

RUN FOR ROB

ROB BURROW LEEDS MARATHON
In Partnership with Clarion

LEEDS HALF MARATHON

OFFICIAL MAGAZINE

11TH MAY 2025

runforall.com

CONTENTS

PAGE 3 Welcome to the Rob Burrow Leeds Marathon in partnership with Clarion and Leeds Half Marathon

PAGE 4 Honouring Rob's Legacy

PAGE 7 Our Partner Charities

PAGE 12 High5 Nutrition Guide

PAGE 15 Inspiring Stories - Rugby Fan Andrew

PAGE 16 Rob Burrow Leeds Marathon Relay and MND Mile

PAGE 20 Getting to the start line

PAGE 23 Inspiring Stories - Nat and His Brother

PAGE 25 Race Number Information

PAGE 28 Inspiring Stories - Meet Steven

PAGE 29 Inside AMT Headingley Stadium

PAGE 32 Baggage Information

PAGE 35 Rob Burrow Leeds Marathon Route Map

PAGE 37 Leeds Half Marathon Route Map

PAGE 38 Event day timings

PAGE 40 Rosie Jones & Ivo Graham on a mission for a new Marathon PB!

PAGE 42 Inspiring Stories - Usingh Bolt

PAGE 44 On course

PAGE 58 Spectator information

PAGE 59 Where to watch guide

PAGE 62 Running Club Section Takeover

PAGE 63 Thank you Eventeers

PAGE 67 Your Relay Guide



WE ARE READY TO GO, ARE YOU?

WELCOME

The warmest welcome to each and every one of you participating in or supporting the truly special events - the 2025 Rob Burrow Leeds Marathon in partnership with Clarion and the Leeds Half Marathon.

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.

On Sunday 11th May 2025, the streets of Leeds will echo with the footsteps of thousands, united by a common purpose: to Run For Rob. To honour the extraordinary legacy of Rob Burrow CBE and to make a tangible difference in the fight against motor neurone disease and a plethora of other worthy causes.

Whether you are a seasoned marathon runner chasing a personal best, a first-timer embarking on an incredible challenge, a dedicated fundraiser surpassing your goals, or a passionate supporter cheering from the sidelines, your presence on the day is invaluable.

For those embarking on the 26.2 or 13.1 mile distances, the training is nearly over. Following countless hours of training, sacrifice and determination, you'll soon be lacing up your trainers and joining thousands at the AMT Headingley Stadium start line.

In no time at all, you will be soaking up that post finish line buzz and collecting your well deserved finisher's medal; a memory which will stay with you forever. Make sure to take a moment to be proud of yourself.

For any event, preparation is key and with that in mind, we recommend reading this guide in detail to ensure you're fully prepared.

You'll find all the key information you need to ensure you have the best possible experience. From route maps and travel guides, stadium information and spectator tips, plus some final training tips, you won't want to miss this.

Thank you for being part of the 2025 Rob Burrow Leeds Marathon, in partnership with Clarion. Together, we run with purpose, we run wih passion and most importantly, we Run For Rob.

GOOD LUCK CLASS OF 2025

HONOURING ROB'S LEGACY

The Rob Burrow Leeds Marathon, in partnership with Clarion stands as a living tribute to Rob's extraordinary legacy. It is a day where we come together, not only to challenge ourselves physically but also to honour the spirit of a true hero who taught us all the importance of courage, compassion and never giving up hope.

Rob bravely shared his journey with MND, using his platform to raise awareness. Alongside his lifelong friend and former teammate Kevin Sinfield CBE, Rob embarked on a campaign to raise funds for research and to improve the lives of those living with MND and their families.

On Sunday 11th May, we run in his name, carrying his indomitable spirit with every stride.







A HUGE FUNDRASING MOMENT

We are immensely proud of the collective fundraising efforts that have already surpassed £9 million since the inaugural event.

This year, your dedication will further fuel the vital work of the events two main partner charities, the Motor Neurone Disease Association and The Leeds Hospital Charity.

mnda
motor neurone disease
association

#TeamMND

you're amazing!

Over the last two years our runners have raised more than £2.3 million to help improve access to care for people living with motor neurone disease (MND) and fund vital MND research.

In Leeds and Yorkshire, the money raised also helps to support people living with MND at the Leeds MND Care Centre, in partnership with the NHS.

To everyone taking part in the Rob Burrow Leeds Marathon and Leeds Half Marathon on May 11, thank you.

Together, we will beat MND.

Scan the code to learn more about the MND Association and the work we do.



Registered with FUNDRAISING REGULATOR

Registered Charity No 294354

JustGiving®



Give your miles more meaning

You've done the hard work, you're almost there!

And every step is making a difference... Rob Burrow Leeds Marathon in partnership with Clarion and Leeds Half Marathon runners have already raised nearly £9 million (and counting) for life-changing charities.

But don't forget that 9% of donations come in after race day. So if you're still fundraising, keep pushing. If you haven't started, it's not too late. We'll be here cheering you on!

Raise money for a cause you care about with JustGiving, official partner of the Rob Burrow Leeds Marathon in partnership with Clarion and Leeds Half Marathon.

Create your fundraising page at www.JustGiving.com

MERCHANDISE

NOW AVAILABLE

2025



ROB BURROW
LEEDS MARATHON
In Partnership with Clarion



LEEDS
HALF MARATHON

PURCHASE HERE

Please note that the cut-off date in order to receive your order before the event is the 28th April



PARTNER CHARITIES

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!

mnda
motor neurone disease association

The MND Association's Director of Income Generation, Jo Coker said: "The Association is proud to be a charity partner for the Rob Burrow Leeds Marathon for the third year.

"This year feels especially poignant as we remember and pay tribute to our late patron Rob Burrow, who did so much to raise funds and awareness of MND, for which we will be forever grateful.

MY NAME'5 DODDIE FOUNDATION

My Name'5 Doddie Foundation are absolutely committed to our goal: A World Free of MND.

We will leave no stone unturned in the relentless pursuit of this goal, funding, guiding, and enabling the smartest, most efficient MND researchers to catalyse a cure.

So far, we have committed £19.5 million to research and over £2 million in living grants, ensuring those affected by MND receive vital support. But MND isn't incurable—it's just underfunded.

Leeds Hospitals Charity

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!



Thank you to all Leeds Hospitals Charity runners!

Your fundraising will ensure the Rob Burrow Centre for Motor Neurone Disease is world-class, providing pioneering research, a therapeutic garden and holistic therapies to those affected by MND.

Click to

Donate

Or scan the QR code:

Leeds Hospitals Charity

Let's do good together

Registered charity number: 1170369

The 4Ed Foundation was created after Ed Slater, former professional Gloucester & Leicester Tigers rugby player, was diagnosed with Motor Neurone Disease, with the goal of supporting anyone affected by MND. The foundation provides essential resources and financial assistance through grants to support where necessary, prioritising quick and effective distribution. With 88p of every £1 donated going directly to families, your donation maximises its impact.

