



YORKSHIRE

DALES

FESTIVAL

TRAIL RUNS AND WALKS

21.08.22



YOUR EVENT GUIDE

COURSE INFO | EVENT DAY TIMETABLE & MORE

All profits from Run For All will go directly to the Jane Tomlinson Appeal.
All entrants are encouraged to fundraise for the charity of their choice.

WELCOME

Welcome to your Yorkshire Dales Festival race guide!

We're so glad you've decided to join us for this incredible day of fundraising, community spirit, and celebrating the natural beauty of the UK. In this guide, you'll find all the details you need to know before the big day, from kit checklists to route maps to our photo contest, and more.

KEY TIMINGS

- 6:30** Race Office opens at Settle Swimming Pool
- 7:00** First bus for 16 mile trail runners to Ribbleshead Viaduct
- 7:30** 26 mile walk starts at Settle Swimming Pool
- 8:00** Last bus from Settle Swimming Pool for 16 mile trail runners to Ribbleshead Viaduct
- 8:00** First bus from Settle Swimming Pool for 16 mile walkers to Ribbleshead Viaduct
- 9:00** Last bus from Settle Swimming Pool for 16 mile walkers to Ribbleshead Viaduct
- 9:00** 16 mile trail run starts at Ribbleshead Viaduct
- 9:30** 16 mile walk starts at Ribbleshead Viaduct
- 10:00** 5 mile trail run and 5 mile walk start at Settle Swimming Pool
- 12:30** 5 mile cut off time
- 17:30** 16 mile cut off time
- 19:30** 26 mile cut off time

THANK YOU

We want to say a big thank you to our sponsors, participants, and volunteers. Each and every one of you has a vital role to play at this event, and we can't thank you enough for your support.

SUSTAINABILITY

From asking runners to bring their own water bottles to minimising our use of cable ties, we're doing everything we can to make this event as sustainable as possible. Please remember to take nothing but photos, and leave only footprints behind.



KEY SAFETY INFORMATION

This event covers a large area of the Yorkshire Dales, and a lot of the route is quite remote. It is crucial that you take safety seriously. While we will do what we can to keep you safe, you need to take responsibility for your own safety and wellbeing on the day.

WHAT3WORDS

Be sure to download what3words. This app has given every 3 metre square in the world a unique 3 word code based on your location. This makes it easy to share your exact location with others, which can be very helpful - especially in an emergency situation. Download it [here](#) for iOS and [here](#) for Android.

What to do in an emergency

We have ensured that there will be a high level of first aid support around the course. However, if there is a situation where you or someone else requires help and you are not in the immediate vicinity of medical support staff, please do the following.

For casualties who are conscious and not in immediate danger:

Contact event control on 07506 672564 or 07836 652391 and tell them your exact location (via what3words). State where you are, describe what has happened, and answer their questions as clearly as possible.

For casualties who are unconscious or have sustained a head injury:

Please call 999 and ask for the police. Ask the police for mountain rescue. State where you are, describe what has happened, and answer their questions as clearly as possible. The emergency services do use what3words which will be helpful here!

Other considerations:

- It's important that you check in at every checkpoint. This way, we will know where you are and that you're safe.
- There will be no road closures for this event. At junctions and roads, please slow down and look out for vehicles so you can cross the road safely.
- When you arrive, please come to the Race Office and tell us who you're running/walking with. This way, we can contact you if anything happens to a member of your group.
- Please review the cut off times. These are important, especially for the 26 mile walk, because we risk losing daylight. Review page 1 for each event's cut off times.
- Make sure you bring the right clothing and gear. Review page 3 and make sure you follow these guidelines.

UP & RUNNING
EST. 1992

**15% off
in store!**

**YORKSHIRE DALES FESTIVAL
2022**

Not in conjunction with any other offers | Excludes electronics | Valid until 21.08.22
Offer only valid for use in Up & Running Harrogate, Leeds Central, Headingley and York

CHECKLIST

Sturdy, comfortable shoes. If you're walking, wear shoes with adequate ankle support.

