



SUNDAY 16TH OCTOBER

2022

**YOUR
YORKSHIRE
MARATHON
MAGAZINE**

**YORKSHIRE
MARATHON
FESTIVAL**

runforall.com

THIS IS YOUR YORKSHIRE



This is **#YourYorkshire Marathon**.

Whether you're born and bred Yorkshire or will be travelling from far away, the Yorkshire Marathon is all about what Yorkshire's known for: pride, warmth, inclusivity and community spirit.

The Yorkshire Marathon prides itself on giving everyone the opportunity to take part and achieve something amazing, so whether you plan on running, jogging or walking the 26.2 mile challenge; the 2022 Yorkshire Marathon is #YourYorkshire moment to shine.

We can't wait to have you join us in God's Own Country!

WELCOME

Welcome to the Yorkshire Marathon 2022!

This is the **biggest, brightest, and most exciting event** on our 2022 calendar, and we are so glad you've decided to join us.

In this magazine, you'll find all the information you need to help you have the very best experience on event day. We've got route maps, kit checklists, transport tips, and so much more.

We hope you find it helpful, and we hope it gets you absolutely buzzing for **Sunday 16th October**.



**2021
THE COMEBACK
YEAR**



Were you there for the 2021 Yorkshire Marathon?
If so, you'll remember what an incredible day it was.

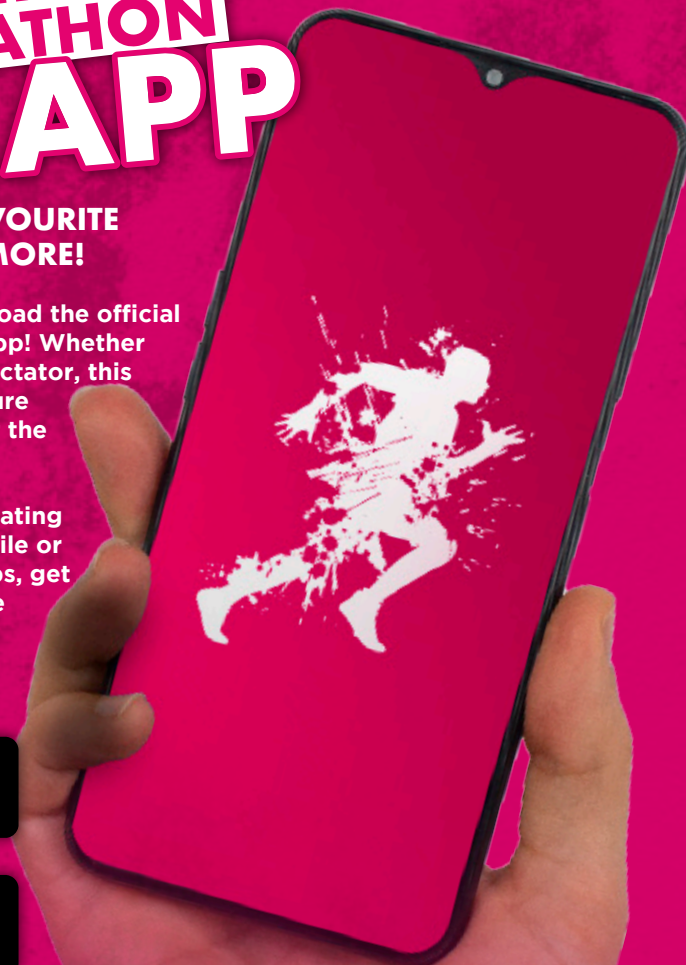
Covid meant postponing one Yorkshire Marathon, but last year's high spirit made it clear all our runners were ready to bring it back with a bang.

YOUR YORKSHIRE MARATHON APP

**TRACK YOUR FAVOURITE
RUNNERS AND MORE!**

Don't forget to download the official Yorkshire 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, 10 Mile or Relay, view route maps, get key info, read the race guide, and more.



FOR MORE INFORMATION GO TO

runforall.com

REMEMBERING HARRY GRATION

We'd like to take the opportunity to pay our tributes to BBC's Harry Gration MBE, who recently passed away.

Gracing our TV screens for more than four decades, Harry was the heartbeat of Look North. He was unquestionably 'Mr. Yorkshire', always full of love for Yorkshire and its people; a fierce champion of the county.

In 2007 Harry was awarded an MBE for services to broadcasting and charities, he helped raise nearly £2 million over the years for several different charities. As a huge supporter of fundraising, it was no surprise that he was always a towering supporter of Mike and Jane Tomlinson, as well as the Yorkshire Marathon - whether that was by taking part, launching events or inspiring others to take part and fundraise for a number of charities.

Over the course of the years, Harry played a huge role within the Yorkshire Marathon community. Back in 2013 he was one of the key supporters during the launch of the event, championing the Marathon and the role it would play within his beloved city of York. On many occasions he proudly waved the flag for Yorkshire on the start line, encouraging all those taking part.

From all of the team at the Yorkshire Marathon, we thank you Harry for your unwavering support. You will be dearly missed, but your spirit will always remain with us.



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MARATHON FACTS

From Chile to Windsor Castle, here are some of our favourite fun facts about this iconic distance. Now, you won't just be able to run marathons - you'll be able to talk about them too!

The Yorkshire Marathon has hosted a few world records! In 2018, 44 Marathon Marauders wore a Viking longboat costume and smashed the record for fastest marathon in a 40-person costume with a time of 06:31:16. And in 2021, Matthew Akpan ran dressed as John Cena. Coming in at 02:56:48, this was the fastest marathon ever run by someone dressed as a wrestler.

The record for the **world's slowest marathon** is held by runner Shizo Kanakuri. He dropped out of the marathon at the 1912 Stockholm Olympics...but didn't report it. When he was invited to finish the race decades later, he earned the record for slowest marathon: 54 years, 8 months and 6 days, 5 hours and 32 minutes.

Nearing triple digits with your marathons? You may be eligible to join the **100 Marathon Club**, started by a group of UK-based marathon superfans who kept crossing paths at running events. Some of their members have even cracked the 1000 marathon mark.

Edison Peña trained for a marathon **while he was trapped in the 2010 Chilean mine accident** with 32 others for 69 days. He ran six miles a day while in the mine, and went on to complete the New York Marathon less than a month after his rescue.

Marathons could improve your longevity! Findings from a 2017 study published in BMC Sports Science, Medicine and Rehabilitation suggest that Olympic marathon runners live around 4.7 years longer than the average adult.

Legend has it that marathons used to be shorter than 26.2 miles, but during the 1908 London Olympics, **Queen Alexandra requested that the marathon be extended**, so her family could see the finish line from Windsor Castle. So when you're struggling with the final stretch, just remember it's all thanks to her!



