

ASDA Foundation

SHEFFIELD HALF MARATHON

29.03.20



YOUR RACE GUIDE

[COURSE INFO](#) | [FIND YOUR NEXT CHALLENGE](#) | [DAY TIMETABLE & MORE!](#)

Jane Tomlinson's
RUN FOR ALL

WELCOME TO THE ASDA FOUNDATION SHEFFIELD HALF MARATHON

Race day is fast approaching and we want to make sure you have all the details you need ahead of the big day.

Your training is almost over after weeks of long runs, and possibly the odd hill run to prepare you for what lies ahead.

With arguably one of the most stunning half marathon backdrops, the Peak District, will play a key part in the event.

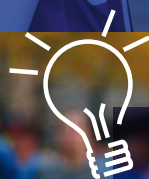
Not only are you about to complete the Asda Foundation Sheffield Half but in the process you will conquer both the Peaks challenge and Timed 10K providing you with three separate event results.

If you've not run Sheffield before, we suggest you prepare yourself for the crowds. With unprecedented numbers lining the streets the cheers, singing, and maybe the offer of jelly babies, will help you every step of the way.

In partnership with:



WHERE IT ALL STARTED



JANE TOMLINSON'S RUN FOR ALL

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

At Run for All, we continue Jane's vision, to provide a fundraising vehicle for a huge number of local and national charities.

A BIG THANK YOU

Runners

You should take enormous pride in being part of the Sheffield Half Marathon. We are expecting to raise a huge sum of money for local charities, big and small thanks to the incredible support of runners like you. On behalf of all the charities involved, **THANK YOU.**

Whether you're looking to smash a PB, enjoy a bit of fun competition with family and friends, or you're just happy to get around the course, we hope that you enjoy your day and continue to support our runs!

Eventers

Without the support of our amazing Eventers, this event would simply not be possible.

All the finish line smiles and money raised at this Steel City favourite are the products of their hard work.

Some of our fantastic Eventer groups include Sheffield Vulcans, Dore Community Group and Sheffield Tigers. Please take the time to give them a big thank you on-course when you grab your water, or at the finish when they hand you your goody bag and medal.



**GOOD
LUCK**

TO THE RUNNERS OF SHEFFIELD!



We are on a journey to discover the inner strength of people just like you. We hope you enjoy our range of tasty, all natural, high-protein products! Pick them up at selected ASDA stores.

**SWEAT, SMILE, REPEAT
AND GET #READYTOPUSH
WITH ARLA PROTEIN.**



**ASDA Foundation
SHEFFIELD
HALF MARATHON**



**PLAN
YOUR DAY**

EVENT INTRO

Here we go, the 2020 Asda Foundation Sheffield Half Marathon is almost here.

Bringing that race-day buzz into a brand new decade, hearing even louder roars from the crowds and seeing so many of you achieve amazing things at the finish line.

You're set to raise hundreds of thousands of pounds for charities across the UK, and we can't thank you enough for your support.



WHAT SHOULD I EXPECT?



FOR ALL atmosphere

At Run For All we pride our events on being **FOR ALL** and this half marathon is no different. So, whatever your own personal goals, you can enjoy incredibly inclusive spirit and feel good running!



Eventers

Need a hand? Our friendly Eventer team will be on-course and around the venue in their fluorescent yellow t-shirts to help you out and provide support.



A BIG finish

You'll feel like an Olympic athlete with thousands of spectators cheering you towards the finish line on your final straight through the city centre at Pinstone Street.



Entertainment

Known as a talented city, we'll have groups, bands and cheer points providing extra motivation on-route to keep those legs pumping!



Views of the Peak District

Your efforts climbing Ringinglow Road will feel completely worthwhile when you meet picture perfect views of the Peak District at the top.

A TRIPLE-TIMES CHALLENGE!

