



**ALTRA**

**YORKSHIRE  
MARATHON  
FESTIVAL**



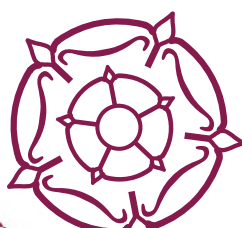
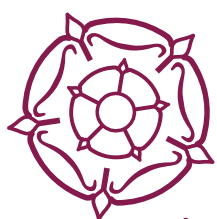
**19<sup>TH</sup> OCTOBER 2025**

**YOUR MARATHON.  
YOUR MOMENT.**

**OFFICIAL 2025 MAGAZINE**

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# WELCOME CLASS OF 2025

## Welcome to the 2025 Altra Yorkshire Marathon Festival!

Your place at the 2025 Altra Yorkshire Marathon Festival is officially locked in and we couldn't be more excited to welcome you to one of the most loved events on the UK running calendar.

Whether you're gearing up for the full Altra Yorkshire Marathon, the Altra Yorkshire 10 Mile or preparing to conquer your leg in the Yorkshire Marathon Relay, you're now part of something bigger than just a race. You're joining thousands of participants from across the country and beyond - all heading to God's Own Country to share the challenge, the camaraderie and the celebration set to take place on Sunday 19th October.



Your day will soon begin at the heart of it all - the University of York, where participants of all abilities and backgrounds will gather, adrenaline high and smiles wide. From there, you'll head out onto the stunning course, winding through the historic city before moving out into the picturesque Yorkshire countryside.

But the real highlight? The crowds. From start to finish, you'll be carried along by the ecstatic Yorkshire folk and visitors from far and near, lining the streets and making the event so incredibly special.

Inside this magazine, you'll find everything you need to make the most of your experience - from route maps, expert tips, inspiring stories and a full event schedule.

No matter your pace or your goal, we'll be cheering you on every step of the way.

**It's time for your marathon moment.**





## YOUR MARATHON. YOUR MOMENT.

### **Make this your day at the 2025 Altra Yorkshire Marathon Festival.**

Whether you're counting down the final long runs or already in taper mode, one thing's for sure - you've put in the hard miles.

From frosty early mornings to long weekend efforts, from strength sessions to sore legs, your journey to the start line

has taken real commitment, discipline and belief.

However your training has gone, be proud. You've earned your place on the start line and come race day, soak up the atmosphere, trust the process and enjoy the unforgettable experience.

**Make this marathon your moment.**



# A LOOK BACK ON 2024

**The Yorkshire Marathon Festival 2024 saw over 10,000 participants, from first timers to athletes and charity runners, come together to partake in the popular event.**

As we gear up for this year's Altra Yorkshire Marathon Festival, we can't help but take a moment to reflect on the unforgettable memories made in 2024.

Last October, thousands descended on York - from seasoned marathoners to first-time 10 Milers, Relay teams to fancy-dressed fundraisers, each with their own reasons, stories and goals. But together, they created a day full of emotion, energy and pure Yorkshire Magic.

Heather Townsend ran in a record breaking time, as she completed the marathon in 2 hours, 39 minutes and 14 seconds, beating the previous female record by 55 seconds. In the male field, George Ravenhall completed the marathon in an impressive 2 hours, 21 minutes and 41 seconds. Ravenhall was closely following by George Mallett and Edward Buck, who followed in the space of 5 minutes.

The Yorkshire 10 Mile saw Matthew Cooper take the title, completing the course in 52



minutes and 33 seconds, followed closely by Alex Ford who was 8 seconds behind and in third place Stuart Spencer. Katy Wood was first to cross the finish line with a time of 56 minutes and 23 seconds, with Molly Smith and Naomi Drake claiming second and third.

Now, with 2025 just around the corner, we're ready to do it all over again. In the meantime, take a look at last year's highlights...

**WATCH OUR 2024  
HIGHLIGHTS**





# THIS YEAR'S MARATHON MOMENTS

**“RUNNING WAS MY COMPANY, IT’S WHAT KEPT ME GOING THROUGH THOSE DIFFICULT TIMES.”**

Sport, and in particular running, has always been an important part in Jaysson’s life, particularly during COVID. However, that all changed on a Saturday afternoon in June of 2021 when, all of a sudden, Jaysson’s legs went numb. The next day, he was taken to the hospital in an ambulance, and was promptly diagnosed with **Functional Neurological Disorder (FND)**.

Over the next 18 months, Jaysson spent every day learning how to walk again. It took a lot of work, with many hospital visits to pain specialists, neurologists, physiotherapists, an optometrist, and a psychologist. But, 9 months later, after a dislocated shoulder, a torn tendon, and some broken ribs, he was up walking, and eventually back to running 10Ks.