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YOUR MARATHON TRAINING TIPS BY COOPAH

The Yorkshire Marathon is just one month away. Don't blow all those weeks of training by going hard right up until the starting line! Our training partner, Coopah, share their top tips for training in your final weeks.

Well done you running hero! You are reading this which means you have put in months of dedicated hard work during your marathon build up. Here are five tips to do during the taper to ensure you are ready for race day.

1. Reduce volume

Do not even think about trying to squeeze in another hard interval session or a long run! By doing this, you risk injury more than improving your fitness.

2. Reduce intensity

If you are on a Coopah plan, you will see that your sessions start to become a lot less intense. If you aren't, and you are wondering what sort of speed session you should now do then the answer is to keep it easy and small. A great one is 6 x 400 metres with 400 metre rest intervals.

3. Maintain frequency

To keep your mind at rest, try to still run on the same amount of days. For example, if you usually run 4 times a week, try to still run 3 or 4 times a week but just ensure these are shorter and easier.

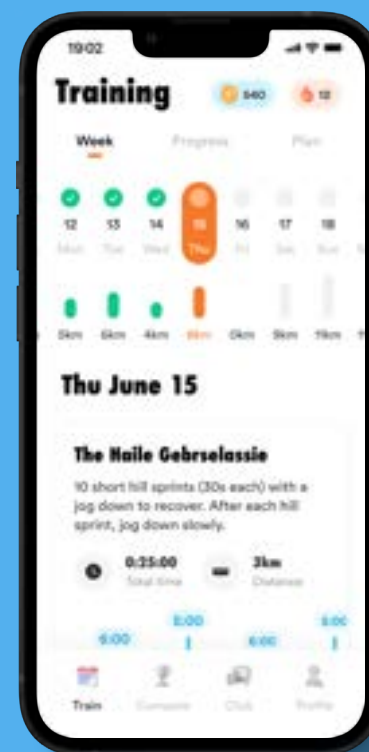
4. Include race pace running

If you are on a Coopah plan, you will likely see a run at race pace over a very short distance e.g. 2 miles on your training plan. This helps your body to feel and remember what race pace feels like.

5. Do strides

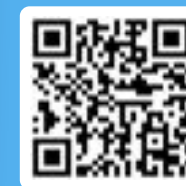
At the end of your final run, include a few short strides into your run. This will wake your legs up and ensure they feel fast on race day. An example of this could be 5 x 30 second strides.

You've got this - good luck!



Run. Faster.

Guarantee your next PB by using the Coopah coaching app



- 1 Scan the QR code to download Coopah now!
- 2 Enter 'RUNFORALL22' into the club code box
- 3 Hit subscribe and enjoy the first month on us!



INJURY PREVENTION BY REGEN PHYSIO

Becoming injured from training is no fun. The good news is that, for many runners, injury prevention is possible. Our partners, Regen Physio, share their top injury prevention tips below.

What are some of the key risks to developing running injuries when training for a race?

1. Previous injuries

Address niggles or injuries as soon as they arise! Good quality advice and rehabilitation can help to reduce the risk of further injury.

2. Poorly planned overload

Follow a running programme that gradually builds running load and prioritises resistance exercise. This will help you to maintain strong and healthy tissues.

3. Running style

The “best” running technique is completely unique to you! Do not change your natural running style unless this has been discussed with a professional – especially when you’re partway through a training block.

4. Age

Injury risk often increases with age. As you get older, allow yourself more time to recover between bouts of intense activity.

5. Footwear and orthotics

There is no simple answer to “what is the best type of footwear or orthotics?”, but DO NOT drastically change your type of footwear during a training block or race preparation. Be sure to have pre-existing foot injuries assessed by a professional.



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to discover the
inner strength of
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YOUR FINAL TRAINING PREP

The countdown is officially ON and those pre-marathon nerves are more than likely starting to kick in.

We want to make sure you are feeling organised but also healthy, positive and full of self-belief before you arrive at the start line, hopefully these tips will help you be as ready as you can be.

TAPERING

The good news is that the longest run you do before the marathon should be done now. After this you need to taper off and shorten the long runs. Ensuring you reduce the amount of running now will mean you are fresh for race day.

RACE DAY KIT

Ensure you are race day ready and your kit is fit for purpose. It's worth training in the kit you plan to wear (including footwear!) so you can ensure maximum comfort and minimal chafing on the big day. See page 40 for a full checklist on what you feel you need kit wise.

TRANSPORT

It's worth planning your journey to the start line now or at least starting to think about it, leaving it until the week before will only add extra, unnecessary stress to your race preparation. Check out our transport guide on pages 20 and 21 to help you plan your journey.

SPECTATORS

We've put together a spectator guide on page 39 to help friends and family joining you on the day plan their day effectively. This includes our top tips, spectator points, key timings and travel options; ensuring they can get the best out of their 2022 Yorkshire Marathon spectator experience.

NUTRITION

During these final weeks, correct marathon nutrition is critical for optimal performance and training. Your nutritional choices now will have an impact on your performance on the day, but also on increasing your energy levels, preventing dehydration and optimising your recovery time during these crucial weeks.



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REAL PERFORMANCE, REAL TASTE

1 WEEK TO GO

With just seven days to go, the countdown is now really ON! Don't fret, you CAN do this! You've put in the weeks of training so now it's your moment to step back and relax before the big day arrives.

To help you take some stress out of your last-minute prep, we've put together a checklist to make sure you don't miss a thing. We also have some useful tips we think you should bear in mind.

HYDRATE

You should be making a conscious effort to drink enough water. Being fully hydrated before the big event is key to strong performance on the day.

FUEL UP

Up the carbs to ensure you don't slip into a carb deficit and run out of energy mid-race. It's also worth avoiding significant dietary changes immediately before a race. This is not the time to experiment with different foods!

EASE UP ON THE MILEAGE

The tapering rule is there for a reason. It can be hard to relax pre-race, but doing so will set your body up for success.

CHECK THE WEATHER

Be sure to check the weather forecast for the big day and dress appropriately.

CHECK THE COURSE

We highly recommend familiarising yourself with the course so you're aware of energy stations and water stations along the route.

SLEEP

Use this week wisely to really rest up, nap and relax so you are fully rested on race day.

PACK NOW

Avoid the stress of last-minute packing and make sure you've got your race kit ready now. See our kit list on page 40 to guide you.



RACE NUMBER

Make sure you have your race number ready to go for race day. Yet to receive yours? Don't worry our race office will be open on race day for on the day race number collections.

PREPARE YOUR PACING SCHEDULE

You might already know this, but it's important to know your pacing strategy so you remain calm on race day. To find out more information on pacing go to pages 34 and 35.

STAY CALM

It's only human to start panicking a little now, but as you make it to the start line, remember how far you've come; take a deep breath, look around and be grateful you have made it this far. You've got this!