We are proud to be a partner of the Rob Burrow Leeds Marathon in partnership with Clarion, continuing Sam's incredible legacy and supporting the MND community. Every runner crossing the finish line has a story and we would like to thank everyone fighting for a cure for MND. Good luck to everyone taking part.

"A huge thank you to all our Team Macmillan runners taking part in the Rob Burrow Leeds Marathon and Leeds Half Marathon! Your support will help provide vital services to those living with cancer in Leeds and across the UK.

Macmillan is committed to being there for everyone from the moment they receive their diagnosis. We want to help them find their best way through and help everyone live life as fully as they can.

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 40 years ago.

By joining team Alzheimer's Society, you have helped fund vital support and research into life-changing dementia treatments. Alzheimer's Society are backing the world's brightest minds and funding over 600 research projects to find the best ways to get an early diagnosis, innovate care and develop targeted treatments.

Happy Days UK provides life-changing support for people who are homeless or in crisis, offering not just immediate relief but a pathway to lasting stability. Our Winter Shelter is a lifeline, operating from October to March with safe, warm accommodation, meals, and specialist support.

Funds raised at this year's Rob Burrow Leeds Marathon will help the Leeds Rhinos Foundation provide vital opportunities, including social support for people with dementia, physical activity for adults with Parkinson's, and sports and employment opportunities for young people with disabilities.

St Gemma's Hospice is an independent charity and has been providing expert care to the people of Leeds for almost years. In the last year alone we have supported over 3,000 local people.

Every 17 minutes, someone in Yorkshire is told they have cancer. Together, we can change this. It's thanks to the Changemakers: the supporters, the researchers, the people with cancer who, for 100 years, have united in one goal - a Yorkshire free from cancer. Together we've brought a century of breakthroughs, progress and life-saving discoveries to Yorkshire, and beyond.

We don't think anyone in our community should have to face going hungry. That's why we provide three days' nutritionally balanced emergency food and support to local people who are referred to us in crisis. We are part of a nationwide network of foodbanks, supported by The Trussell Trust, working to combat poverty and hunger across the UK.


HIGH5
FUEL THAT
HIGH5
FEELING
ORANGE
WITH FRUIT JUICE*
HIGH5
SPORTS NUTRITION
ENERGY
GEL AQUA
BEFORE
DURING
CITRUS
FLAVOUR
HIGH5
ZERO
ZERO SUGAR • ZERO CAL
DRINK



MARATHON NUTRITION GUIDE

WWW.HIGHFIVE.CO.UK

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.

The body finds it hard to convert fat to energy, which makes it tough to keep running at any pace. To ensure you have optimum carbohydrate levels on race day, you should carbo load in the days leading up to your event and consume carbohydrate during the Marathon. Visit **www.highfive.co.uk** for more information on carbo loading.

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.

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 Caffeine 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, only use 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.



AVAILABLE ON COURSE

ENERGY GEL AQUA

Water and refreshing natural fruit juices give Energy Gel Aqua its extremely light consistency when delivering carbohydrates straight to your muscles during exercise.



ZERO

A refreshing, great tasting sugar free sports drink with the key electrolytes of sodium, magnesium and potassium that you gives you what water can't on your run.



Face the Future

365 DAYS of SPF

We're Removing The Cost Of VAT (that's 20%) Off Core Suncare Brands!

As skincare experts, we believe SPF should be more affordable and accessible for all.

We'll be giving out **free SPF samples** in the Event Village - come say hi and keep your skin safe!



Scan Here To Shop

HELIOCARE ultrasun Professional Protection LA ROCHE-POSAY LABORATOIRE DERMATOLOGIQUE EAU THERMALE Avène

facethefuture.co.uk

INSPIRING STORIES

RUGBY FAN ANDREW



Meet Andrew. This year, he's taking on the Rob Burrow Leeds Marathon in partnership with Clarion, running to raise awareness and funds for the Motor Neurone Disease Association.

Motor Neurone Disease (MND) is a devastating condition that affects the nerves in the brain and spinal cord – the motor neurones. These nerves carry messages that control muscle movement. As MND progresses, these messages stop reaching the muscles, causing them to weaken, stiffen, and waste away. This can affect everything from walking and talking to eating, drinking, and even breathing.

As a passionate rugby fan, Andrew closely followed Rob Burrow's journey with MND. The story hit close to home – Rob was just two weeks older than Andrew and, like him, a father to three children of similar ages.

"Thinking about how I'd feel if my wife and kids had to go through what Rob's family has endured really stopped me in my tracks," Andrew shared. "When Rob sadly passed, his courage and powerful final message in the BBC documentary moved me deeply. That's when I knew I had to do something."

Inspired by Rob's words – "Whatever your personal battle, be brave and face it. In a world full of adversity, we must still dare to dream." – Andrew committed to running the marathon, determined to honour Rob's legacy and support those affected by MND.

CLICK HERE TO READ MORE

ROB BURROW LEEDS MARATHON RELAY

Teamwork makes the dream work: introducing the Leeds Marathon Relay

Share the challenge and celebrate together.

An exciting addition to the 2025 Rob Burrow Leeds Marathon, is the introduction of the Marathon Relay. After proving popular at the Yorkshire Marathon time and time again, the format offers a fantastic opportunity for teams of second individuals to experience the thrill of the Marathon while sharing the physical challenge.

Each team member will run a designated leg of the 26.2-mile course, allowing friends, family or colleagues to participate together and contribute to the collective effort. The Marathon Relay fosters teamwork, camaraderie and a shared sense of accomplishment.

Making the Marathon experience more accessible to those who may not be ready to tackle the full distance on their own, it's a chance to be part of the electric event day atmosphere and contribute to fundraising goals in a collaborative way.





MND M1LE

United in purpose – every step counts

A brand-new addition for 2025, the MND Mile, taking place on Saturday 10th May at Leeds Beckett University's Headingley Campus, is set to embody the spirit of inclusivity and community that defines the entire Rob Burrow Leeds Marathon weekend and gives the perfect opportunity for a warm up exercise ahead of the big event on the Sunday.

The accessible one-mile event will provide an opportunity for individuals of all ages and abilities to participate in the fundraising efforts and show their support. With an atmosphere set to be nothing but heartwarming, families and friends are encouraged to come together to walk, jog or wheel their way around the course, aiming to be a powerful demonstration of solidarity and a chance for everyone to be part of the event, regardless of their fitness level.

YOUR RACE GUIDE

ROB BURROW
LEEDS MARATHON
In Partnership with Clarion

LEEDS
HALF MARATHON

EVENT DAY TIPS BY COOPAH

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

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.

BOOK HERE

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 and travel information can be found HERE

PARK & RIDE SERVICES

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

Park & 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.

Services from both Elland Road and Stourton will start at 06:30, with the final service departing back at 17:00. Runners are advised to book the earlier slots in order to give enough time to get to the Start.