14 months later, Jaysson is attempting to qualify as an England Masters athlete at this year’s Altra Yorkshire Marathon. But it is not just the running that holds significance; his first ever marathon in 2014, the Yorkshire Marathon was also the first that Jaysson did after his recovery 10 years later in 2024.



However, while he has made great progress, Jaysson’s prognosis is that his condition is potentially permanent. But, this won’t stop him from pushing himself. He ran last year’s marathon in 3 hours and 5 minutes, and is looking to run it even faster this year.

“Not bad for someone approaching 50 who could only walk 50 metres with 2 sticks not that long ago.”

**READ MORE  
INSPIRATIONAL  
STORIES [HERE](#)**



# OUR 2025 PARTNER CHARITIES

Fundraising is at the heart of the Altra Yorkshire Marathon Festival and everything we do at Run For All. Each year, our Partner Charities are integral to the event and are a fantastic way for our participants to raise vital funds for such brilliant causes.

A huge fundraising vehicle for many local and national charities, we always encourage our participants to fundraise for one of our official Partner Charities or charity of their choice.

Here are a few words from this year's amazing Partners.



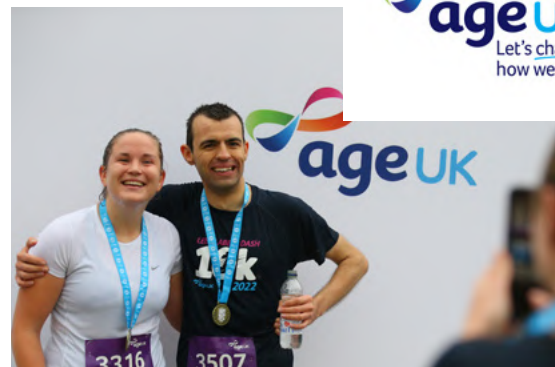
Your North Yorkshire Charity  
Care and Support for Life  
Registered Charity Number 1146225



## Dementia Forward

Dementia Forward is a North Yorkshire charity supporting people living with dementia, their families, and carers. Founded in 2012, it provides a wide range of services including a helpline, dementia support advisors, wellbeing activities, and community engagement. The charity has a local-for-local approach to ensure that anyone affected by dementia is supported and included in their community. Dementia Forward also promotes awareness and understanding of dementia through education, training and outreach work.

We are incredibly grateful to those who are already supporting Dementia Forward at the Yorkshire Marathon 2025. We will be cheering them on!



## Age UK York

Age UK York is a local independent charity who for over 50 years has existed to support local older people and those around across York to enjoy later life and access support when they need it. Whilst part of the well-known Age UK network we are ourselves our own independent charity. Our focus is ever here on York and local people and communities.

We would like to say a huge thank you to every runner and those supporting them as well as to anyone who has donated. The difference we can make as Age UK York to help local people in need is only possible thanks to people's kindness and generosity.





## Macmillan Cancer Support

Across the years, 580 of you have made the impressive decision to take on this iconic 26-mile course around York and together you have raised a whopping £200,000! That amount of money could fund 32 Macmillan nurses for a month, helping people living with cancer and their families receive essential medical, practical and emotional support.

Thank you for helping us do whatever it takes to help the 3 million people living with cancer in the UK get the best care on offer, whoever and wherever they are.

## JANE TOMLINSON APPEAL



## Jane Tomlinson Appeal

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

A big thank you to all our runners fundraising for the Jane Tomlinson Appeal to enable us to continue Jane's legacy, we cannot do this without your amazing dedication and support.

Good luck, enjoy the event and we look forward to meeting everyone on the day.



## Mind York

York Mind is an independent local mental health charity, providing vital support to people of all ages across York. Through counselling, coaching, peer support, advocacy, and young people's services, we help individuals improve their mental health and wellbeing, build resilience, and feel less alone. We're so proud to have runners taking on the Yorkshire Marathon in support of York Mind. Your fundraising helps us be there for more people when they need it most.

Thank you and good luck to our runners – we'll be cheering you on every mile of the way!

**#TeamYorkMind"**



## St Leonard's Hospice

St Leonard's Hospice has been a leading provider of palliative and end-of-life care in and around the Vale of York for 40 years. Our unrivalled care is only possible thanks to the support of the public, so we're immensely grateful to all the runners taking part and fundraising for St Leonard's this year. Your incredible support ensures we can continue to be there for patients and their families when they need us most. Best of luck to all the runners.