RACE KIT AND BAG

Lay out your kit and pack your race day bag so you're all ready to go when you wake up in the morning. This will avoid any last-minute stresses before the race kicks off.

RACE NUMBER AND SAFETY PINS

Ensure you've got a couple of safety pins on hand so you can place your race number visibly across your top.

EVENT VILLAGE AND ROUTE MAP

Familiarise yourself with both the route map and Event Village so you know where to find toilets, Baggage Store, water stations and all the other necessities we have on offer!

DON'T OVERDO IT

Instead of running, take the day to focus and relax. Unwind and find a book or film that will make you feel calm, happy and uplifted.

SLEEP

If you head to bed early but find it difficult to fall asleep, don't stress about it. It's common to struggle falling asleep the night before a big race. Thankfully, the excitement and adrenaline of race day will provide you with more than enough energy to perform at your peak.

HYDRATE

Dehydration may result in a decline in endurance performance so make sure you stay fully hydrated in these final hours.



TRANSPORT GUIDE

Marathon day can always bring up a mix of nerves and with several thousands of people travelling to the event at the same time as well as a number of road closures, we highly recommend planning your journey to the start line well in advance to avoid a stress-free morning.

Pre-booking travel and parking options is highly recommended.

A full list of road closures is available to download on our website. Spectators can find information about our spectator services; including the best places to catch a glimpse of their friends and family and the areas to avoid due to the access restrictions in our spectator guide on pages 38 and 39.

1 TRAVELLING BY CAR?

Please note; there is **NO** event parking at the University of York or in the immediate vicinity.

As a result, we are pleased to offer the following travel solutions.

PARK & RUN



Runners and spectators travelling by car can take advantage of our dedicated Yorkshire Marathon Park & Run service on race day. This ensures you can enjoy easy and convenient parking, as well as return transport between Elvington Airfield and the heart of the Event Village.

Tickets must be booked online by Thursday 13th October; please visit www.runforall.com for further information including timings and pricing.

2 BIKE

For anyone looking to ride to the Marathon, there are several off-road cycle paths and on road cycle lanes offering safe access to the University. Bike parking is widely available at the University of York and will be situated within the Event Village.

3 TRAIN & SHUTTLE BUS

York is one of the UK's main east coast lines; travelling by train is both fast and easy.

Visit www.nationalrail.co.uk for more information about services to York. If you're parking, getting dropped off or staying in York, you can use the spectator shuttle service which will operate between York Station and the Event Village.

Tickets will be available to purchase from the bus driver on the day and priority will be given to runners before 8.30am.

4 LOCAL BUS SERVICES

Spectators can take advantage of the regular route 66 bus service from the city centre to the Event Village. For more information visit www.firstbus.co.uk

5 YORK PARK & RIDE

You may want to use the York Park and Ride service. You will be able to buy your tickets in advance via the First Bus app and park your car free of charge at any of the Park and Ride car parks.

For more information visit www.itravelyork.info/park-and-ride

DROP OFF LOCATIONS

Two designated drop-off points at the University of York will be available on race day.

This facility is purely for drop-off and collection only; please make arrangements for collection in advance as waiting will not be permitted.

WEST LOOP

A19 Main Street (Fulford) - Broadway - Heslington Lane; for participants travelling from the city centre and/or west of the city.

EAST LOOP

Church Lane - Innovation Way - University Road - Field Lane for participants travelling from the A64 and/or east of the city.

When using the East Loop, please use the car park situated at Helix House as a drop-off point.

RACE DAY IS HERE!

RACE BIB

Please don't swap your race number with anyone. If you do, we won't know who to call in an emergency. Any runners we find to be doing this will be disqualified.



HEADPHONES

You're welcome to wear headphones - just make sure you can still hear what's going on around you! Our official headphone partner is Shokz, which use bone-conducting technology to ensure you can still hear your surroundings.



BAGGAGE STORE

Please use the tear-off strip attached to your race number to access the Baggage Store. Simply tie it around the handle of your bag before checking it in to the Baggage Store in the Event Village from 7.00am.



PACING

Don't rush, stay hydrated, stick to your plan, and remember that low moments will come - but you can push through them! We'll have friendly pacers on course who can help you stick to your intended finish time.

ASSEMBLY ZONES

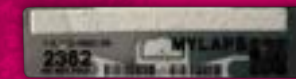
This event is self penning, which means your Assembly Zone won't be on your bib. We will have timing flags near the start line, please assemble near a flag which aligns with your predicted finish time. This will minimise congestion when the race begins.

WATER STATIONS

We have eight water stations on course, at around three mile intervals, where you can pick up a 330ml bottle of water. To see the exact locations, please refer to the route map.



TIMING CHIP



Your timing chip is built into your race number, so please don't tamper with it or pierce it. This will automatically activate when you cross the start line. We'll also have a mounted clock on the leading vehicle and a clock on the finish gantry.

YOUR ON THE DAY GUIDE

RACE SUPPORT

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

6:00AM

- Park and Run car park opens at Elvington Airfield

7:00AM

- Race Office and Baggage Store in the Event Village open

9:10AM

- Official warm up begins at the start line

9:30AM

- The Yorkshire Marathon begins!

9:50AM

- Yorkshire 10 Mile Assembly Zones open

10:15AM

- Yorkshire 10 Mile begins

11:10AM

- Marathon wheelchair winner expected

12:30PM

- Park and Run buses back to Elvington Airfield begin

KEY TIMINGS

- Park and Run services to the Event Village begin

6:30AM

- Assembly Zones open
- Assembly Zones close

8:30AM

9:15AM

- Wheelchair Yorkshire Marathon begins!

9:25AM

- Yorkshire 10 Mile warm up starts

10:00AM

- Yorkshire 10 Mile winner expected

11:05AM

- Marathon winner expected

11:50AM

- Last Park and Run bus departs back to Elvington Airfield

5:00PM

HIGH 5

YORKSHIRE MARATHON NUTRITION



YORKSHIRE MARATHON

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

The Fuelling Facts

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

During Your Marathon

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

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



ENERGY GEL AQUA AND ZERO

AVAILABLE ON COURSE

RACE DAY BREAKFAST

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

NOVICE RUNNERS

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

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

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

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

EXPERIENCED RUNNERS

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

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

50kg: 5 during + 2 before

60kg: 7 during + 2 before

70kg: 8 during + 2 before

80kg: 9 during + 2 before

90kg: 10 during + 2 before

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

FLUIDS

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

AFTER YOU FINISH

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



CAFFEINE NOTE

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



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YOUR EVENT VILLAGE MAP



KEY

- | | | | |
|---|-----------------------------|---------------------------------|---------------------------------|
| S Start | 5 East loop drop off | City centre bus stop | Changing facilities |
| F Finish | 6 Crossing point | Bus to relay change over points | Information point |
| 1 Goody bags | Baggage Store | First aid | Water station |
| 2 Race Office | Event Village | Bar | Erdinger isotonic drink station |
| 3 Yorkshire Marathon Relay | Park & Ride bus stop | Food & drink | Regen Physio massage |
| 4 Friends & family meeting point | Spectator service bus stop | Toilets | |



YOUR YORKSHIRE MARATHON MAP



KEY

- Marathon route
- 10 Mile route
- Timing mat
- Mile markers
- KM markers
- Marathon Relay change over
- Drink station
- High 5 fuel station tabs & gels
- Toilets
- First aid
- Spectator point



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WHAT ELSE IS HAPPENING?