☐

Sun safety gear. We're hoping for a sunny day, so please bring sun cream, a hat, and sunglasses.

☐

Waterproof clothing. Of course, it's the UK - we can't predict the weather! At the very least, bring a raincoat.

☐

Plasters. Don't forget blister pads!

☐

Snacks. Bring plenty of snacks. We recommend light, calorie dense snacks like muesli bars, nuts, and dried fruit.

☐

Foil blanket. These will be available at registration. Please return if unused.

☐

A mug or water bottle. We'll have water available at the 7 mile checkpoint, but you'll need to bring your own vessel.

☐

After 7 miles there are no further points to fill up on the 26 mile route.



OPTIONAL:

Compass / printed maps

☐

Portable phone charger

☐

A spare pair of socks

☐

Smartwatch

☐

DOWNLOAD MAPS

We are offering maps in digital version only. To access them, make sure you have the OSMaps or Google MyMaps app on your phone.

Make sure you download these ahead of event day as phone signal is limited in the Yorkshire Dales.

OSMaps

[5 mile walk & trail run](#)

[16 mile walk & trail run](#)

[26 mile walk](#)

MyMaps

[All routes](#)

CLOTHING LAYERS

We all know that the weather in the UK can change in an instant. Dressing in layers makes it easy to remove a layer when the sun comes out or put one on if it gets chilly. When you plan your outfit for the day, make sure you have three layers:

BASE LAYER

Your base layer should be tightfitting and made of a quick-drying fabric (e.g. wool or synthetic, not cotton) so it can wick moisture away from your skin.

MID LAYER

This layer helps you stay cosy and warm. A fleece or wool jumper makes a great mid layer.

OUTER LAYER

This layer keeps you protected from the elements, like wind and rain. A hard or soft shell jacket should work well.





BEFORE THE EVENT

GETTING THERE

Public transport to Settle is limited, so we recommend driving to this event. Parking will be available in Settle, find more info [here](#).

We always recommend car sharing with others to reduce your environmental impact.

You can also get the train to Settle, for more information on train times and schedules please click [here](#).

PARKING

Parking will be available at Settle College which is across the road from Settle Swimming Pool. More parking is available at [Settle Rugby Club](#) which is approximately a 15 minute walk from the start line.

BUSES FOR 16 MILE WALKERS AND RUNNERS

Free buses will be available to transport 16 mile walkers and 16 mile trail runners from the Race Office at Settle Swimming Pool to the start line at Ribbleshead Viaduct.

These will run from 7:00am for the walkers and 8:00am for the runners.

The last bus for the runners will depart at 8:00am and the last bus for the walkers will depart at 9:00am.

5 MILE AND 26 MILE ENTRANTS

For the 5 and 26 mile events, entrants are to head to **Settle Area Swimming Pool** to start.

The 26 mile walk will begin at **7:30am**.

The 5 mile walk and trail run will begin at **10:00am**.

REGISTRATION

Before your run or walk, please come to the Race Office marquee at Settle Swimming Pool. Here, you can collect your race number and also tell us if you're running or walking with anyone else.

Registration times:

26 mile walk: 6:30am to 7:30am

16 mile run: 6:30am to 8:00am

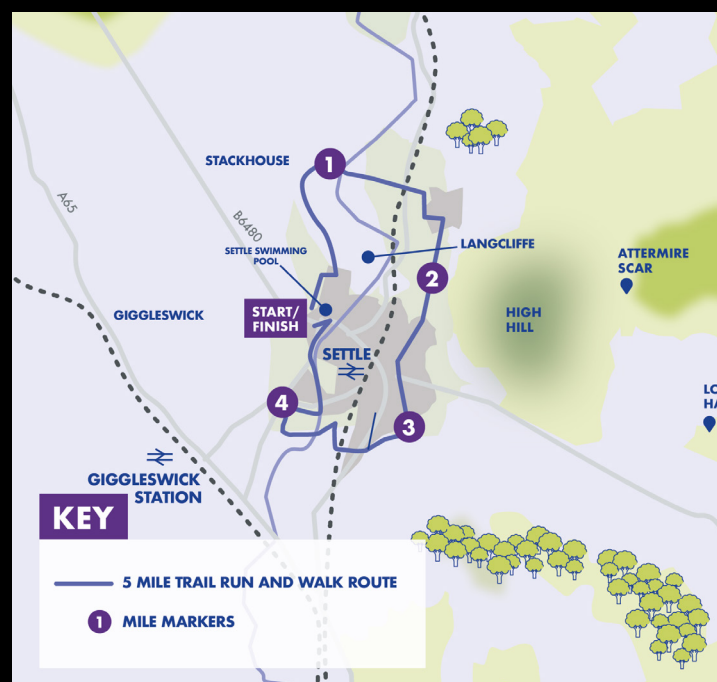
16 mile walk: 7:30am to 9:00am

5 mile run: 8:00am to 10:00am

5 mile walk: 8:00am to 10:00am



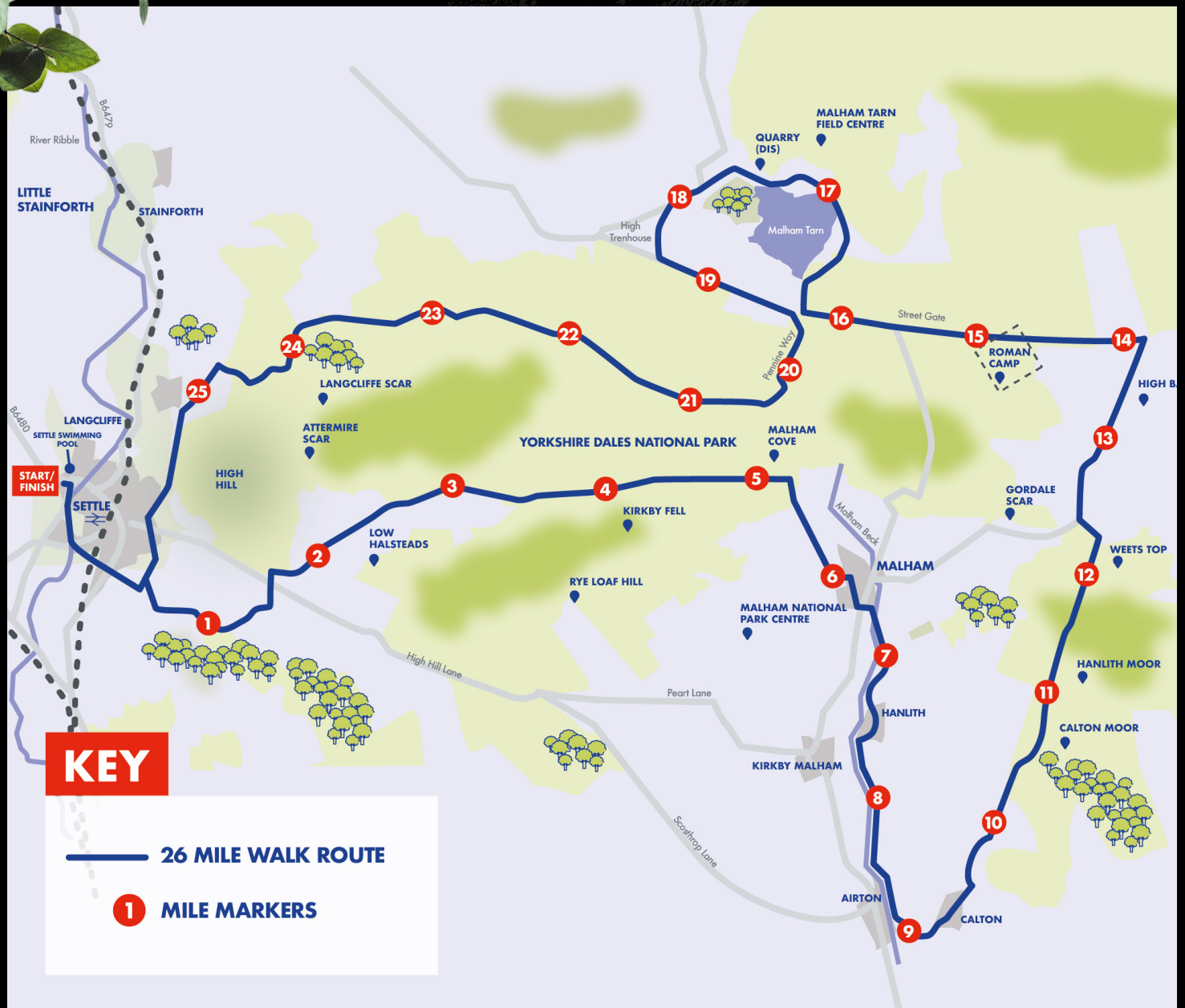
16 & 5 MILE ROUTES



CLICK TO ENLARGE

CLICK TO ENLARGE

26 MILE ROUTE



CLICK TO ENLARGE

KEY LOCATIONS

Here are some important locations to keep in mind on the day.
We have included what3words references beside each.

5 MILE TRAIL RUN AND WALK

Start line: Settle Swimming Pool (pebbles.being.squeaking)

Finish line: Settle Swimming Pool (pebbles.being.squeaking)

16 MILE TRAIL RUN AND WALK

Start line: Ribbleshead Viaduct (robes.cups.ramp)

Checkpoint A: The Crown Pub (recently.influence.medium)

Public toilets near checkpoint A, around mile 7 (chitchat.lived.metro)

Drinking water available at Helwith Bridge Inn, near mile 9
(pulse.prevented.decanter)

Checkpoint B: Stainforth Car Park and public toilets (corrode.iterative.blip)

Finish line: Settle Swimming Pool (pebbles.being.squeaking)

26 MILE WALK

Start line: Settle Swimming Pool (pebbles.being.squeaking)

Checkpoint A: Old Barn Tea Room (curious.bless.standards)

Public toilets at Malham, near mile 7 (factory.thrillers.joke)

Please note that, after checkpoint A, there is very little infrastructure on the 26 mile route. Please take this opportunity to use the bathroom and fill up water.

Checkpoint B: Smearbottoms Lane, just after 13 miles
(advantage.quest.mirroring)

Checkpoint C: Watersinks Car Park. We will have hot drinks available here from our pop up (poppy.innocence.poet)

Checkpoint D: Watersinks Car Park. You will pass this again after your loop of Malham Tarn (poppy.innocence.poet)