St Leonard's  
Hospice



York  
Neighbours



## York Neighbours

York Neighbours are a small, and increasingly relevant, charity which tackles the social scourges of loneliness and isolation felt by, and prolongs independence for, hundreds of over 65s in York.

We describe our service users as "Neighbours" and - through "kindness meets organised neighbourliness" - our brilliant volunteers help them attend social outings, enjoy "keeping company" phone calls, and support with one-off tasks and errands.

This is the first time our charity has entered an event like this. We have a real mix of nerves, excitement, and appreciation for our incredible runners and the support they're raising for us... When you are as small and local as we are, every little really does help.



Yorkshire Cancer  
Research



## Yorkshire Cancer Research

Yorkshire Cancer Research exists so that more people in our region can live longer healthier lives, free of cancer. Thanks to the kindness of supporters, our independent charity has been funding research and saving lives since 1925. The charity funds researchers and cancer experts who pioneer early diagnosis and discover new and better treatments for people with cancer. These life-giving medical breakthroughs are helping more people to survive cancer - in Yorkshire, and beyond.





## York Foodbank

Together with Trussell, York Foodbank exists in response to growing numbers of people living through poverty, hunger and distress. Local need has remained persistently high in recent years with 8,693 three-day emergency food supplies distributed in '24-'25 alone. Local churches host Foodbank distribution points, welcoming people from our local communities who have been referred to us by professional agencies for help. The provision of food is accompanied with access to high quality advice and practical support, leading to improved circumstances and the hope of a brighter future. We're grateful to all runners representing York Foodbank in the 2025 Yorkshire Marathon!

# GOOD LUCK CHARITY RUNNERS!





# THIS YEAR'S MARATHON MOMENTS

**"I AM IMMENSELY  
PROUD OF MY  
ACHIEVEMENTS  
AGAINST ALL ODDS."**

**Harriet is running this year's Altra Yorkshire Marathon after multiple surgeries as part of her fitness journey.**

She first discovered her love of sport at 4 years old, after winning a race on sports day in primary school.

"The exhilaration of the speed and pride in winning was incredible. I have never forgotten that feeling and, from that day forth, I have always been excited to run and play sports."

However, at just 15 years old, Harriet was involved in a serious road traffic accident, resulting in 3 fractured bones in her neck. The spine consultant advised her that her bones would heal, but that she would have to be careful with what sports she played, specifically advising her against playing contact sports.

"This news was devastating for me. How could I give up all the sports I loved playing?"

But, despite the advice given, Harriet took up boxing after recovering.

"Boxing was a sport like no other to me, it required high levels of fitness inside and



outside of the ring...Running played a huge part in assisting me to get fit, to be better, and I soon took up sprinting again with my local running club in York."

Later on, Harriet took up tennis, and began running and cycling longer distances, but luck was not on her side. During a tennis match in 2016, she fell, leading to a prolapsed disc, causing debilitating pain to radiate down her leg.

Harriet was still determined. Her team at work wanted to raise money for MND in 2024, and so walked the 3 peaks to do so, completing it in under 12 hours. This reignited her love of sport and exercise, and she returned to do it again with a friend, completing it in 7 hours and 26 minutes.

"This gave me a sense of purpose in sport again, and I finally had something to train for again."

She is running the Yorkshire Marathon this October, and plans to run the 3 peaks this November.

**READ MORE ABOUT  
HARRIET'S STORY [HERE](#)**





**ALTRA™**

**STAY OUT THERE™**

CRUSH THE RUN,  
NOT YOUR TOES







## MADE TO KEEP YOU OUT THERE

**Natural Fit** is the secret ingredient in all Altra shoes.

With a **Roomy Toe Box** and **Zero to Low Drop**, Altra shoes are designed to keep you comfortable and keep you running.

Built to make you move the way you were designed to.

### Roomy Toe Box:

Altra shoes are made with room for your toes, so they're free to move naturally. With room for your toes, you get a comfortable running experience. Allowing your toes to spread gives you confidence in every strike. Why confine your toes?

### Zero to Low (4mm) drop:

zero to low drop shoes are built to place your foot in a natural position. Start with a stable and confident foundation to run on. Why run in heels?