READY FOR THE MARATHON ATMOSPHERE...BUT NOT THE DISTANCE?

The **Yorkshire 10 Mile** is a popular event which starts at 10:15am on marathon day and enjoys much of the same route as the Yorkshire Marathon.

However, it's got the added bonus of being quite a lot shorter! Some runners are there to dip their toes into the world of marathons, others just want to challenge themselves with a stunning event in York and the surrounding countryside.

No matter your reason for taking part, it's a guaranteed great atmosphere throughout.



IT'S ALL ABOUT TEAMWORK!

The **Yorkshire Marathon Relay** sees teams of six battle it out to claim the bragging rights of being the fastest team in the race.

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

Relay participants also get a range of other exciting benefits, like a race day hospitality package and personalised team t-shirts!



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THANK YOU! PACERS

We want to say a huge thank you to the team from Northern Pacing Volunteers, who will once again be helping our runners achieve their marathon goals this year.

It will be easy to spot them in the start pens, as they will be wearing big Arla Protein flags on their backs. Find the flag with the finish time you want, and then run alongside the pacer wearing that flag to finish the course in your goal time.

Running with a pacer can be a great way to make sure you have a fantastic marathon experience. Thanks to their extensive running experience, the pacers know when to take it slow and when to push on and they often have helpful tips or words of encouragement. Thank you pacers for all your dedication and hard work!

2 PACERS PER TIME

PACERS
SPONSORED BY



3 HOURS 15 MINUTES

3 HOURS 30 MINUTES

3 HOURS 45 MINUTES

4 HOURS

4 HOURS 30 MINUTES

5 HOURS

5 HOURS 30 MINUTES

6 HOURS



MEET THE PACER EMMA LONGFELLOW

If you're aiming for the 5hrs 30mins mark, you may get to run with Emma Longfellow! Emma started running seven years ago and quickly realised she enjoyed taking on long distances.

At her second marathon, she met a man who was running in memory of his son. She ran a long way with him, and after helping him cross the finish line, he gave her the nickname 'Marathon Guardian Angel'.

She found this experience very moving, and knew then that she wanted to be a pacer and help more runners reach their goals.

Emma paced her first Yorkshire Marathon in 2017, and has also paced the Leeds Half Marathon and the Leeds 10K. Her number one piece of advice to the runners she's supporting?

"Keep in mind your motivation. Everyone is there for a reason, whether it's to check something off your bucket list or to run in memory of a loved one. Simply keep that reason top of mind at all times".

Emma is just one of the incredible pacers who work tirelessly to make the Yorkshire Marathon so special. If you see her out on course, be sure to say hi or give her a wave!

Keep an eye on our social media channels to learn more about our Yorkshire Marathon pacers ahead of event day.



The moment you've all been waiting for is finally here; you are officially a member of the 2022 Yorkshire Marathon club! **CONGRATULATIONS!**



Head to the Event Village for a well-deserved bite to eat! We'll have caterers including Nan's Van and Café Racer on site for your refuelling needs.



Soothe your tired legs with a post-run rub down! Head to the Exhibition Centre where you will find free massage from our partners, Regen Physio.

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!** Photos will be available to be purchased online post event at: www.marathon-photos.com

Make sure you don't stop too suddenly, as this can cause a danger to people behind you. **Please continue past the finish line to collect your water, kindly provided by our sponsors, Water in a Box.**



YOUR FINISH LINE AWAITS

Make use of our friends and family meeting points so you can easily **meet up with your loved ones post-race.** This will help us to keep the finish area clear and safe.

A selection of goodies awaits your collection, sponsored by **GoPuff**. You'll find your finisher's medal and t-shirt - make sure you wear both with pride to remember your big achievement.



As you make your way through finish processing, **you will be offered a cup of chilled naturally brewed Erdinger Alkoholfrei.** Providing a perfect balance of B-vitamins and minerals, this great tasting isotonic recovery drink is free from fat and cholesterol; making it the perfect way to **refuel and recover as you celebrate your victory with family and friends.**

Many of our wonderful **partner charities and very own Jane Tomlinson Appeal will be on site in this year's Event Village.**

This area isn't just for those running for a partner charity - everyone is welcome to come and enjoy the atmosphere. Be sure to head on over there and say hi!



Before meeting up with loved ones, we advise that you **make your way to the Baggage Store to reclaim your belongings.**





Our Yorkshire Marathon spectators always add to the sparkle of race day. Helping our competitors make it to the finish line, cheering them along the route and showing them the great Yorkshire spirit we all know and love, our spectators always make the experience a truly unforgettable experience for all our runners.

The map on pages 28 and 29 shows where spectators can see our fantastic partner charities, a variety of entertainers and where the best spectator points are located on route if they want to set up camp for the day. To help our spectators have the best day possible, we've put together our top tips below including key timings, spectator points and travel arrangements.

SPECTATOR POINTS

Dunnington is a great place to head to. Runners will be making their way to the turning point in Murton, before returning to Dunnington for their final seven miles, allowing spectators to see their favourite runners twice!

The turning point at Stamford Bridge is also recommended as an ideal spot for spectating. Music and other activities will be on hand to ensure both runners and spectators are entertained at the crucial part on the route.

SPECTATOR TRANSPORT

We will have a range of buses running to and from car parks and the spectator cheer points on event day. Please book your Blue, Green, Gold or Family Gold ticket before 5.00pm on Thursday 13th October.

Go to www.runforall.com/events/marathon/yorkshire-marathon/ to learn more about what are your ticket options and choose the one that's right for you.

SPECTATOR GUIDE



Thank you for coming to support the participants at this year's Yorkshire Marathon! The cheering from the sidelines creates an incredible atmosphere and is a huge part of what makes marathon day so special. The tips below will help you make sure you have an amazing experience.