Finish line: Settle Swimming Pool (pebbles.being.squeaking)

DURING THE EVENT

STARTING

The 5 mile trail run and walk will start at 10.00am in waves coordinated by the Run For All team. If you're planning to walk, please stay toward the back of the crowd.

The 16 mile walk and trail run and 26 mile walk will all be mass start. Simply line up at the start line (if you expect to be fast, head to the front, if you're taking it slow, please hang back) and then we'll get going at the scheduled time for each event.

NAVIGATION



Your route will be fully waymarked, so it should be easy to see where you need to go. Just keep an eye out for the red and yellow flags pointing you in the right direction.

PACING YOURSELF

Depending on the distance you've chosen, you might find that the mental endurance is even more challenging than the physical. Don't be afraid to take it slow (especially up hills), have a chat with other participants, and tune into your surroundings. All you have to do is keep putting one foot in front of the other!

TIMING

If you're a trail runner, please make sure that a staff member checks you in at each checkpoint. After the event, your checkpoint times will be emailed to you and will be available on our website [here](#).

If you want an accurate time for your walk, we recommend checking your phone or watch.

Official finish times will only be available for the two trail runs.

CHECKPOINTS

We will have four checkpoints for the 26 mile walk and two for the 16 mile walk and run, each manned by friendly Run For All staff.

IMPORTANT

Make sure your bib number is clearly visible at all times so you can get checked in.