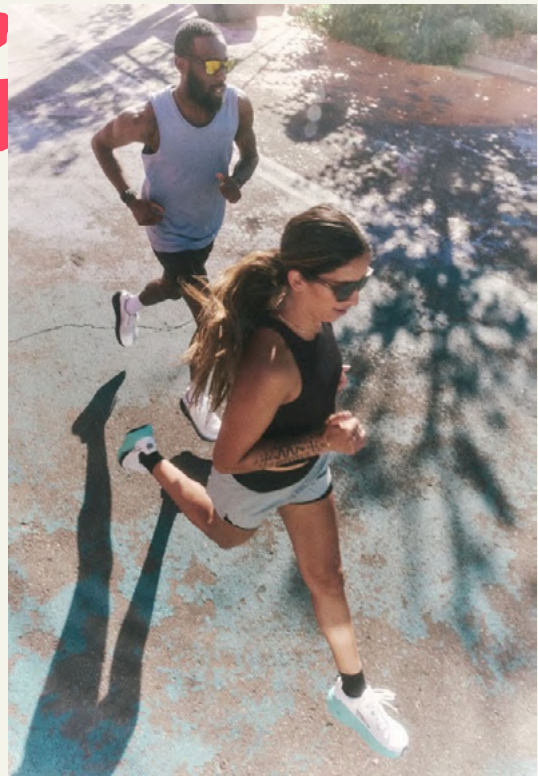
# A ROOMY TOE BOX

**Did you know that the widest part of our feet should be our toes?**

Toe splay refers to the natural spreading or separation of the toes. This splay allows for better balance and stability while standing, walking, or running. It also helps to distribute body weight more evenly across the foot and provides better grip and traction on uneven surfaces.

**How does splaying our toes make us more stable?**

Allowing the foot to be in its natural position with toes splayed is mandatory. If we are to ensure proper foot strength and function, maintain our balance and eliminate pain, we have to start paying attention to our feet. If our goal as human beings is to be able to walk and move well into our later years, we must pay attention from the ground up. This starts by building the health of our feet and the lowest hanging fruit my friends, is simply to wear a shoe that fits.



**“Altra respects the natural development of our feet. A roomy toe box allows for the necessary toe splay making the shoes some of the most comfortable shoes on the market for both walkers and runners.”**

Dr. Courtney Conley, Founder of Gait Happens

**DISCOVER MORE**



# HAVEN'T MISSED ONE YET!

A few words from some of our most dedicated participants who are yet to miss the Yorkshire Marathon Festival, having participated in all 11 marathons that have taken place so far.



## STUART HUDDLESTON

Stuart is one of the few people who has run all 11 of the Yorkshire Marathons since 2013, despite sustaining a hip injury not long before the 2022 race.

"I live in York, so to be able to run the Yorkshire Marathon around my city is a real honour. The support is always incredible around the course and, being local, I have the added bonus of often having friends and family to look out for as we run around."

Stuart has run the last 11 marathons with friend Pete, who has also completed every marathon.

"We intend to continue for as long as we are able - last men standing!"



## MARC HEMMINGWAY

Marc has been running the Yorkshire Marathon every year since it started despite moving to Edinburgh in 2017.

"I never wanted to run a marathon. I'd only been running about five months when I saw there was a new marathon advertised and, as a proud Yorkshireman (and wannabe runner), I signed up. After about the fifth year, a little voice in my head said, "You've done this race every year it's been on", and I thought...hang about, I have!"

"It's funny being part of a small group of ever-presents, you look forward to seeing the group each year, but the morbid and competitive side of you kind of hopes a few have dropped off so you're closer to being one of the last ones standing."

Marc hopes to one day run the marathon with his son: "He's six at the moment, so I've got at least another ten solo Yorkshire Marathons before then. Better get him training!"



2013

2014

2015

2016

2017

2018

2019

2021

2022

2023

2024

15

2025

# JANE TOMLINSON APPEAL



A big thank you to all of the runners fundraising for the Jane Tomlinson Appeal. **Your support makes such a difference.**

# GOOD LUCK!

## ---- OUR KEY FOCUSES ----

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



*OWLS Children's  
Bereavement Care*



*Kinesio Taping  
Non-Drug  
Therapy*



*Children's Health  
and Well-being*



*Supporting Research  
into the Spread of  
Breast Cancer*

Read more about the appeals programmes:

[janetomlinsonappeal.com](http://janetomlinsonappeal.com)

Follow us:





# INTERNATIONAL RUNNERS

The event is set to bring runners from all walks of life to Yorkshire to partake in one of the three races taking place. A testament for the event's global significance on the running calendar, the Yorkshire Marathon Festival attracts participants from all over the world each year.

Let's hear from just a couple of this year's participants, who are travelling great distances to partake in the events of the day.



## The Netherlands Stevie Kiel-Clayton

When Stevie first started running, she never envisioned herself running a full marathon. She quickly discovered the addictive nature of running, and found that she was soon easily running half marathon distances.

After breezing through the half marathon distances, she set her sights on running the full distance. This will be her sixth marathon, but her first in England.

"What better place to run my first marathon in England than in my home county of Yorkshire!"