TOP TIPS

- **Check out the map.** The route map on page 28 will let you know where the best spectator points are located, so you can find the perfect spot.
- **Prepare for any weather.** It's Yorkshire, after all! Please bring warm clothes, a waterproof jacket, sun cream and an umbrella.
- **Set up camp.** You'll likely be in one spot for a long time, so get comfortable. Bring snacks, drinks, and maybe even a camp chair.
- **Bring a sign.** If you want to go the extra mile, feel free to make a sign with an encouraging message for runners to read as they head past you.
- **Stick to the sidelines.** Even if the course looks clear, the runners will appreciate it if you stay off the route.
- **Download our Yorkshire Marathon app.** Click **Live Tracking** and you can then search by surname or race number and follow one or more runners as they make their way around the course.



YOUR CHECKLIST



Marathon day is nearly here! You've done all the training and all the preparation, so it's important you have all the essentials to run your very best marathon possible. Remembering everything you need can be a tough task, so we've put together a list to ensure an organised and smooth race-day.

ESSENTIALS

RUNNING SHOES - Obvious but worth mentioning!

RUNNING CLOTHES - Ensure these are designed specifically for sport; bear in mind breathability. Dress for the temperature at the finish of the marathon, not the start.

RACE NUMBER - Remember to clip it onto your front with safety pins so you're prepared and ready to go.

PHONE - For race day selfies and preserving memories.

WATER - Essential!

SNACKS - Gels, chews, trail mix, whatever you've trained with!

COMPRESSION SOCKS - Key for reducing swelling and lower leg tiredness on very long runs.

PLASTERS - Blisters are likely!

FLIP FLOPS - You can thank us later!

SPARE CLOTHING - You may want to bring a jacket to keep you warm. Feel free to toss this aside when you start running, as we will donate it to the British Heart Foundation.

EXTRAS

SAFETY PINS - Probably the number one most forgotten thing!

TISSUES - Nothing worse than a running nose or being unprepared for those bathroom emergencies.

SUNGLASSES - Crucial for bright days but also useful against unprecedented weather conditions.

PORTABLE CHARGER - Always handy to have in case you need a battery top-up.

RUNNING WATCH - Ideal if you'd like to track your location and provide real-time performance updates.

CHANGE OF CLOTHING FOR POST RACE - You can store spare clothes in our Baggage Store.

LIGHTWEIGHT RUNNING VEST - Perfect for carrying everything you need while running.

POST-RACE SNACK - carb-packed foods such as bananas, granola bars, energy bars and bagels are usually a good idea.



ROB BURROW LEEDS MARATHON

In Partnership with **Clarion**



14.05.23

#RunForRob

ENTER AT
runforall.com

MARATHON TRIVIA



1. How many Yorkshire Marathons have there been?
2. How many steps is a marathon?
3. Which nation has the world's fastest average marathon finish time?
4. Which annual marathon has the most participants?
5. In Forrest Gump, how many years and months does Forrest run for?
6. Legendary marathon runner Bill Rodgers is known for being a fan of what strange pizza topping?

ANSWERS

1. There have been 8 Yorkshire Marathons.
2. This depends on your stride, but men do about 55,000 steps per marathon and women do about 65,000.
3. Switzerland is the fastest nation of marathon runners, with an impressive average finish time of 3:50.
4. The New York Marathon has previously had more than 50,000 runners in a single race.
5. Forrest Gump ran for three years and two months.
6. Bill Rodgers likes mayonnaise on his pizza. He's also known for taking sips of maple syrup as a post-race drink.



DERBION



RAMATHON

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FOR THE FIRST TIME MARATHON RUNNERS

Running your first marathon can be intimidating. On top of all the preparation that goes into it, the uncertainty of race day itself can be nerve-wracking too. Will the 2022 Yorkshire Marathon be your first marathon?

We asked our community of marathon runners to share their words of wisdom for those of you embarking on your first marathon journey this October.

@USINGH_BOLT

Absorb the energy from the crowd. Focus on yourself. You've done all the hard miles in training. This day is about realising it was all worth it. You are a marathon runner now!

@WILLRIDLEY

Drink lots of water in the day and weeks before to keep hydrated as well as throughout the race!

@DARRENF2021

Fuel well on the day. Keep calm, start slow, use the crowd and don't beat yourself up if you have to walk. It is after all a marathon not a sprint.

@NOELROONEY

I would add not to get hung up on your finish time, have a goal of course but if you're like me you'll feel foolish afterwards if you stress about it. You only have one first marathon, enjoy it and finish it.

@REBECCACRAVEN

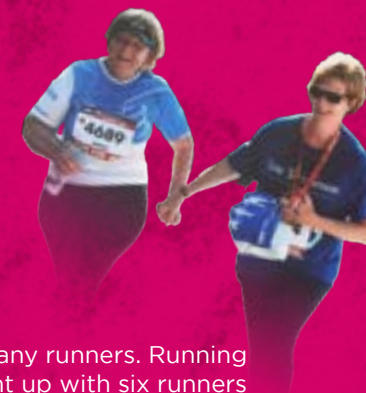
Don't get too anxious about the last few weeks of training. Your mind can often get you through incredible things on the day.

@JULIANCHRONICLE

Don't go off fast! My biggest mistake on first marathon.



FIRST TIME STORIES



The first marathon is a very exciting milestone for many runners. Running 26.2 miles is a huge achievement, after all! We caught up with six runners who will be completing the Yorkshire Marathon as their first ever marathon.

HILARY CASEY

"I am slightly nervous but then that's normal. I am nervous about getting injured, hitting that wall and negative thoughts which do happen. But with good preparation and training then hopefully these things won't be a big deal.

"I am looking forward to getting over that finishing line...also just being part of something which is good, raising money and awareness of charities and just soaking up the atmosphere on the day."

MARK GALLEN

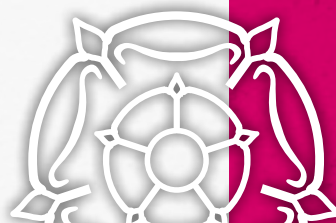
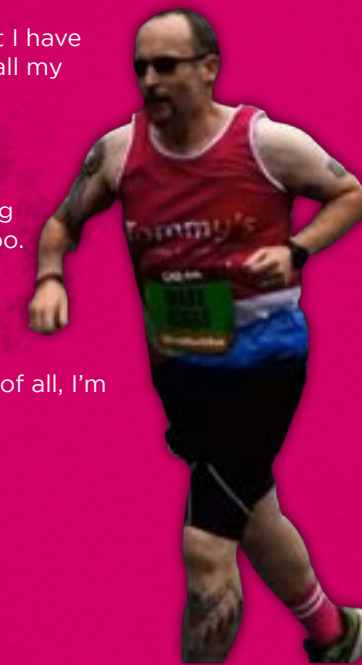
"I always said that I wanted to run a marathon, just never had the self-belief. After reading reviews and due to location to my home town, York was the obvious choice for my first marathon.

"Running has really saved my life, the amount of weight I have lost since running is unbelievable. Running takes away all my worries and cares, it's just me and the tarmac."