Capacity is limited for all services and we recommend Marathon participants book the earlier slots (pre 8am) to ensure they arrive at the start line on time.



ELLAND ROAD PARK & RIDE

This ticket is a return service from Elland Road Park & 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 & 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. Take a look at the map below for the route.

Click here for more information on pricing and to book the best Park and Ride service for you.

OTHER TRAVELLING OPTIONS

CITY CENTRE BUS SERVICES

This ticket is a return service from Cookridge Street 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 02 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

NAT AND HIS BROTHER



Meet Steven. Steven is raising vital funds for MND Scotland — a cause that has become deeply personal.

On 9th February 2024, Steven's mum, Barbara, passed away at the age of 70. Her diagnosis with Motor Neuron Disease (MND) came just eight months earlier, marking the beginning of an incredibly painful and challenging chapter for Steven and his family.

Barbara had begun experiencing memory issues and anxiety in her late 60s, leading to several tests and an initial Alzheimer's diagnosis in June 2023. Life took another difficult turn in early 2024, when Steven's dad suddenly passed away due to heart complications. Shortly after, Barbara moved into a care home in Glasgow. During her early days there, a neurological consultation revealed a more complex and devastating truth — she had frontotemporal dementia with MND.

In less than a year, Steven and his family endured the unimaginable — the loss of both parents and the emotional weight of witnessing the rapid progression of a cruel, terminal illness. Watching his mum decline, experiencing the pain it caused her and everyone around her, has left a lasting impact.

"There's nothing that prepares you for it," Steven says. "MND is relentless. It takes so much, so quickly."

This marathon isn't just a race. For Steven, it's a tribute. It's a way to honour Barbara's strength, raise awareness of MND, and support others facing the same journey. Every mile is a step toward hope, a stand against this cruel disease, and a deeply personal act of remembrance.

CLICK HERE TO READ MORE

LEEDS MINI & JUNIOR

15.06.25



INSPIRE THE NEXT GENERATION

CLICK HERE

CHARITY PARTNER

PhysCap Big help for little people

runforall.com

RACE NUMBER INFORMATION

Opening times
Friday 9th May 12:30 to 17:30
Saturday 10th May 12:00 to 16:00
Sunday 11th May from 07:00

We know many of you will be awaiting your race number, please be advised that Marathon and Half Marathon race numbers will start to get posted out from Wednesday 23rd 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.

On Friday & Saturday, you will find the Race Office located in the Stadium Ticket Office and on Event Day itself, located in the bus stop outside Headingley Carnegie Pavilion.

For your safety, please ensure you fill out the emergency contact details on the back of your race number.

If you are unable to take part, please do not give your race number to someone else. As well as other things, doing so puts everyone at risk - in the event of a medical emergency, we will now know who the runner is or who to contact.

Swapping numbers is strictly prohibited and any participant found doing so 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

If you chose to purchase a finisher's t-shirt with your entry, you will find an icon located on your race number indicating your size.

For anyone still intending to purchase - don't worry, we'll have a selection available on event day. Simply head to the Run For All tent in the Event Village.





BAGGAGE

Simply tear off the Baggage label at the bottom of your bib. You'll need to attach this to anything checked into the Baggage Store.

TIMING CHIP

Your timing chip must never be removed, bent or damaged. It ensures that your time is recorded correctly and you receive an official result, so please take care when attaching to your bib.

We also ask that your number and chip isn't covered as it can affect detection by the timing mats.

Please click here for event FAQ's


RHINOS
mnda
motor neurone disease association
RHINOS
VS
TRINITY
AMT HEADINGLEY STADIUM
SAT 31ST MAY | 2:30PM KICK OFF
BUY NOW
Berrys
ISC
eeds Building
ociety

INSPIRING STORIES



MEET STEVEN

Meet Steven. He is running the Rob Burrow Leeds Marathon in partnership Clarion and raising money for MND Scotland.

Steven's mum, Barbara, passed away on the 9th February 2024. She was 70, and had been diagnosed with Motor Neuron Disease (MND) only 8 months previously.

After she experienced some challenges with her memory and anxiety in her late 60s, she went for various tests and was originally diagnosed with Alzheimer's in June 2023. Barbara took up residence in a local care home in Glasgow in April 2024 following Steven's Dad's sudden death from heart complications. It was during her initial time there that a Neurologist appointment revealed she had frontotemporal Dementia, which carried with it MND.

The last year has been a very challenging time for Steven and his extended family. They have had to watch the impact of MND on both parents (both individually and collectively) and witnessed his Mum go through this rapidly progressing terminal illness, experiencing the pain it caused both her and all her loved ones. It's a cruel disease and nothing prepares you for it.

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, Marathon 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

Upon entry to AMT Headingley Stadium, baggage checks will be in operation. We advise that runners use the dedicated baggage stores available. Baggage and personal items will be left at own risk.

TOILETS

Please only use the allocated toilets for this event located around the stadium and out on course. There will be plenty of toilets available pre, during and 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 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 sponsors and partners will be located here too, so make sure to 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 East Stand, G04a and G05.

MEDICAL

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

FINISHER'S T SHIRTS

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

Show your support for the Rob Burrow Leeds Marathon, in partnership with Clarion and the Leeds Half Marathon with our official merchandise collection. From training tops to hoodies and even beanies, there's something for everyone.

Products can be purchased online here. Please note, Monday 28th April is the cut off to order if you want your item to arrive pre event. You can also purchase merchandise on event day - simply head to the tent in the Event Village.



UP & RUNNING
EST. 1992

Jane Tomlinson's
RUN FOR ALL

4 REASONS TO STEP INTO STORE

15% OFF
IN-STORE WITH YOUR RACE CONFIRMATION

- Stores nationwide
- Free in-store gait analysis
- Award-winning customer service
- Family run since 1992

YOUR MARATHON CHECKLIST

- Running Shoes - Recommended from gait analysis
- Race Vest
- Lightweight Running Cap
- Sports Sunglasses
- Waterbottle
- Lightweight Jacket
- Nutrition / Gels
- Number Belt



DISCOUNT NOT APPLICABLE TO ELECTRONICS OR DISCOUNTED PRODUCTS | OFFER MAY BE WITHDRAWN AT ANY TIME | VALID FOR 10 DAYS BEFORE & 5 DAYS AFTER THE EVENT - DATES MAY VARY

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 AMT 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.

There will be a designated pram drop area located in the Western Terrace Concourse. A full list of what can and cannot be brought into the stadium can be found here.