## New Zealand Matthew Williams

After living in New Zealand for most of his life, Matthew is taking part in the Altra Yorkshire Marathon this year as a step towards his new life, as he has recently moved to Maidenhead in Berkshire this August.

"Running has been a constant in my life for the past five years, and signing up for the Yorkshire Marathon felt like the perfect way to mark the next chapter of my journey."



# OFFICIAL EVENT PHOTOGRAPHERS

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

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

**MARATHONPHOTOS.LIVE**



# UP & RUNNING



## 5KM SHAKE OUT RUN

### RUN INFORMATION

Kick off Marathon weekend the right way with a shakeout run the day before the Altra Yorkshire Marathon. Join fellow runners at Up & Running York to collect your free Altra t-shirt and a pair of Altra demo shoes before heading to Tower Gardens.

The run will be 5KM, mostly on the riverpath.

[VIEW ROUTE MAP](#)

[CLICK HERE TO BOOK](#)



**DATE: 18<sup>TH</sup> OCTOBER**

**LOCATION: COLLIERGATE YORK**

**UP & RUNNING**

EST. 1992

(Route map subject to change)





# Give your miles more meaning

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

And every step is making a difference...

But don't forget: 20% of donations come in after race day. So if you're still fundraising, keep pushing. If you haven't started, it's not too late. We'll be here cheering you on!

Raise money for a cause you care about with JustGiving.

**Create your fundraising page at [www.JustGiving.com](https://www.JustGiving.com)**





# YOUR 2025



# RACE GUIDE

**Everything you need to know pre and post event.**





## NAIL YOUR MARATHON TAPER

The hard work has been done; the early mornings, training in all weathers, being hungry 24/7 and maybe even losing a few toenails... but finally the big day is only a few weeks away!

It can be really tempting over these next few weeks to cram in extra sessions, or tag a few more miles onto you run but we hope that after you read our Top 5 Tips for Tapering you will realise how important this period is and that by nailing your taper it can make a huge difference on race day!

### WHAT IS A TAPER?

A taper is the final part of your training before race day. For 2 to 3 weeks you cut back on the volume and intensity you run so that your body can recover and recharge. You are not losing fitness. You are saving energy so you arrive at the start line fresh and ready to run your best.

**Coach's Tip:** Coopah takes the guesswork out of tapering by building the right reduction into your plan so you hit race day full of energy.

### LOOK BACK AT YOUR TRAINING

Take a moment to recognise what you have already done. Every long run and every early morning session has built your strength and stamina. Celebrate the wins, and pick out a few highlights you can focus on when things feel tough on race day. You do not need to cram in extra miles now. Trust the work you have already done.

**Coach's Tip:** With Coopah you will have access to your entire training plan, so you can look back and see your progress and how far you have come.

### DON'T PANIC!

Many runners worry that running less means they will lose fitness. This is normal, but it is not true. The taper is one of, if not the most important parts of your plan. Your body is absorbing the training and getting stronger. So believe in the process and let your body do its thing.

**Coach's Tip:** If you do need that extra reassurance, the Coopah coaches are on hand 24/7 to keep you on track when taper panic sets in with reminders, reassurance and smart adjustments.

### REST IS REALLY BEST

The hardest part of a taper can be slowing down. But just keep reminding yourself, rest is not being lazy, it is smart training. Cut back your runs, keep a little speed in your legs, and make sleep a priority. Think of rest as extra fuel for race day.

**Coach's Tip:** Coopah builds rest and recovery into your plan, but it's important to make sure you listen to your body, so if you need to move things around you have full flexibility to adjust your plan.

## KEEP YOURSELF FUELLED

Food and drink matter as much as running during the taper. Eat balanced meals, drink water regularly, and avoid trying anything new right before the race. In the last few days, add a little more carbohydrate to your meals so your energy stores are full when you need them.

**Coach's Tip: Coopah's in-app guidance and coach support helps you to fuel right and avoid last-minute mistakes.**

## GET YOUR MIND READY

The taper is also about preparing mentally. Picture yourself on race day. Imagine how you will start steady, how you will handle tough moments, and how you will cross the finish line. Set three clear goals:

**A Goal** - Your dream outcome, like a personal best.

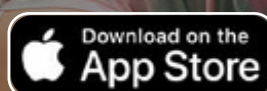
**B Goal** - A strong result you would still be proud of.