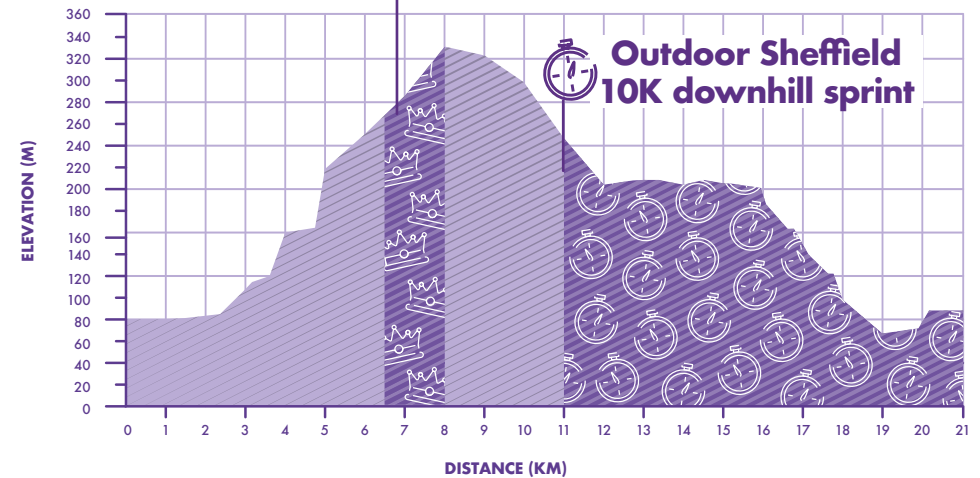
A truly unique event

With the support of event partners Outdoor Sheffield we are not only challenging you to take on the Half Marathon but are offering you two additional challenges.

See who can be crowned champions of the Outdoor City Peaks Challenge as you climb Ringinglow Road before the Timed 10K sprint to the Finish.



Outdoor Sheffield Peaks Challenge



Complete the Asda Foundation Sheffield Half marathon

WATCH OUT

Remember clocks go forward an hour at 1.00am in the morning of Sunday 29 March. So make sure your alarm is set for the right time!

KEY TIMINGS

- 7.30am** Race Office, Baggage Store and Assembly Zones open
- 9.10am** Warm up
- 9.30am** Race starts



YOUR RACE PACK

What's in it?

Don't worry if your race pack seems a little light. Your timing chip is already attached to your race number. You also have a tear-off strip attached to your race number should you choose to use the baggage drop off-facilities.

How should I wear my race number?

Please make sure that your number is fixed to the front of your t-shirt or running vest. It must be clearly visible.

Where will I need my race number?

You will need your number to access the start line Assembly Zones and to use the Baggage Store.

1234

1234

Baggage tag

Your baggage tag is a tear-off strip attached to the bottom of your race number if you want to use the baggage drop off-facilities.

Your timing chip

Your timing chip is already attached to your race number.

PACERS

Our team of pacers, sponsored by Arla Protein are from Steel City Striders and will be on-hand to support you on your run.

They will have flags attached to them with finish times and will run at a steady pace to help you pace your own run and achieve a target time.

Our pacers will be pacing at 5 minute intervals between sub 1 hour 30 minutes through to 2 hours 30 minutes.

They are all very friendly, so feel free to go have a chat with them before the event, and be sure to say thanks once you have crossed the finish line.



GETTING THERE



Arriving by bike

Sheffield City Council offers a number of cycling stands and lockers across the city centre. To find out which site is best for your journey, please click [here](#) for more information. Please note that bikes are left entirely at the owner's risk. We take no responsibility for any damage or loss.



Arriving by rail

Regular services will be running at Sheffield Railway Station.



Arriving by tram

Closest tram stop to the start is City Hall, on the Middlewood-Meadowhall and Malin Bridge-Halfway routes.



Arriving by bus

With a number of services running across the City why not consider utilising the local bus service. There may be a minimal number of diversions in place due to the events road closures but buses will still be running throughout the day. For local bus times and to plan your journey please visit travelsouthyorkshire.com/busesforsheffield



Arriving by car

Like with all Run For All events, we would encourage all entrants to consider utilising public transport links, walking, cycling or explore car sharing when planning your travel. For details on where to park please visit our [website](#)

Arriving from the north

M1 Southbound and take Junction 36 onto the A61 towards Sheffield City Centre.

Arriving from the south

Approach Sheffield from the South on the A61 and continue on the A61 towards the City Centre. Follow signs for the train station or alternatively head towards St Mary's Gate roundabout.

Arriving from the west

On the A57, head in an easterly direction towards the City Centre. Cross the A61 on to to Broad Lane.