STADIUM MAP



Key

- START
- FINISH
- MERCHANDISE
- RUN FOR ALL FINISH TENT
- PARTNER CHARITIES
- FOOD & DRINK
- GOODY BAGS
- RACE OFFICE
- TOILETS
- ASSEMBLY ZONES

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

MILLENNIUM SQUARE LEEDS

SUMMER SERIES 2025 3 JUL–3 AUG

MIKA
SCOUTING FOR GIRLS
Thur 3 July 2025

THE BLACK KEYS
MILES KANE
Tue 8 July 2025

SHED SEVEN
LIGHTNING SEEDS
THE SHERLOCKS
Fri 11 July 2025

THE LATHUMS
THE ROYSTON CLUB
Sat 12 July 2025

MAN IN THE MIRROR
A MICHAEL JACKSON TRIBUTE
Thur 17 July 2025

FUNERAL FOR A FRIEND **THE BLACKOUT**
CASEY & KILL THE LIGHTS
Fri 18 July 2025

TAYLORMANIA
A TRIBUTE TO TAYLOR SWIFT
Sat 19 July 2025 (Matinee)

ABBAOKE
with BRUTUS GOLD
Sat 19 July 2025 (Evening)

LEEDS PRIDE PARADE STAGE
Sun 20 July 2025

MINISTRY OF SOUND IBIZA ANTHEMS with ELLIE SAX
Fri 25 July 2025

80's CLASSICAL with KIM WILDE, ROLAND GIFT GO WEST & JAKI GRAHAM
Sat 26 July 2025

CINEMA ON THE SQUARE
Fri 1 Aug – Sun 3 Aug 2025

BOOK TICKETS at millsqleeds.com



Leeds City Council · SOUNDS OF THE CITY · opera north · LEEDS ARTS EVENTS&VENUES · VISIT LEEDS

ROB BURROW
LEEDS MARATHON
In Partnership with Clarion

YOUR MARATHON ROUTE MAP



ERDINGER ALKOHOLFREI

RUNNERS LOUNGE



ELEVATE YOUR RACE DAY WITH ERDINGER ALKOHOLFREI

LEEDS HALF MARATHON

ROB BURROW LEEDS MARATHON

In Partnership with Clarion

LEEDS HALF MARATHON

YOUR HALF MARATHON ROUTE MAP



EVENT DAY TIMINGS

06:30 Travel services begin:
Elland Road Park and Ride
Stourton Park and Ride
City 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

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.




WINGS FOR LIFE WORLD RUN
YOUR PACE. YOUR RACE.
THE ONLY RACE WHERE THE FINISH LINE CATCHES YOU
MAY 4TH, 2025
WWW.WINGSFORLIFEWORLDRUN.COM
JOIN US IN
LEEDS
ORGANISED APP RUN
Jane Tomlinson's RUN FOR ALL
WIIINGS FOR YOU. WIIINGS FOR OTHERS.
ZERO CALORIES
Red Bull
ZERO

INSPIRING STORIES

ROSIE JONES & IVO GRAHAM ON A MISSION FOR A NEW MARATHON PB!

After last year's London Marathon, long time friends Rosie & Ivo caught the marathon bug and have joined forces once again. On a mission to smash their current marathon PB of 3:36:00, this time they're taking it north to the Rob Burrow Leeds Marathon.

Ivo will push Rosie, arguably the loudest participant to ever take part in a marathon, in a Delta buggy, determined to finish in 3:15:00. It's a particularly special event for Rosie, marking the first fundraiser for her newly launched foundation, The Rosie Jones Foundation. The foundation is on a mission to empower lives and change minds to create a world in which no person living with cerebral palsy feels alone or unheard. Initially, they will focus on creating community through events and opportunities to meet other people with cerebral palsy in person, as well as, connecting people to appropriate, tailored mental health support. You can learn more about it at rosiejonesfoundation.com or follow them on instagram @rosiejonesfoundation.

Ivo continues his long term support for MS Society UK to provide invaluable resources and support for those living with MS. From investing in crucial research to supporting access to treatment and community. Ivo's mother has MS and his work with MS Society UK continues to be some of his proudest work. You can learn more about how Rosie and Ivo's collaboration came to be in Ivo's upcoming book, Yardsticks For Failure: An Adventure In Friendship and Fluster, which comes out on 22nd May.



An estimated 160,000 people are living with cerebral palsy (CP) in the UK and an increased estimate of 150,000 people are living with multiple sclerosis (MS). Rosie and Ivo connected through their shared lived experiences with CP and MS. Rosie is amongst 4% of people in the UK who have ataxic cerebral palsy and Ivo's mother has multiple sclerosis. Though the conditions impact roughly the same number of people in the UK, the level of awareness is often not the same and Rosie and Ivo are determined to change this through their collaboration.

The key message Rosie and Ivo are determined to share is that no matter the condition, it is unequivocally about focusing on the individual and not defining people by their conditions and/or difference in ability, but rather seeing them for the person they are and creating a society that not only supports, but celebrates everyone.

THE Rosie Jones FOUNDATION

CLICK HERE TO DONATE

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

janetomlinsonappeal.com

Follow us

INSPIRING STORIES

USINGH BOLT



This is Barinderjit Cheema also known as Usingh Bolt. He is originally from Gateshead and now lives in Walshall in Greater Manchester.

He has undertaken a fantastic running challenge. This is to run 50 50Ks before he turns 50 years old in November 2025. The first 50K was on his 49th birthday and all being well, his final run in this challenge before he turns 50.

In addition to the 50Ks, he will be also participating in a number of half marathons and marathons to fundraise for Teenage Cancer Trust.

Teenage Cancer Trust offers unique care and support, designed for and with young people who have got cancer. They fund specialised nurses, youth workers and hospital units with the NHS, so young people have dedicated staff and facilities to support them throughout the treatment.

He currently works in Aldi and Teenage Cancer Trust is one of their partners.

Barinderjit said, “For my last big challenge, I want to raise as much money as I can for this amazing charity. The work they do to support those with cancer in their teenage years, which are not easy at the best of times, is incredible”.

CLICK HERE TO READ MORE

Shout out to the runners,
the cheer squads, the volunteers –
the whole marathon crew.
You're all incredible.
Good luck from Clarion!

ROB BURROW
LEEDS MARATHON
In Partnership with Clarion

Never ordinary

#RunForRob

We're a team of experienced, talented, and committed people. We're here to get you where you want to be. We'll protect you where you need it, and we'll help you grow, create, and prosper where you can.

www.clarionsolicitors.com

enquiries@
clarionsolicitors.com

0113 246 0622

Clarion

ON COURSE



To help you prepare for the big day and familarise 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 bone conducting headphones. If you chose to wear them please ensure to keep volume low so you can hear your surroundings and marshal instructions.

Shokz, our official headphone partner offer a great variety of bone conducting headphones. Use the code below to receive 15% off.

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 full list of hydration and fuel locations available across the course for both the marathon and half marathon can be found below.

MARATHON

- 3 MILES
- 6 MILES
- 9 MILES
- 12 MILES
- 15 MILES
- 18 MILES
- 21 MILES
- 23 MILES

HALF MARATHON

- 3 MILES
- 6 MILES
- 8 MILES
- 10 MILES

KEY: WATER, GELS, TABS

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. You'll find recycling bins at each of the water stations on course and ask that you use these. If you want to hang on to your water beyond the provide bins, please pass them to your nearest marshall - just don't drop them on the floor or throw into the surrounding areas.