CHRIS POOLE

"I'm really looking forward to the atmosphere of running alongside a lot of people - many doing their first one too. On the day I just want to take it all in, especially the beautiful route.

"I'm looking forward to maybe spotting my partner Leanne and mum and dad along the way. Most of all, I'm looking forward to crossing that finishing line."



What is Motivate A Mate?

Earlier in the year we launched our #MotivateAMate competition with our sponsors Erdinger Alkoholfrei. We started the search for running buddies who want to take on the Yorkshire Marathon, while motivating each other along the way.

From the hundreds of entries, we managed to narrow our winners down to a select few.

We caught up with winners Samantha and Sarah and Sasha and James to find out how they are feeling ahead of the big day...

SARAH & SAMANTHA

Sisters Sarah and Samantha have both used running as a coping mechanism over the years. Sarah was diagnosed with stage 4 ovarian cancer in September 2017 and Samantha has struggled with her own mental health.

Sarah will be taking on the Yorkshire Marathon to fundraise for Ovacom, a charity which support people through their Ovarian cancer diagnosis, while Samantha will be supporting her along the way.

Both Sarah and Samantha are experienced marathon runners, however this will be their first time taking on the 26.2 mile challenge in Yorkshire, so we can't wait to give them a Yorkshire welcome!

Sarah "Marathon training has been difficult, I finished chemotherapy for the third time at the end of February and it's taken me a little bit of time to regain my fitness as I was running very little throughout my chemo. I am trying though and I am determined to get back to my long distances with my sister. Samantha and I have motivating each other along the way by sharing our mileage and even when one of us has experienced a bad run we remind each other it's not always about PB's - it's about getting out there and enjoying it!"

Samantha "During the four weeks leading up to race day, my mileage will increase within the first two weeks and I will be continuing to incorporate some strength training, as well as lots of walking.

I'd advise to any runners taking on their first challenge to take it steady and enjoy the atmosphere and crowds. Don't worry about the time, just enjoy the moment you cross the finish line and when you realise you can't wait to do it all again."



#MOTIVATE A MATE

SASHA & JAMES

Sasha and James run to inspire their son Noah who has cerebral palsy and is a full-time wheelchair user and are both looking forward to taking on their first Yorkshire Marathon in their hometown of York.

Sasha "We are really looking forward to enjoying the beautiful scenery that York and the surrounding countryside has to offer while we complete the Yorkshire Marathon. We've just been on a cruise of Italy, Turkey and Greece, so we have been running in Rome and have done a couple of runs on the deck of the ship but it's a little boring just running in circles so we have also been supplementing our training with using the cross trainer in the ship gym.

I'd encourage others to keep hydrated, and make sure you have energy gels or jelly babies and remember to go at your own pace (not too fast)!

Don't wear any new clothing!!"

James "We aren't running for a charity this year. Our son has cerebral palsy so we do a lot of fundraising for various disabled children charities. This race is going to be with the aim of completing a challenge that will inspire our son that if you try hard you can achieve things you thought were completely out of your reach."



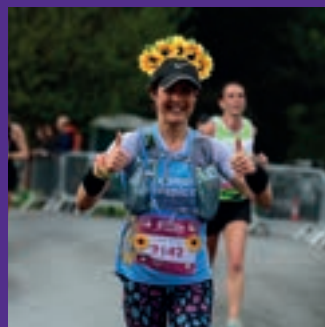
ERDINGER
ALKOHOLFREI

BBC RADIO York

wishes

GOOD LUCK

to all of this year's runners



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Whether you're hunting for a PB, raising funds for a great cause or taking on your first ever 26.2 mile challenge, we have a personalised art print with your name on it.

Come and see us in the event village to order your own memento and celebrate the day.

We look forward to seeing you all there!

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PARTNER CHARITIES

We are lucky to have so many incredible charities working in partnership with the Yorkshire Marathon to motivate our runners, boost the fundraising efforts on the day and create an amazing atmosphere in the Event Village and on the route.



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



A huge thank you to the Yorkshire Marathon participants on behalf of all our team and the children and families we support. In 2023 we will be continuing to develop the comprehensive emotional, practical and financial support we offer our families. It's people like you who help keep our charity running and make sure we can bring light and hope to families affected by childhood cancer.



A big thank you to all the runners fundraising for the Jane Tomlinson Appeal at this year's Yorkshire Marathon. Your support will help us continue funding OWLS bereavement service, research into kinesio taping, our children's health and wellbeing 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!



Three million people live with cancer in the UK, and many are missing out on the support that's right for them. You're helping us to make sure everyone with cancer gets the care they need. Your fundraising will help us with our project, the Forgotten C, campaigning for governments across the UK to invest in enough specialist cancer nurses to provide the vital care people living with cancer



We are so grateful to everyone taking part in this year's Yorkshire Marathon. The money and awareness being raised for Leeds and York Mind will help us fight for better mental health for everyone in and around our cities; and we can't wait to cheer you on, thank you.



There are many reasons to run, but you chose to make St Leonard's Hospice yours, and we can't thank you enough! We know how challenging running 26.2 miles is, but for every step, you're helping to provide care and support for terminally ill people and people with life-limiting illnesses - thank you from all of us at St Leonard's Hospice.



Thank you so much to our fabulous #TeamStGemma's runners! By taking on this challenge, you'll help us to continue providing the best possible care for people in Leeds with life-limiting illnesses. The funds you raise will also help us to develop additional support for bereaved young people and improve access to end-of-life care for people who are homeless.



The Children's Hospital Charity would like to say a huge thank you to everyone who is taking part in the Yorkshire Marathon and fundraising for our charity. Your contributions make a huge difference to the patients and families who are cared for at Sheffield Children's Hospital, and will help support our appeal to build a helipad on the roof of the hospital. Wishing you all the best of luck!

GOOD LUCK!





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Make your miles **count** with JustGiving

With the Yorkshire Marathon just around the corner, here's our top tips to help you raise money for a good cause.



1

Set a fundraising target.

Whether it's £100 or £1,000, every penny you raise will make a difference.



2

Personalise your JustGiving page.

Add photos, videos and write a story. It's the best way to encourage people to donate.

3



Share your page on social media. The more the merrier, and more money for your cause too.

4



Connect your fitness app.

Add Fitbit or Strava to keep track of your training and your donors up to date.

Raise money for a cause you care about. Head to www.justgiving.com to get started.



ELITES

LAST YEAR'S YORKSHIRE MARATHON CHAMPION

"I absolutely live and breathe running."

Tom was the **winner of our 2021 Yorkshire Marathon**, and he was ecstatic to take the gold after coming second twice in previous years.