Arriving from the east

Exit the M18 at junction 32 and briefly join the M1 towards Sheffield. Take the A630 and then the A57. Join the Inner City Ring Road (A61).

For more information on travel visit our [website](#)

GOOD TO KNOW

What do I do if I'm a season ticket holder?

You will get instructions in your Season Ticket race pack.

What do I do with my number if I can't take part?

If for any reason you can't take part on race day, it is vital that you do not let someone else use your race number. Your race number is registered specifically to you and used to identify runners when there is a medical emergency.

ON YOUR MARKS



GET SET

ONE WEEK BEFORE

Relax and enjoy the build up to the big day. It's always nice to be organised, so make sure that you've got everything prepared in advance so that you can focus on having a great time. Here's an event week checklist to help you out:



CHECKLIST

- Check the weather
- Plan your journey to the race
- Keep your race number and all travel documents in a safe place
- Prepare your kit keeping it warm and dry

THE DAY BEFORE



Race number



Timing strip



Baggage tag

Race number

Keep your race number dry and safe. To be extra prepared, pin your race number to your race top or vest. Then there is no way you could possibly lose it.

- Your timing chip is affixed to your race number, please do not remove, fold the chip or pierce your physical timing chip with safety pins.
- Wear your chipped bib number on your chest on the outer layer of clothing e.g. if a running jacket is worn, wear your number on top of this. Do not cover your bib number and chip with a bum bag or running belt.
- Your bib and timing chip does not need to be collected in after the event. It can be kept as a memento of your race day.

Timing strip

You'll find your timing strip attached to your race number. It will become activated once you cross the start line-timing mat. Your time will then be recorded until you reach the finish line.

Baggage tag

Your baggage tag is a tear-off strip that you'll find attached to the bottom of your race number. If you're planning to use the event Baggage Store, please ensure that your baggage tag is removed from your race number and securely attached to your bag ready for race day. This must be attached prior to handing your bag over on race day to our Eventeers.

Bags larger than a small back pack will not be accepted. Run For All can also not store motor cycle helmets, car keys, bikes or pushchairs.

All belongs left within the official baggage area are left at the owners risk.



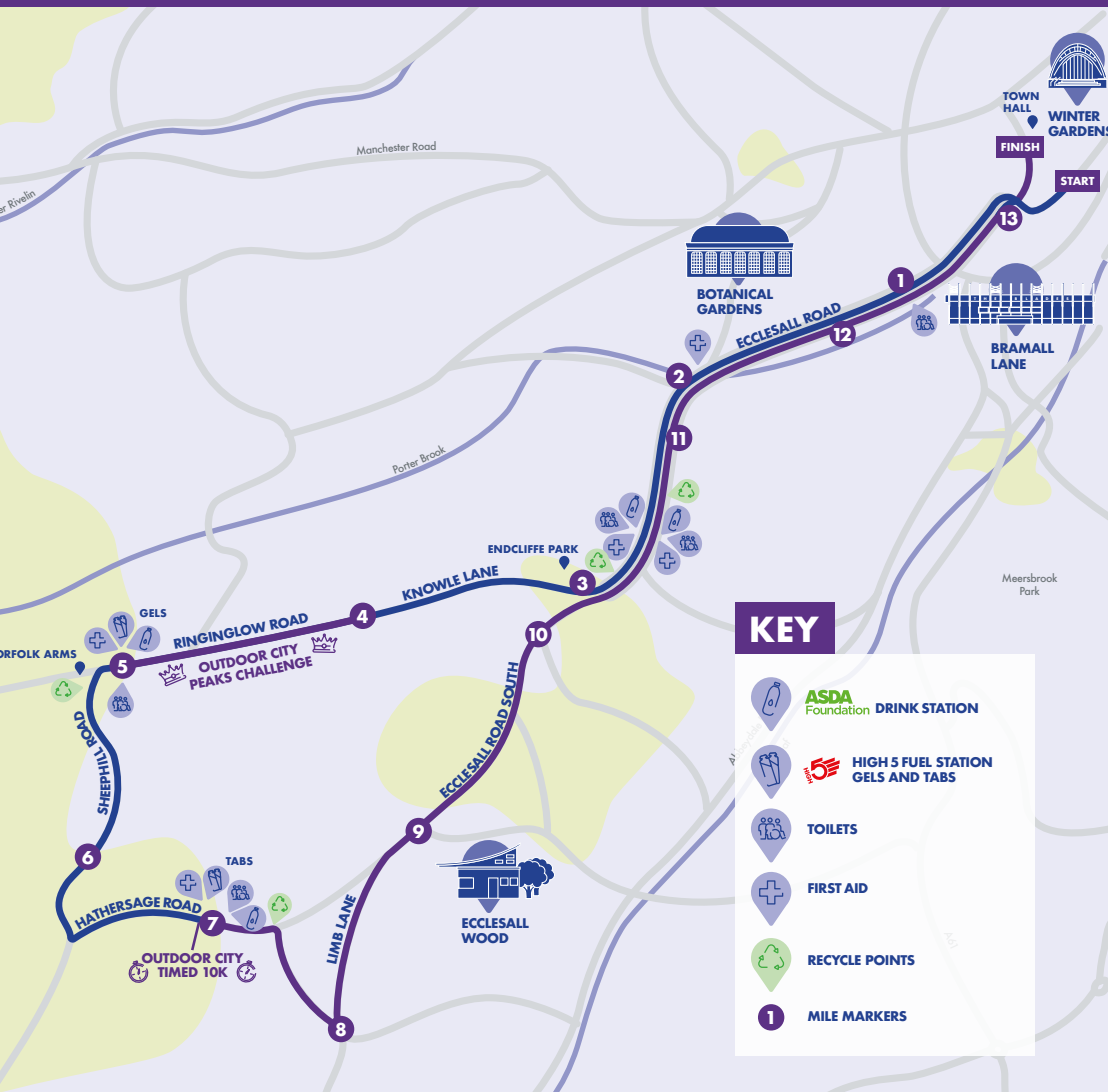
REMEMBER TO CHECK...