A sweeper vehicle will travel the route at a seven-hour completion pace and roads will re-open behind.

CUT OFF

You have the option to retire from the race and board the sweeper vehicle. We ask that for anyone expected to take more than seven hours to complete the event, please email info@runforall.com to discuss what support is available to you.





PACERS

Our incredible team of paces are here to help guide you every step of the way. Easily spotted with flags attached to them, our lovely pacers from Northern Pacing Volunteers and Chorlton Runners, sponsored by Arla Protein will run at a consistend pace throughout the race to help you anage your effort, stay motivated and hit your gol.

Each paces is an experienced runner who knows the challenges it brings - and they're here to support you with encouragement, smiles and steady pacing to get you to that all important finish line.

NORTHERN PACING VOLUNTEERS

MARATHON PACER TIMES

- 3 HOURS
- 3 HOURS 15 MINUTES
- 3 HOURS 30 MINUTES
- 3 HOURS 45 MINUTES
- 4 HOURS
- 4 HOURS 15 MINUTES
- 4 HOURS 30 MINUTES
- 4 HOURS 45 MINUTES
- 5 HOURS
- 5 HOURS 30 MINUTES
- 6 HOURS

CHORLTON RUNNERS

HALF MARATHON PACER TIMES

- 1 HOUR 20 MINUTES
- 1 HOUR 25 MINUTES
- 1 HOUR 30 MINUTES
- 1 HOUR 35 MINUTES
- 1 HOUR 40 MINUTES
- 1 HOUR 45 MINUTES
- 1 HOUR 50 MINUTES
- 1 HOUR 55 MINUTES
- 2 HOURS
- 2 HOURS 5 MINUTES
- 2 HOURS 10 MINUTES
- 2 HOURS 15 MINUTES
- 2 HOURS 20 MINUTES
- 2 HOURS 25 MINUTES
- 2 HOURS 30 MINUTES

Arla PROTEIN

PROTEIN DOESN'T MAKE YOU STRONGER, YOU DO.





HIGH IN PROTEIN
FULL OF TASTE

Arla®

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!

LUU IRISH DANCE SOCIETY - 5 MILES
(MARATHON & HALF MARATHON)

LEEDS PIPE BAND - 5.5 MILES
(MARATHON & HALF MARATHON)

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)

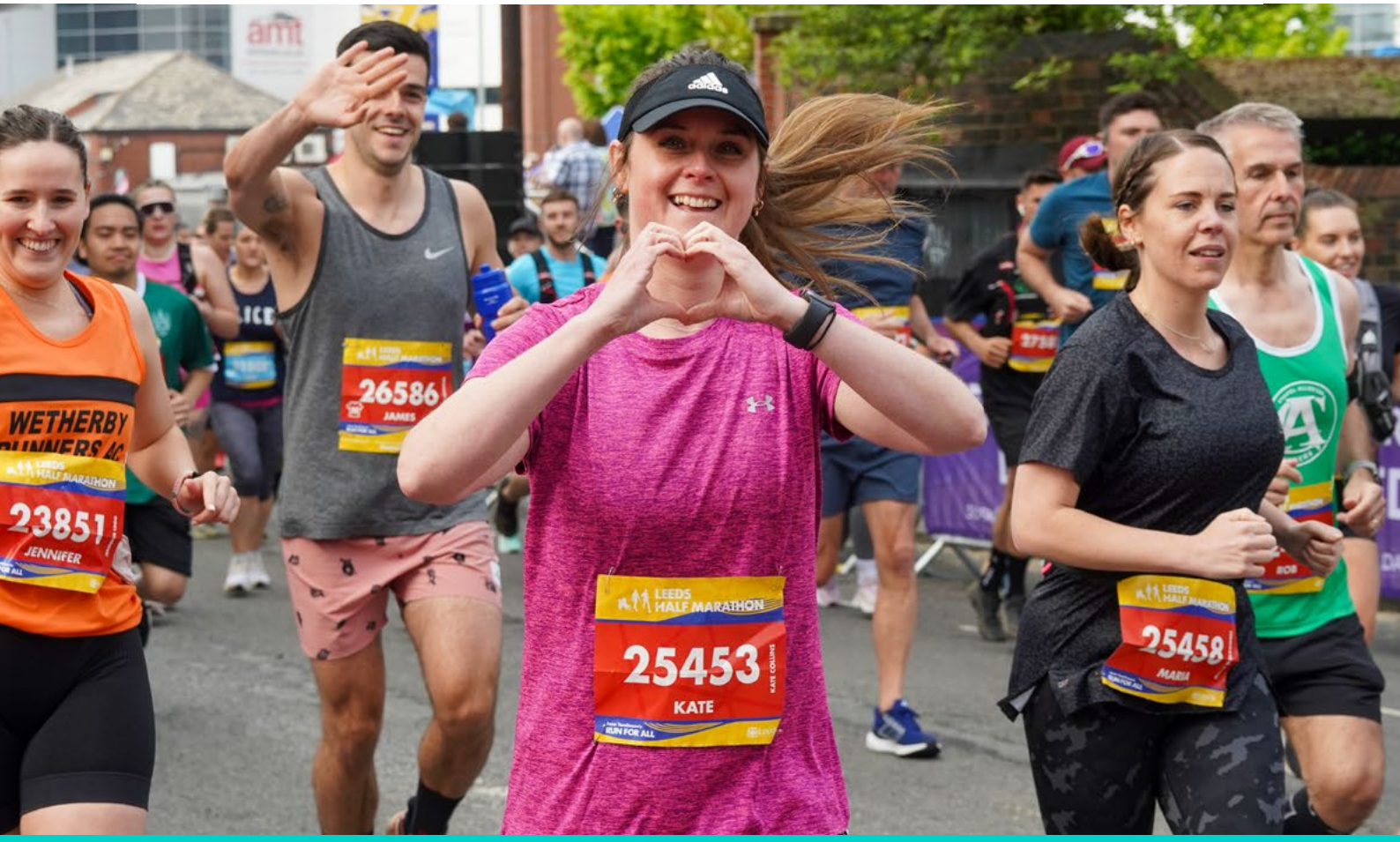








Marathon Photos Live



OFFICIAL EVENT PHOTOGRAPHERS

DIGITAL SUPER PACK WITH ALL PHOTOS PRODUCTS AND PERSONALISED VIDEO FOR £29.99
AFTER 7 DAYS THIS INCREASES TO £34.99

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

MARATHON-PHOTOS.COM

CELEBRATE YOUR ACHIEVEMENT IN STYLE WITH AN OFFICIAL PERSONALISED RACE MEMENTO



Rob Burrow Leeds Marathon 2024

Rob Burrow Leeds Marathon 2023

Rob Burrow Leeds Marathon 2025

Leeds Half 2025

Leeds Half Marathon 2024

PB

LOOK FOR THE PBV STALL

A limited number of these stunning framed prints 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

