUR EXPERIENCE

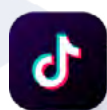
We LOVE to see our Eventeers out in action so please take selfies and pictures of your day and remember to tag us in your socials

#EVENTEERS #RUNFORALL

FOLLOW US ON:



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@Jane Tomlinson's Run For All

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