Born in Oxford, Tom always enjoyed running while growing up, but only started to realise how important it is to him in his mid-twenties. He now lives in Manchester, and **he always makes the effort to come over to York for the marathon.**

After completing several marathons, Tom has gotten used to the mental challenge. **"I break it down into the first 20 miles, and then the final 6.2. I imagine the first 20 is just a nice quiet Sunday run**, with a lot of people around, and then I convince myself the final 10K or so is a race...a race where I've just happened to turn up very tired," he laughs.

To first time marathon runners, Tom says: **"Listen to your body - run on feel. And hydrate at every drink station. Even if you think you don't need it, just drink a little bit. Try to drink a little, and often."**

He's looking forward to the competition this year. "You want people to turn up who are going to challenge you. After Covid, I realised how much running on your own is just bleak."

"I do want to come back and get a better time this year," Tom says. **"A marathon's a funny thing. Sometimes things can go your way if you just hang in there."**

TOM CHARLES



KERI PEARSON

"The hardest part is making and getting to the start line, this is the bit to enjoy. Start easy, break the race into chunks, enjoy the atmosphere and take some comfort that the hard work that has been done. The feeling of a marathon finish line is one you will not forget. Especially the Yorkshire marathon finish line."

CHRIS POWNELL

The course is brilliant. Not completely flat, but definitely a fast one. Everyone kept talking about the hill at the end, but don't worry, if you are having a good run you won't even notice it! The support on the course is immense, and for the final mile I felt like a celebrity, with hundreds (or thousands!) of people lining the street. Have a great day, enjoy it, and good luck!"

MELISSAH GIBSON

"Yorkshire is a really fast course and a great day out, so I'm delighted to be taking part, even if it takes a bit longer this year! My advice to other runners that I will probably continue to ignore myself: multiple marathons in a month generally do not end well! Make the most of this brilliant one and celebrate and recover well afterwards!"

SARAH LOWERY

"Enjoy the event and the day itself. Make sure that everything has been practiced in training (shoes, gels, etc) and take the first couple of miles easy to allow for any nerves to settle."



ABBOTTWMM WANDA AGE GROUP WORLD RANKINGS



Started in 2018, this initiative celebrates the achievements of marathon runners across various age groups around the world.

We are proud to have partnered with AbbottWMM, which means the Yorkshire Marathon is an opportunity to boost your official ranking and get a step closer to qualifying for the AbbottWMM Wanda Age Group World Championship in the USA in 2023.

Learn more at: www.worldmarathonmajors.com

JANE TOMLINSON APPEAL



Improving lives

The Jane Tomlinson Appeal helps children to be happier and healthier and improves the lives of people living with cancer.



Find out more



PARK & RUN



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TICKETS ARE LIMITED SO MOVE FAST TO AVOID DISAPPOINTMENT

Whether you're travelling on your own, with friends or with the whole family, we have a travel service to suit you.



Explore our Park and Run and spectator ticket options at:
runforall.com

MAKE A WEEKEND OF IT

Yes, York has the best marathon in the country – but it has many other great attractions too. York is beautiful, historic and interesting, making it perfect for a weekend break.

You'll love York if you like:

- **History.** York has Viking, Roman, Georgian and Victorian influence. York Minster, Clifford's Tower, and the Barley Hall are some of the most iconic buildings to explore. Walk along the top of the City Walls, an ancient monument that stretches 3.4km around the city centre.
- **Pubs.** A Sunday roast with all the trimmings (and Yorkshire pudding, of course) might just be the perfect post-marathon dinner. York has pubs that have been in operation since the 1600s!
- **Sweets.** With a range of historic chocolatiers and fudge makers, the city is heaven for those with a sweet tooth.
- **Museums.** JORVIK Viking Centre, York Castle Museum, Fairfax House and the Merchant Adventurer's Hall are just a few of the places you can learn about York's rich history.
- **Spooky stuff.** Known as "the most haunted city in Europe", York has more than a few ghost stories to tell. Check out York Dungeon or take your pick of the many ghost tours and guided walks on offer in the city centre.
- **Green spaces.** If your legs are too tired to do much exploring, Rowntree Park, the York Museum Gardens and the banks of the River Ouse are all great places to have a quiet rest.

WHAT TO DO IN YORK

Wondering how to make the most of your weekend in York? The ideas in this **example itinerary** can help you see the sights of the city and still find time to run a marathon too!

SATURDAY

10:00 Arrive in York!

10:30 Stretch your legs with a walk along the City Walls.

12:00 Wander through the Shambles. Be sure to check out Whip-Ma-Whomp-Ma-Gate, one of the shortest streets in the UK.

12:30 Grab a bite to eat in a traditional tearoom.

13:00 Explore York Railway Museum – the world's biggest train museum.

15:00 Get your culture fix at York Art Gallery.

17:00 Have an early pre-marathon dinner - don't forget to carb load!

20:30 Get home and prepare all your race day essentials.

21:30 Get a good night's sleep...

SUNDAY

07:00 Enjoy a light breakfast and start getting excited.

08:00 Get to the University of York with lots of time to spare.

09:30 RUN THAT MARATHON!

17:00 Wow, you just ran 26.2 miles...no matter what time you crossed the finish line, it's officially celebration time. Drink lots of water, hit a historic pub and eat ALL the carbs.

18:00 Treat yourself to an ice cream while resting your legs on the banks of the River Ouse. You've done it - marathon weekend is officially over! We hope you loved it.

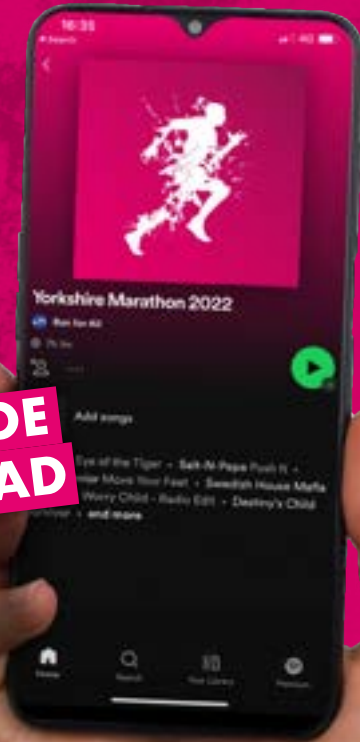


DOWNLOAD THE OFFICIAL YORKSHIRE MARATHON PLAYLIST

Looking for some tried and tested running hits? We made an official Yorkshire Marathon 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.



SCAN QR CODE
TO DOWNLOAD



AVICII KYGO
DESTINY'S CHILD
U2 THE KILLERS
MICHAEL JACKSON

HOW TO CREATE A GREAT MARATHON PLAYLIST

Rather make your own? Here are some top tips for creating a perfect running playlist.