COUNTRYSIDE CODE

Written by Natural England, the Countryside Code is a simple guide to enjoying the great outdoors while staying safe. Not all of it will be relevant to you, but it's a good idea to familiarise yourself with it and use it as a general guide. There are three main things to keep in mind.

RESPECT EVERYONE

- Be considerate to those living in, working in and enjoying the countryside
- Leave gates and property as you find them
- Do not block access to gateways or driveways when parking
- Be nice, say hello, share the space
- Cross roads safely

PROTECT THE ENVIRONMENT

- Take your litter home - there will be bins at the checkpoints and finish for you to dispose of any waste
- Always keep dogs under control and in sight
- Dog poo - bag it and bin it - any public waste bin will do
- Care for nature - do not cause damage or disturbance

ENJOY THE OUTDOORS

- Check your route and local conditions
- Plan your adventure - know what to expect and what you can do
- Enjoy your visit, have fun, make a memory



A photograph of a person with a red backpack running up a grassy hill, viewed from behind. The background shows a vast green landscape with trees and a distant horizon under a clear sky.

AFTER THE EVENT

CUT OFF TIMES

Please be aware of the cut off times for these events. They are:

- 5 miles: 2 hours 30 minutes
- 16 miles: 8 hours
- 26 miles: 12 hours

AT THE FINISH LINE

Being a sustainable event, we won't be giving each participant an individual goody bag. Instead, you'll find tables with finisher medals, snacks and goodies laid out for you. Feel free to grab whatever you like and leave what you don't want for us to use at future events.

Fancy a drink? Settle Rugby Club will be opening their bar from 1:00pm - 5:00pm. H's Catering will also have a food van near the finish line.

EXPLORE THE AREA

After the event, you'll probably be quite hungry! Settle's main road, B6480, and the adjacent streets are full of excellent restaurants and pubs where you can enjoy a hearty post-event meal.

Surrounding towns like Ingleton, Kirkby Lonsdale, and Skipton also have great amenities, if you would prefer to stop for food on your way home.

RESULTS

If you were a runner, your time will be published on our [**website**](#) shortly after the event.

If you were walking, make sure you check your watch or phone when you finish to get your finish time.

YORKSHIRE DALES FESTIVAL

BINGO

We're sure you'll be taking lots of great pictures when you're out on the route. To enter our best photos contest and go in the draw to win one of our exciting prizes, take a photo of three or more of the following:



SHEEP



TAKE A SELFIE



BIRD OF PREY



STONE WALL



A FARM



**SCREEN SHOT OF
YOUR MILEAGE**

To enter, post your three pics on Instagram and tag **@jtrunforall** with the hashtag **#YDFBingo**.

No social media? No problem! Just email info@runforall.com with your photos to enter.

The competition closes at midday on 1st September so make sure get your photos in before then. Good luck!

Click [here](#) to see Terms & Conditions.

PRIZES

- 1st - A pair of Shokz Aeropex bone-conducting headphones.
- 2nd - FREE entry to a Run For All event of your choice.
- 3rd - A multipack of High 5 energy gels.

THANK YOU PARTNERS



YORKSHIRE DALES
National Park Authority

gopuff

ABOUT RUN FOR ALL



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.

To carry on her fundraising, Jane sowed the seeds for the Run For All Leeds 10K - the cornerstone of what would become her continuing legacy. 15 years on, that one run has grown into one of the UK's biggest not-for-profit events companies, providing a fundraising vehicle for a huge number of local and national charities.



runforall.com



MIDDLESBROUGH 10K

04.09.22

ENTER



SHEFFIELD 10K

25.09.22

ENTER



**YORKSHIRE
10 MILE**

16.10.22

ENTER

WHAT'S NEXT?

FANCY AN EVEN BIGGER CHALLENGE?

Join us for the Yorkshire Marathon and take in beautiful Yorkshire scenery as well as fantastic landmarks in the historic city of York.

Taking place on Sunday 16th October, a wonderfully supportive atmosphere is guaranteed throughout, making it the perfect next challenge.

ENTER HERE



**YORKSHIRE
MARATHON**

16.10.22

MAKE 2022