Assembly zone

You have been allocated an Assembly Zone based on the predicted finish time you gave when registering. This is reflected by the coloured rectangles either side of your race number.

The location of each Assembly Zone is shown on pages 23 and 24, and will be clearly signed on the day.

ROUTE MAP



CLICK MAP TO ENLARGE

You can also find more route details and information on our website here.

OFFICIAL SPONSORS AND PARTNERS

A BIG THANK YOU TO ALL OUR OFFICIAL SPONSORS AND PARTNERS!

ASDA Foundation



BBC
RADIO SHEFFIELD



no fun
standing
still



JustGiving™

banana kick®

RACE DAY!

The day you've been waiting for has finally arrived! Whatever the weather, let's make it a day to remember with some inspirational achievements accomplished and amazing memories made.



OUR TOP TIPS

- Make sure you don't miss the warm up
- Get to your assembly zone with plenty of time
- Check you're in the zone that matches the colour of your bib
- While you're waiting to run get to know the people around you

RACE DAY

BEFORE YOU GET GOING

The day you've been waiting for has finally arrived. Whatever the weather, let's make it a day to remember with some inspirational achievements accomplished and amazing memories made.

Top tips

We want you to have the best day possible, so don't miss the warm-up and make sure that you are ready in your Assembly Zone with plenty of time. The zones are colour coordinated so please head to the zone that matches the colour of your race number. While you're waiting to run, chat with the runners and pacers around you, it's always more fun to run together as a team.

Baggage storage

Please leave time to drop your baggage at the Baggage Store, which will open in Tudor Square at **7:30am**. You will be able to retrieve your baggage from the same store after your run.

Headphones

You are welcome to wear headphones, but please make sure that you are aware of your surroundings all around the course.

If you wish to listen to music on your run, please make sure that you're able to hear the marshals' instructions, emergency vehicles and fellow competitors.

The half marathon's official headphone providers are Aftershokz, which use bone conducted technology to deliver sound through the cheekbones to your inner ear. This means that you can enjoy your music and still hear your surroundings.

STARTING THE RACE

Zones

Please familiarize yourself with the colour coordinated Assembly Zones on Arundel Gate, Norfolk Street and Surrey Street. They are coloured **blue**, **red**, **green** and **yellow**. The zone you start your race in should correspond with the colour of your race number. In your zone, you'll be surrounded by runners with a similar finish time and pace, which will help ease congestion and make for a safer start to the race.