**C Goal** - Crossing the finish line with a smile on your face.



# FOR YOUR NEXT EVENT, BEAT YOUR GOALS WITH THE COOPAH APP

USE CODE 'YORKSHIRE25'  
TO CLAIM YOUR 2 WEEK FREE TRIAL





# RACE NUMBER INFORMATION

**We know many of you will be awaiting your race number, please be advised that Marathon and 10 Mile race numbers will start arriving in the post from 29<sup>th</sup> September.**

Your race number will be delivered approximately 2 weeks before the event takes place. For anyone who doesn't receive or register for either event after 6<sup>th</sup> October, you can collect a race number from the Race Office on the weekend of the event.



**The Race Office will be located in the Event Village, at Campus South.**

**Opening times:**

**Saturday 18th October  
12:00 to 16:00**

**Sunday 19th October  
From 07:00**



**CLICK HERE** 



## YOUR RACE NUMBER

Please ensure that you correctly fill out the back of your race number, on which you should write your emergency contact information.

Your timing chip is also affixed to your race number on the back. Please do not remove, fold, or pierce the timing chip with safety pins so we can accurately record your time and you receive an official result.

If you can no longer take part in the event, please do not swap your race number with anyone else, as we will not know who to call in an emergency. Any participants found to be doing this will be disqualified.



## BAGGAGE

Please use the tear-off strip attached to your race number to access the Baggage Store. Tie the strip around the handle and check it into the Baggage Store, located in the Event Village.

## FINISHER'S T SHIRT

If you have purchased a Finisher's t-shirt with your entry, you will find an icon with your shirt size on your race number, which you can then collect at the finish line.

If you haven't purchased a Finisher's t-shirt already, you will be able to purchase one from the Race Office located in the Event Village.



# YOUR CAMPUS MAP



## Key

	WATER		PARK & RIDE BUS STOP		RACE OFFICE		INFORMATION POINT		SPECTATOR PATH TO FINISH LINE
	TOILETS		SPECTATOR SERVICE BUS STOP		FAMILY & FRIENDS RUNNER RE-ACQUAINTANCE		LANDMARK		RUNNERS ONLY ONE WAY
	FINISH GOODY BAGS		CITY CENTRE BUS STOP		BIG SCREEN		FIRST AID		MERCHANDISE
	ALTRA ACTIVATION		BUS TO RELAY CHANGE OVER POINTS		PARTNERS & CHARITIES		WALKING PATH		PUBLIC VEHICLE ACCESS LIMITED
	BIKE PARKING		CAR DROP OFF POINT		BAGGAGE				

**HIGH 5**

FUEL THAT  
**HIGH 5**  
FEELING







## MARATHON NUTRITION GUIDE

[WWW.HIGHFIVE.CO.UK](http://WWW.HIGHFIVE.CO.UK)

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

### THE FUELLING FACTS

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

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

### DURING YOUR MARATHON

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

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

## RACE DAY BREAKFAST

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

## NOVICE RUNNERS

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

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

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

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

## EXPERIENCED RUNNERS

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

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



**50kg:** 5 during + 2 before

**60kg:** 7 during + 2 before

**70kg:** 8 during + 2 before

**80kg:** 9 during + 2 before

**90kg:** 10 during + 2 before

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

## FLUIDS

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

## AFTER YOU FINISH

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



## CAFFEINE NOTE

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

## AVAILABLE ON COURSE

### ENERGY GEL AQUA

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



### ZERO

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







# YORK PULLMAN

# PARK & RIDE

## NOW OPEN

**Don't miss out. Be quick, tickets are selling fast!**

# TRANSPORT GUIDE

## GETTING TO THE START-LINE

**We highly recommend planning your journey to the start line well in advance.**

As there will be several thousands of people travelling to York to compete and cheer you on, as well as road closures to keep you safe during the race, so we recommend planning your journey well in advance.

**Please book earlier departure slots and account for travel times to the event village.**

Please note that road closures will be in place to facilitate both the Marathon and 10 Mile route and vehicle access for non-residents will be restricted. A full list of road closures can be found [here](#).



## YORK PULLMAN

### PARK AND RIDE AT ELVINGTON AIRFIELD

Getting to the start line couldn't be simpler thanks to York Pullman.

Operating a Park & Ride service for participants and spectators, it's time to make travel easy.

Regular services will run between the parking site at Elvington Airfield and the Event Village at the University of York. A spectator shuttle bus service will also run from the Event Village to the two spectator points across the course including Dunnington and Stamford Bridge.

**There is NO event parking at the University of York or in the immediate vicinity so Pullmans Park & Ride is essential if you would like to travel to the event by car.**

Please note that the bus journey from the parking site to the Event Village will take approximately 20 minutes. Please allow

for an additional 15 minutes to walk between the Event Village and the start-line.