- Choose energising, upbeat songs.
- Look for songs with lyrics that motivate you.
- If a song you like has a slow tempo, see if you can find a faster remix.
- Short tracks tend to be best, so you don't get bored.

RUNNING TO THE BEAT

The beats per minute (BPM) refers to the speed or tempo of the track. Going for songs with a high BPM (around 120+) means you can match the rhythm of your feet to the track, keeping you motivated and "in the zone" throughout the run.





THANK YOU EVENTERS

WHAT DO EVENTERS DO?

Our Eventers do lots of important things on marathon day, such as:

- Checking in and looking after runners' bags and jackets in the **Baggage Store**.
- Staying out on the route, cheering on runners and letting them know which direction to go in.
- Handing out water and High 5 tabs around the course, or water and goody bags when runners have crossed the finish line.
- Putting up signs and banners to create an amazing race day atmosphere.
- Assisting teams who are taking part in the Yorkshire Marathon Relay, such as by making sure they know how to get to the relay changeover points.

Our Eventers work tirelessly to make all our events amazing, and the Yorkshire Marathon is no exception. Our events simply could not happen without them, so to each and every person giving their all on marathon day: **THANK YOU!**

Over the years, we've had amazing volunteers from groups such as:

Derwent Lions
 Good Gym York
 Leeds Beckett University
 Rotary Club of York

Minster Lions of York
 Chapel Allerton Runners
 York parkrun
 North Yorkshire Police Cadets

York Centurions
 University of York sports teams
 York St John University

HOW TO VOLUNTEER

Feeling inspired or know someone who might like to take part? We're always looking for new, enthusiastic volunteers.

Simply **email eventers@runforall.com** to register your interest.


Feel free to mention any particular events you would like to work at, the role/s that interest you, or qualifications you feel we should know about. Thanks for considering volunteering - **we'd love to have you on the team!**




2023
#RunForRob
14.05.23

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DOUBLE?**



 **YORKSHIRE
MARATHON**
15.10.23

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ANNIVERSARY**

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YOU'VE JUST RUN A MARATHON NOW WHAT?

- **Weather.** We think the autumnal atmosphere of the Yorkshire Marathon makes an amazing race day, but winter, spring, or summer runs can be great too.
- **Terrain.** You're a road race champ! Are you keen to stick to what you know and love, or mix it up with a trail run next time?
- **Proximity.** Destination events are often fun and exciting. On the other hand, they can be pricey and a bit tiring. Is there anything near your home that interests you?
- **Race size.** Everyone's different - if you love the big race atmosphere, a large event like the Rob Burrow Leeds Marathon would be perfect for you. If you like a slightly quieter vibe, a more regional event may be the best choice.
- **Length.** For many runners, this is the main consideration! After tackling 26.2 miles, you might feel ready to downsize to a 10K or half marathon for your next event. Once you've run a marathon, you can take on anything! Be sure to check out runforall.com for some 2023 event inspiration.
- **Set yourself a new goal.** Join us for the Lincoln 10K, taking place on Sunday 31st October as your post-race recovery run.



PHYSICAL RECOVERY BY



REGEN
PHYSIO

After months of training and 26.2 miles of running, **recovery should be your key concern**. Treat recovery the same way as you did the training and you'll be ready and raring to go in no time! Our partner, Regen Physio, share some great recovery tips below.

Sleep

Sleep is absolutely critical for overall health and restoration. For recovery, get between 7-9 hours of sleep, with 80-90% of this during the night. Sleep becomes even more of a priority for athletes who are injured, travelling or during intense competition due to greater recovery demands.

Nutrition

Optimal nutrition is vital for replenishing energy stores and helping your muscles repair. Be sure to consume enough macronutrients for your age, sex, weight and level of competition. This will help your body rebuild and will directly impact your ability to recover from a race.

Active rest/deload

1-2 weeks off running is not going to set you back in the long run. It will allow you time to properly recover so that you can smash the next phase of training. Either rest completely or deload. A deload is essentially reducing training volume for a time, so your body has time to recover.

Sports massage

Soft tissue massage can help you manage pain, which you may be experiencing. Sports massage has also shown to decrease cortisol and increase dopamine and serotonin. This may decrease your soreness, as serotonin is an anti-pain neurotransmitter.

Heat or cold treatments

Both heat and cold treatments (such as ice baths) may reduce the feeling of soreness after muscle damaging activity such as a race.

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* Where clinically indicated and available

RECOVERY TIPS

MENTAL RECOVERY BY COOPAH

After months of training, you've smashed it. You are officially part of the 2022 Yorkshire Marathon club. Feeling those post-marathon blues? Our training partner, Coopah offer their advice below.

Mental health and Coopah go hand in hand. Did you know that our founder, Pete, openly talks about how running saved his life?

Pete struggles with the come down from that marathon feeling. Race day is amazing, the next few days are amazing, and everyone you talk to is interested in how your run went. But then, you then get the dreaded "what now?" moment...

Here are some of Pete's key tips for mental recovery and planning your next challenge:

Remember - you've just done something remarkable. Keep at it!

Welcome to the 1% club. If someone told you last year that you could run a marathon or run a PB, would you have believed them? Isn't it amazing what the human body and mind can achieve if you want something? Now is the time to really believe in yourself. **Keep being the best version of you.**

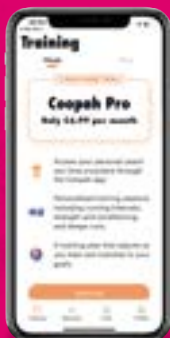
Enjoy some time off running

It's so important to have a break from running. Take some time off to enjoy with friends, family and others and do things you missed during marathon training. Just ensure you return to running sooner rather than later!

Pick a new goal a few weeks after the marathon

The best way to return to running sooner rather than later is to set yourself a new goal. I love to try to run a 5km PB within 8 weeks. This means that I am not dedicating my weekends to running long miles, but I'm still working towards a great goal. Give the Coopah app a go to see how much you can knock off your PB!

Coopah is your personalised run coach which was founded off the back of Pete suffering from depression after the loss of his mother. Their innovative app allows you to set your race goals, when you want to train and your current ability. From there, **the smart app creates a personalised running plan in an easy to follow format all whilst giving you 24/7 access to a coach.** All this for less than the price of a beer.



Download the Coopah Run app on the App Store or via Google Play.

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10TH

YORKSHIRE MARATHON

15.10.23

**NEXT YEAR, WE WILL BE CELEBRATING
THE 10TH YORKSHIRE MARATHON**

**We are so proud to be hitting this
incredible milestone.**

**We have some amazing things planned for the
marathon's 10th birthday, but that's all under
wraps for now.**

**Keep an eye on our social media channels and
start getting excited...**

**f @runyorkshire
@yorkshiremarathon**

EVENTS FOR ALL!

Jane Tomlinson's
RUN FOR ALL



SUB
45



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