The Assembly Zones are as follows:

Blue Arundel Gate

Red Arundel Gate

Green Norfolk Street

Yellow Surrey Street

DURING THE RACE

Fuel and hydration



It is so important to stay hydrated! You'll find your water stations on course at 3, 5, 7 and 10 miles. There will also be water at the finish. All water at today's event has been kindly donated by the Asda Foundation. There will also be High-5 energy stations with gels available at mile 5 and High-5 ZERO tabs at mile 7, which will turn your water into a refreshing, great tasting electrolyte drink, helping you to replenish vital minerals lost during your run.

Find out more about High-5 [here](#)

Pace

Stick to your pre-race plan and keep your head. Be patient and don't start too fast. You should feel easy in the first half of your race and then step it up in the second leg when your race really starts.

If you experience low spells, stay positive and keep moving forward, tough moments pass. Go on, you can do it! Fancy some extra support? Our friendly pacers, sponsored by Arla Protein can be found in your Assembly Zones.

Toilets

Please only use the toilets provided.

Run For All operate with 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 an appropriate 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.



Keep Sheffield Green

Run For All are committed to keeping Sheffield green and we understand the importance of doing our bit for the environment. Recycling bins will be provided across the event site and we urge people to use the facilities provided.

Bins will also be provided over the 100 metres following the drinks station and we request that runners use these to help our clean-up crews to leave city the way that we found it! Should runners wish to carry their drinks/gels beyond the provided bins, please pass any litter to your nearest marshal.

Let's work together to keep Sheffield Green and encourage other runners to do the same.

AT THE END



Finish Line

One last push towards the finish! Please respect others when finishing and be aware of those around you. Many are keen to finish with a flurry – please move to one side if you are not looking for that big finish. We know that you will be keen to take a well-deserved rest but please continue past the finish line to collect your water as stopping immediately after the race can cause a danger to those behind you!



Race timing

Our runs are not about times. They are about getting around and achieving something that makes you proud. However, for those who are motivated by PBs, there will be a timing vehicle leading the Asda Foundation Sheffield Half Marathon and a digital clock on the finish gantry.



Meeting friends and family

Got some fans? Please arrange to meet your friends and family in the Event Village in Peace Gardens. This will help us keep the finish area clear and safe.

CHARITY PARTNERS

A BIG THANK YOU TO ALL OUR CHARITY PARTNERS!



GOOD TO KNOW

Affiliation

The 2020 Asda Foundation Sheffield Half Marathon is licensed under the UK Athletics Road Race/Multi Terrain Rules for Competition and operated in accordance with the license requirements. UKA License No: (2020-39980).



EVENT VILLAGE

EVENT DAY FACILITIES

- 1 Race Office** will be in Peace Gardens and is open on Saturday between 12.00pm and 3.00pm, and from 7.30am on Sunday.
- 2 Event Village** playing host to our partner charities, and our very own Jane Tomlinson Appeal.
- 3 Massage** available for advice and tips pre-event, and that all important rub down once you've finished.
- 4 Friends & Family Meeting Point** be sure to agree a place to meet beforehand. Peace Gardens will be buzzing on the day and as good a place as any.
- 5 Goody Bags** a goody bag awaits each finisher - along with a drink of Erdinger Alkoholfrei. Please note medals will be presented to you separately in the finish area.

- Blue Assembly Zone** Arundel Gate
- Red Assembly Zone** Arundel Gate
- Green Assembly Zone** Norfolk Street
- Yellow Assembly Zone** Surrey Street

- Toilets** next to Peace Gardens, either end of Tudor Square and on Surrey Street, en-route to the start line
- Baggage Store** in Tudor Square and open from 7.30am
- ASDA Foundation Water Station**
- First Aid**



We're
the city
that
lives life
outdoors

@TheOutdoorCity

#FestivaloftheOutdoors



www.theoutdoorcity.co.uk/festival-of-the-outdoors



Race Angels were founded in 2015 and have done many events, mainly in the North West. In 2020 we are expanding to all over the UK, so we are excited that one of our new events is at Sheffield Half Marathon on 29th March.