PERSONALBESTVESTS.COM **PERSONAL BEST VESTS**

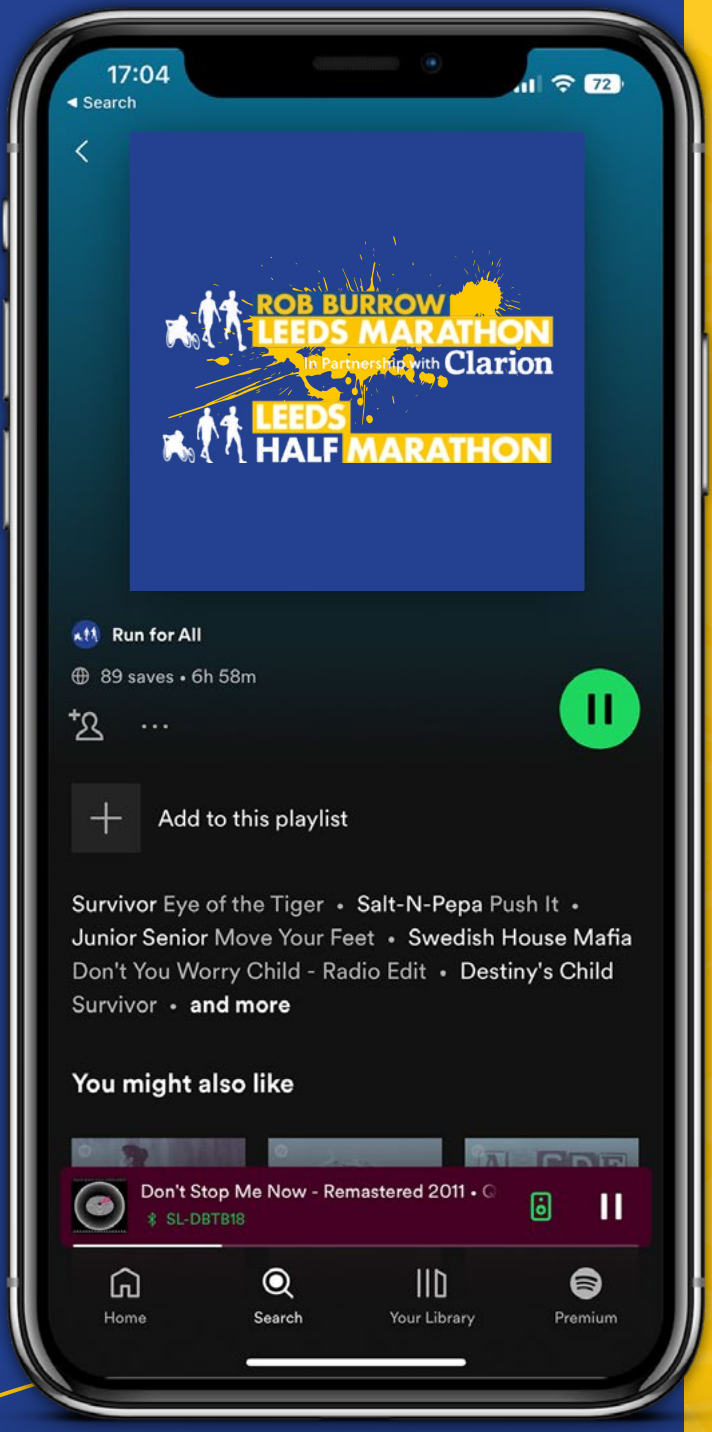
YOUR EVENT DAY PLAYLIST

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

ROB BURROW LEEDS MARATHON
LEEDS HALF MARATHON



LIVE COVERAGE THROUGHOUT
SUNDAY 11TH MAY

AND ALL THE HIGHLIGHTS
FROM 6AM ON MONDAY 12TH MAY

Listen on Sounds
92.4FM | DAB

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

15.06.25



TAKE ON THE 10K

IN LEEDS

CLICK HERE

runforall.com


ALTRA
YORKSHIRE MARATHON
Tadcaster
3652
ABBIE
19TH OCTOBER 2025
YOUR MARATHON.
YOUR MOMENT.
CLICK HERE

SPECTATOR GUIDE

ROB BURROW
LEEDS MARATHON
In Partnership with Clarion

LEEDS
HALF MARATHON

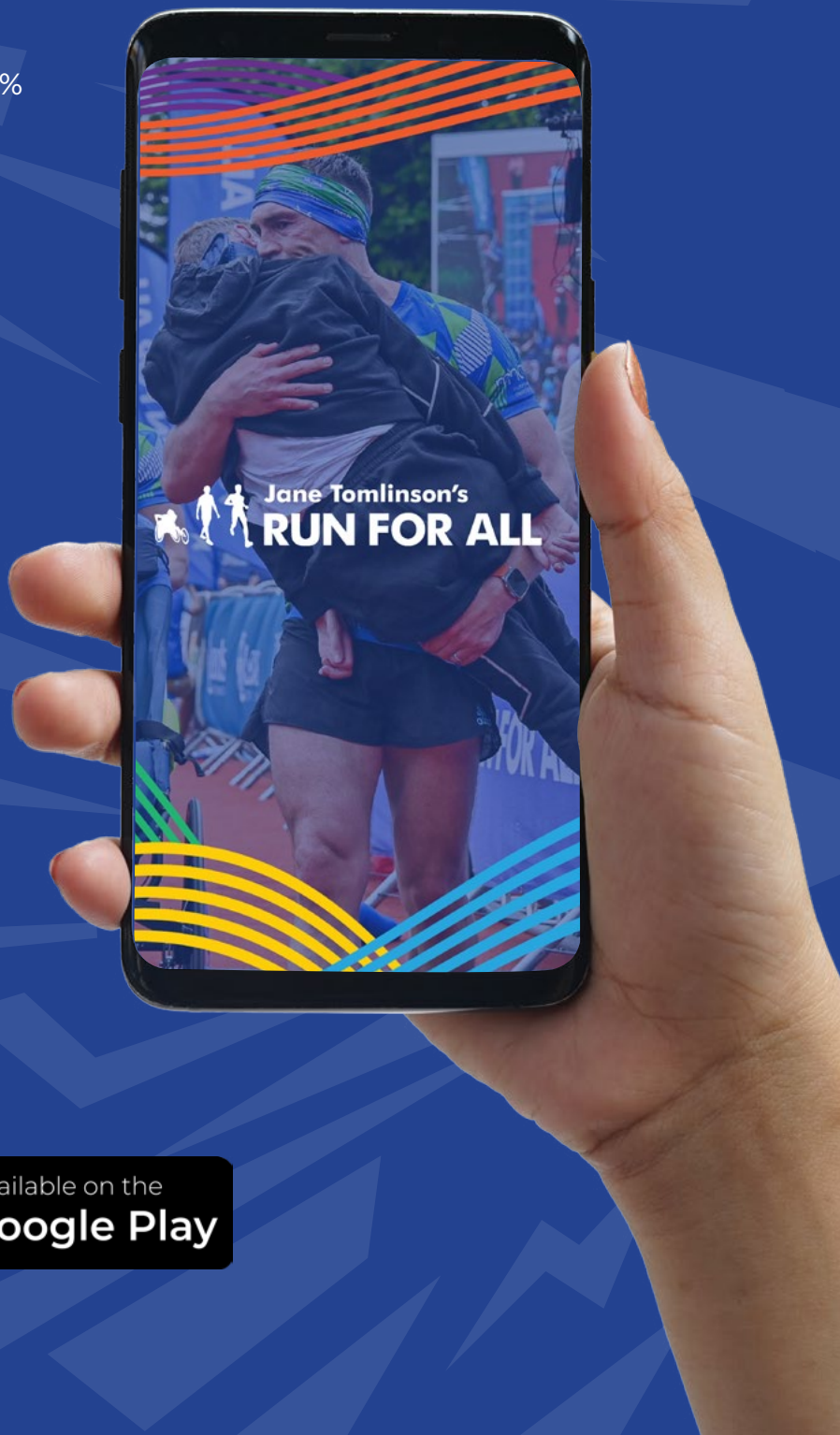
DOWNLOAD THE OFFICIAL APP

TRACK YOUR FAVOURITE RUNNERS 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 and relay, 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.



KEY INFO

TRACK RUNNERS

RACE GUIDE

ROUTE MAP

Download on the App Store

Available on the Google Play

SPECTATOR INFORMATION



The Rob Burrow Leeds Marathon, in partnership with Clarion and the Leeds Half Marathon aren't just races - but a celebration of strength, support and community.

Whether you're cheering on loved ones or soaking up the incredible atmosphere, here's everything you need to know as a spectator on the big day:

SPECTATOR BUS TICKETS

To help spectators move around with ease, we are delighted to offer a return bus service from Queenswood Drive, which is a short walk from AMT Headingley Stadium.

The buses will operate on a return service between Queenswood Drive and the two spectator hubs; Adel and Otley.



STADIUM TICKETS

The finish line is something special and there's no better place to be than inside AMT Headingley Stadium, where runners will complete their incredible journey. You'll also find the events sponsors and charity partners situated in the Event Village.

Spectators are required to purchase a ticket in order to gain access to inside the AMT Headingley stadium and to the finish line.

We would recommend booking early as they prove to be very popular!

Access is allowed from 10:30am and once entered, spectators are 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 cross the finish line.

To find out more information and to book a ticket click here.

WHERE TO WATCH GUIDE

Cheering on friends, family and the thousands of inspiring participants? Here are the top spots along the course where the atmosphere is electric and the views are unbeatable. Whether you're aiming to catch runners multiple times or settle into a prime location, we've got you covered.

We ask that if you are parking in a residential area, please be mindful of residents and be respectful when choosing where to park.

Also, a quick reminder that the spectator bus service is an ideal method of transport to get you from AMT Headingley Stadium to Adel and Otley.

For more information, head to our website here

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.



7TH SEPTEMBER 2025

INDIVIDUAL - 1.5KM SWIM/59KM BIKE/ 15KM RUN