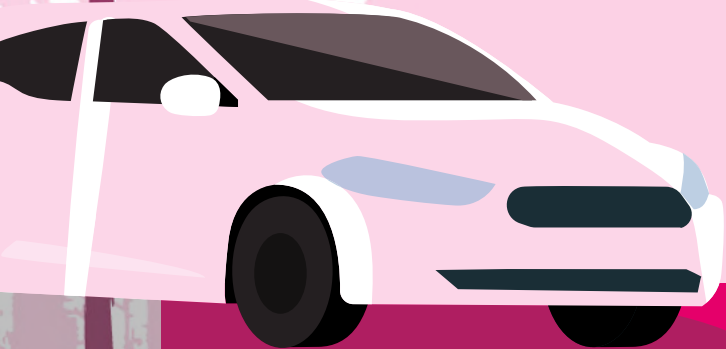
We kindly ask that all participants and spectators plan and book travel in advance.

\*Capacity is limited for all services and we recommend marathon participants book the early slots to ensure they arrive at the start line on time. For Marathon runners, we would recommend getting on a bus between 06:30 - 08:00.

To purchase your ticket and to find the best travel option for you [click here](#).

**Please note that the final York Pullman Park & Ride service departing the Event Village back to Elvington Airfield will be 17:00.**





## DROP OFF POINTS

There will be two designated drop-off and collection points at the University of York.

It is advised that participants make arrangements for collection post-event well in advance as waiting will not be permitted.

**West Loop (YO10 5ND):** A19 / Main Street (Fulford)- Broadway - Heslington Lane; for participants travelling from the city centre and/or west of the city.

**East Loop (YO10 5DQ):** Church Lane- Innovation Way - University Road - Field Lane; for participants travelling from the A64 and/or east of the city.



## TRAVELLING BY BIKE

For anyone looking to ride to the event, there are several off-road cycle paths and on road cycle routes offering safe access to the University.

Bike parking is widely available at the University of York and is situated within the Event Village in Campus South.

Please note that bikes are left entirely at the owner's risk.

Disabled parking is available for both runners and spectators at the event. If you would like to apply for disabled parking please email [info@runforall.com](mailto:info@runforall.com).

## CITY CENTRE SHUTTLE BUS

Also provided and operated by York Pullman, a City Centre shuttle bus service will run between York train station and the Event Village.

Tickets are to be purchased from the driver on the day. Per person a return bus ticket will cost £4.00 and single ticket per person will cost £3.00.

Please note that this option is available to both spectators and participants.

The service will run from 06:30 until 17:00 and priority will be given to runners pre 08:30.



**15% OFF**  
IN-STORE WITH YOUR RACE  
**CONFIRMATION**

## 4 REASONS TO STEP INTO STORE



Free in-store  
gait analysis



Expert advice  
in-store & online



Stores  
nationwide



Fun, free & friendly  
weekly 5k runs

### **YOUR MARATHON CHECKLIST**

- Head to Up & Running for a free gait analysis.
- Choose your shoes & kit
- Lightweight Running Cap
- Sports Sunglasses
- Water bottle
- Lightweight Jacket
- Nutrition / Gels
- Number Belt







# RACE DAY READY!

**Receive 15% off at Up & Running with your race entry confirmation.**

**At Up & Running, we understand the dedication and hard work you've put into your training, and we're here to support you every step of the way, with 15% off in-store with your race confirmation.**

With the start... and finish line in sight, here are some running tips to help you make the most of the final days leading up to the big day:

**Consistent Training:** Stick to your training plan but prioritize rest and recovery. It's not the time to overexert; your body needs to be in peak condition on race day.

**Nutrition Matters:** Pay attention to your diet, ensuring you fuel your body with the right nutrients. Stay hydrated and maintain a balanced intake of carbohydrates, proteins, and healthy fats.

## FUN, FREE AND FRIENDLY WEEKLY 5K

Once you have completed your race, or to help you to train for your next challenge, we have our Up & Running SRG ( Social Run Groups) from most of our stores each week - you can find your nearest group [here](#).

Sign up to SRG and you can earn rewards for the runs that you do, 5 runs for a t-shirt, 10 runs for free socks and 35 runs for £35 off your next pair of running shoes.

Plus, don't forget as an SRG runner you will get 10% off in store all year round. Join us and run, it's fun friendly and open to all abilities.

**Gear Check:** Visit Up and Running for a final gear check. Ensure your shoes are in good condition, and your apparel is comfortable for the long run. Don't forget accessories like socks and hydration.

**Mental Preparation:** Visualize your success. Mentally rehearse crossing the finish line and focus on the positive aspects of your training. Confidence plays a crucial role in race-day performance.

**Mental Preparation:** Visualize your success. Mentally rehearse crossing the finish line and focus on the positive aspects of your training. Confidence plays a crucial role in race-day performance.