Race Angels will be waiting along Ecclesall Road to run alongside those runners that want us to (we always ask), for about a quarter to half a mile, before turning round and helping someone else. We are a friendly face, a bit of support, we have a little chat which can work wonders at that part of the race.

Alyssa pictured here will be one of the Race Angel team at Sheffield Half.

"I volunteer as a Race Angel because it captures everything I love about running: friendliness, determination and achievement.

I race a lot myself so know what a welcome boost that extra little bit of support in the last few miles can be, even if it's just somebody cheering you on.

Runners have shared some amazing stories with me so it's great to be able to play even a tiny part in people getting to that finish line.

Being a Race Angel is my chance to give something back to the running community that has given me so much."



THE
FINISH

AT THE FINISH

WHAT YOU'LL FIND

At the finish of the Asda Foundation Sheffield Half Marathon you'll find plenty of opportunities to replenish and rehydrate. You won't want to miss out on all of this...



Food and drink

Sheffield has an abundance of restaurants and bars to satisfy your refueling needs.



Goody bag

A selection of goodies awaits each finisher. There'll be plenty of tasty treats, thanks to the Asda Foundation and even an event t-shirt you can wear with pride to remind yourself of your achievement.



Partner charities

This year the Peace Gardens Event Village will play host to our wonderful partner charities and our very own Jane Tomlinson Appeal.

Massage

Soothe your tired legs with a **FREE** post-run rub-down! Massage will be available in the Event Village thanks to Sheffield Hallam.



Friends and family meeting point

Make the most of our meeting points so your friends and family can meet you after the race with ease.



Medical facilities

As well as the medical staff on course, there will be a combination of first aid points and roaming first aiders around the Event Village. Please see the Event Village map for the locations of first aid and make yourself familiar with the whereabouts of these facilities.



Reclaiming baggage

You are advised to make your way to the Baggage Store to reclaim your property before meeting up with your loved ones. Please collect your baggage as soon as possible so that you can avoid the queues.



Results

It's not all about time, but if you fancy knowing how quickly you climbed Ringinglow Road, dashed your downhill 10K, or conquered your overall half marathon; head [here](#).



Marathon Photos

Smile! The team from Marathon Photos will be on the course and finish line to try and capture your half marathon memories. Photographs can be purchased after the event online [here](#).

ERDINGER  ALKOHOLFREI

Erdinger Alkoholfrei

At the finish, you'll be offered a chilled cup of naturally brewed Erdinger Alkoholfrei as you make your way along the finish chute. This great tasting isotonic recovery drink is free from fat and cholesterol, whilst also having a perfect balance of B-vitamins and minerals. It's the ideal way to recover and refuel as you celebrate your victory with family and friends.



ERDINGER
ALKOHOLFREI

CELEBRATE
AND RECOVER

AT

ASDA Foundation
**SHEFFIELD
HALF MARATHON**



ISOTONIC. VITAMIN RICH. REDUCED CALORIES.



MARATHON PHOTOS



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RACE DAY**

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PACKAGE
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All digital pictures
Photo Certificate
Commemorative Photo
Race Time Photo

RACE DAY
SPECIAL
10% OFF

Order within 24 hours
of photos being released
and receive 10% discount off
photo downloads

Keep an eye out on your emails to make the most of these great deals.

WHAT'S NEXT?

There's plenty more half marathon fun to be had.

ASDA Foundation LEEDS HALF MARATHON 10.05.20

The Asda Foundation Leeds Half Marathon is one of Yorkshire's most loved half marathons and it's just around the corner.

Feel the roar of a loud proud city centre crowd and fly toward the finish line on Sunday 10th May.

This much-loved run raises hundreds of thousands of pounds for charity every year, attracting thousands of runners for its family-friendly spirit and amazing atmosphere.

Like all of our events, this is a run of all ages and abilities so whatever your goal get yourself to Leeds.

ENTER HERE

ASDA Foundation DERBY HALF MARATHON 07.06.20

ENTER HERE

ASDA Foundation YORKSHIRE MARATHON FESTIVAL 18.10.20

ENTER HERE

ASDA Foundation SHEFFIELD 10K 27.09.20

ENTER HERE

Check out more of our 2020 events calendar at

runforall.com