AQUABIKE - SWIM/BIKE

TEAM RELAY - SWIM/BIKE/RUN

CAN YOU HANDLE THE STRUGGLE?

HELVELLYN TRIATHLON

SIGN UP TODAY!

A FUN, FRIENDLY TRIATHLON FESTIVAL FOR ALL LEVELS

RIPON TRIATHLON FESTIVAL

JOIN US ON THE 12TH - 13TH JULY 2025

RIPON RACE COURSE

ADULT SPRINT

750M / 23.4KM / 4.4KM

JUNIORS

8 YEARS TO 16 YEARS

ADULT OLYMPIC

1500M / 40KM / 10KM

ARE YOU JOINING?

RUNNING CLUB SECTION TAKEOVER

The Rob Burrow Leeds Marathon, in partnership with Clarion and the Leeds Half Marathon are more than just a race - but a movement and at the heart of it all, are the local running clubs who bring unbeatable energy, encouragement and a deep love for running.

This year, we're proud to introduce the Running Club Section Takeover, where clubs from across the region are taking charge of cheer zones and key points along the route. From route marshals, cheer stations and even senior marshals, keep an eye out for these amazing crews!

SOUTH LEEDS LAKERS

AMT Headingley Stadium to Woodhouse Moor

HYDE PARK HARRIERS

Woodhouse Moor to Hyde Park Corner

CHAPEL ALLERTON RUNNERS

Hyde Park Corner to Headingley

PUDSEY RUNNERS

Headingley

ROTHWELL HARRIERS

Far Headingley and West Park

ILKLEY HARRIERS

Adel

VALLEY STRIDERS

Adel & Eccup

ACKWORTH ROAD RUNNERS

Pool to Otley

OTLEY ATHLETIC CLUB

Otley

HALIFAX HARRIERS

Bramhope

THANK YOU!

EVENTEERS VOLUNTEER PROGRAMME

The Rob Burrow Leeds Marathon and Leeds Half Marathon simply would not be possible without the incredible dedication and tireless efforts of our Eventeers. Giving their time and energy to ensure the safery, smooth operation and positive atmosphere of event day, you'll see them handing out water on course to distributing well deserved medals at the finish line.

Please take a moment to thank them for their invaluable contribution:

Leeds Building Society
University of Leeds
7th St Matthews North Leeds
Carr Manor School
UK Coaching
Bramhope Scout Group
Leeds West Cadets
Lighthouse Futures Trust
South Leeds Lakers
Hyde Park Harriers
Chapel Allerton Runners
Pudsey Runners
Rothwell Harriers
Ilkley Harriers
Valley Striders
Ackworth Road Runners
Otley Athletics Club
Halifax Harriers
Bramley Breezers





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.



The Queens

CITY SQUARE, LEEDS

A true breath of fresh air.

The Queens is a luxurious independent hotel occupying a landmark location in City Square, allowing visitors to stay and connect in the beating heart of Leeds.

Opened in 1937, the historic and elegant Queens Hotel boasts a private entrance to Leeds Train Station, giving you instant access to the most well-connected station in the North.

Fresh, contemporary, and harmonious, our 232 rooms and 15 meeting spaces are a celebration of style and comfort, complete with free WiFi. However, what really sets us apart is our independent spirit; it shines through in our unique history, signature elegance and outward looking service style.

And with the long-anticipated Cinnamon Kitchen opening this month, there's never been a better time to visit.

Whether you're stopping by for drinks, dining, or something special, discover more at thequeensleeds.co.uk





ROB BURROW
LEEDS MARATHON
In Partnership with Clarion



JOIN US AGAIN

NEXT YEAR

10 MAY 2026

runforall.com


JOIN US IN
2025
FOR AN INCREDIBLE
YEAR OF EVENTS
YORK 10K
2022
7484
9070
DEWAYNE
CLICK HERE
5K • 10K • 10 MILE • HALF MARATHON • MARATHON
Jane Tomlinson's
RUN FOR ALL

ROB BURROW
LEEDS MARATHON

RELAY

7 TEAM MATES
1 MARATHON



OFFICIAL

RELAY RACE GUIDE

IT'S ALL ABOUT TEAMWORK

Congratulations on securing your spot in the first-ever Rob Burrow Leeds Marathon Relay!

This iconic event within the main event is bringing something truly special to Leeds, and we're thrilled to have you join us for this unforgettable experience.

Your team of 7 will take on the full marathon distance in a fun and inclusive way, with each runner tackling a set distance before passing the 'metaphorical rugby ball' to the next team-mate. Together, you'll aim to cross the finish line with the fastest combined time, vying for the coveted title of Relay Champions.

This is a fantastic opportunity to celebrate the legendary Rob Burrow and to come together with family, friends, or colleagues to RUN FOR ROB. Whether you've been dreaming of running a marathon or simply want to be part of an inspiring event, the relay offers the perfect balance of fun, camaraderie, and fundraising.

With just 77 teams taking part, you're part of something truly unique. Thank you for being a part of this incredible journey, and we can't wait to see you at the start line, ready to make memories and support a cause that means so much to the community.

Good luck, and let's make this a day to remember!







EVENT DAY TIMINGS

06:00 Cinder Moor Car Park opens for Relay runners only

06:30 First city centre bus departs from Cookridge Street to Stadium.

07:30 Event Village at AMT Headingley Stadium opens.

08:40 ‘A’ runners assemble at the start line.

‘B’ runners remain at Cinder Moor.

‘C’ runners assemble with marshals to be directed to bus departing from Cinder Moor.

09:00 **Rob Burrow Leeds Marathon Relay Starts.**

‘D’ runners assemble with marshals to be directed to bus departing from Cinder Moor.

09:30 ‘E’ runners assemble with marshals to be directed to bus departing from Cinder Moor.

09:50 ‘F’ runners assemble with marshals to be directed to bus departing from Cinder Moor.

10:20 ‘G’ to assemble with marshals to be directed to bus departing from Cinder Moor.

Runners B,C,D,E and F will be picked up from their changeover point and return to Cinder Moor.



PLAN YOUR DAY

Thank you for entering the 2025 Rob Burrow Leeds Marathon Relay. This part of the magazine details important event information and arrangements for the day. Please ensure you read it carefully.

Race Packs

Your team's race pack—including bib numbers, armband 'Baton', and key event info—will be posted out ahead of event day. Keep an eye on your mailbox and make sure each runner knows their leg and changeover location.

Friends and Family

We've got prime spectator points dotted along the course, with easy access, great views, and a whole lot of atmosphere.

If you've completed your leg and want to join the supporting crowds, take a look at the hubs **Click Here.**

Travel

Relay participants will be provided FREE parking at CInder Moor. Please travel sustainably and car share where possible. Please make note of road closures which can be found on the website and plan your journey in accordingly.

To find the best travel options for you please visit our website: **Click Here.**

Team T-shirts

Inspired by the spirit of teamwork, you will be kitted out in a Relay t-shirts; a badge of honour, a team uniform and a post-race keepsake all rolled into one!

These will be posted out to team captains ahead of event day to distribute to participants.

Your Team 'Baton'

The relay is chip timed. To ensure your time is accurately recorded we ask each of your runners to wear an armband which includes your teams chip. This armband will then be passed on as a baton to the next team member at the change over point.

Changeover Points

Buses have been arranged to take C, D, E, F and G runners to their designated changeover point to complete their leg. All buses will depart from Cinder Moor so please ensure you arrive in plenty of time to be shuttled to the start of your leg. After finishing, you will be picked up and taken back to Cinder Moor.

Runner 'A' will begin at the Marathon Start Line and the final runner will cross the finish line at AMT Headingley Stadium.

CALLING ALL TEAM CAPTAINS



Registration

Please can the captain of each team ensure all of your team members have completed their registrations on Active.com, this is how we know they will be taking part in the event.

You can check on the progress of your teams registrations by logging into the Relay Team Portal: **Click Here**.

Race Numbers & Team T-shirts

We will be sending the team captain a package to their registered address. This package will include every team members race number, branded running t-shirt and the armband 'baton' for your team.

As the team captain it is your responsibility to ensure everyone receives their allocated race bib pre race.

If you don't receive your teams race numbers in the post by Friday 10th May, you will need to collect them 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:

- Friday 9th May 12:30 to 17:30
- Saturday 11th May 12:00 to 16:00
- Sunday 12th May from 07:00

Event Day Timings

Please ensure your teams runners arrive to the meet up point in good time to catch their relay bus. The buses will leave promptly on at the allocated time and will not be able to wait for any runners who turn up late.

Anyone who turns up late will not be able to participate in the race.

Medals

Medals and goody bags will be on the bus collecting you at the end of your leg.

Baggage

There is no baggage store available at Headingley Stadium for the Relay. Baggage can be left in cars at Woodhouse Moor where parking will be free for Relay Participants. Or you can hand to the next runner to have on the return bus for you.

Stadium Entry

Runner G will finish at AMT Headingley Stadium. You will be granted access to the Stadium with your runner number, so you can witness that all important Finish Line glory.

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 need to be at the start line for 8:40am to participate in the mass warm up. They 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 at Cinder Moor until they are called to meet their marshal and will be transported to their respective changeover points around the route. 'B' runners should remain at Cinder Moor as this is where they will begin their leg.

All buses will be signposted, 'Bus C', 'Bus D', 'Bus E', Bus 'F' and 'Bus G' to correspond with each leg of the relay. All buses will leave from Cinder Moor.

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
'B', 'C', 'D', 'E' and 'F' runners, upon completing their leg of the race, will be directed to buses to return to Cinder Moor. 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.

RBLM RELAY ROUTE MAP



Key

- MILE MARKERS
- LANDMARK
- RELAY CHANGEOVER
- WATER
- HIGH 5 TAB STATION
- HIGH 5 GEL STATION
- TOILETS
- FIRST AID

RELAY LEGS

A	3 MILES	E	2.5 MILES
B	3 MILES	F	3.5 MILES
C	5.5 MILES	G	3 MILES
D	5.5 MILES		

Elevation

SPONSORS & PARTNERS

Clarion

Leeds City Council

Leeds Rhinos

LBU Leeds Beckett University

Erdinger Alkoholfrei

High 5

Running Up & Running Est. 1992 Heritage

COOPAH

BBC Radio Leeds

The Queens City Square, Leeds

Gradwell

Marathon Photos Live

Project Servator Together, we've got it covered

Face the Future

JOGON Removing 1 million pairs of running shoes from landfill



ROB BURROW
LEEDS MARATHON
In Partnership with Clarion



LEEDS
HALF MARATHON