**Tapering:** Gradually reduce your training volume in the last week to allow your body to recover fully. This ensures you're well-rested and ready for the challenge ahead.

At Up & Running, we're here to help you with any last-minute gear needs and offer expert advice to boost your confidence. Visit our shops for exclusive deals on Race Day essentials.

We believe in your ability to conquer the race and achieve your goals. Remember, the finish line is not just a physical marker but a testament to your dedication and resilience.

Wishing you all the best in the final weeks of training. See you at the finish line!

# FESTIVAL MERCHANDISE

MEMORIALISE  
THE MOMENT  
WITH OUR  
MARATHON  
MERCH

AVAILABLE  
TO PURCHASE  
ON THE DAY



CHECK OUT  
OUR 10 MILE  
ITEMS TOO

OTHER ITEMS IN OUR  
YORKSHIRE MARATHON  
FESTIVAL COLLECTION

NEW  
FOR  
2025

CLICK HERE







**ALTRA™**

**STAY OUT THERE™**

CRUSH THE RUN,  
NOT YOUR TOES





# EVENT DAY KEY TIMINGS

**06:00**

York Pullman Park & Ride car park opens at Elvington Airfield.

**07:00**

Race Office and Baggage Store opens in the Event Village in Campus South.

**09:00**

Spectator shuttle bus to depart the Event Village for Stamford Bridge via Dunnington. Service to run every 15 minutes.

**09:25**

**Wheelchair Altra Yorkshire Marathon Starts.**

**10:00**

Altra Yorkshire 10 Mile warm up begins in the Assembly Zones.

**10:15**

**The Altra Yorkshire 10 Mile Starts.**

**11:05**

Altra Yorkshire 10 Mile winner expected.

**16:35**

Final Altra Yorkshire Marathon participant expected.

**06:30**

York Pullman Park & Ride services to the Event Village begin from Elvington Airfield.

First city centre shuttle bus to depart York City Train Station.

**08:30**

Assembly Zones open for Yorkshire Marathon runners only.

**09:15**

Altra Yorkshire Marathon warm up begins.

**09:30**

**The Altra Yorkshire Marathon Starts.**

**09:50**

Assembly Zones open for Altra Yorkshire 10 Mile runners only.

**10:15**

**Altra Wheelchair Yorkshire 10 Mile Starts.**

**11:00**

York Pullman Return services to Elvington Airfield begin from the Event Village.

**11:50**

Altra Yorkshire Marathon winner expected.

**17:00**

Final York Pullman Park & Ride service departs the Event Village back to Elvington Airfield.





# YOUR 2025 ROUTE MAPS

## ALTRA YORKSHIRE MARATHON



## ALTRA YORKSHIRE 10 MILE



# ON THE DAY GUIDE

## PRE-EVENT



### BAGGAGE

Participants are advised to use the designated Baggage Store located in the Event Village, in Campus South which will be open from 07:00.



Participants can drop off one bag which must adhere to our size regulations of 55cm x 45cm. Please only bring essential items, as any luggage larger than previously stated won't be accepted. Security will also be in place to conduct random bag searches.



Please use the tear-off strip attached to your race number to access the Baggage Store, and tie it around the handle of your bag before checking it in.



You can later retrieve your baggage from the same store when you have finished the race. Please collect your bags as soon as possible, as we advise you collect your bags before meeting your loved ones to avoid the queues.



### CLOTHING



Please note that any clothing discarded at the start of the race will be collected and donated to a local charity. If you would like to leave some clothing before the race, we recommend dropping it in the Baggage Store prior to the race.



### PHOTOS



The team from Marathon Photos will be out on course and on the finish line to capture your marathon photos, so don't forget to keep smiling!



You will be able to make a pre-order before the event or purchase post-race [here](#).





## ASSEMBLY ZONES



Both the Altra Yorkshire Marathon and Altra Yorkshire 10 Mile are self-penned events.



Please note that your Assembly Zone will not be identified on your bib.



We will have timing flags near the start line, so please assemble near a flag which aligns with your predicted finish time. This will minimise congestion when the race begins.



## MEDICAL FACILITIES



Should you need any medical assistance, please seek out a member of staff or a volunteer who will be able to assist you. Medical staff will be on hand at regular intervals on the course, with fixed first aid stations, which can be located near the water stations



There will also be a first aid unit and recovery area located near finish lines, in addition to the roaming first aiders around the Event Village.



## EVENT VILLAGE



To satisfy your pre and post-run fuel needs, a selection of tasty food and drink choices will be available to purchase.



There are also several bars and cafes in the area that will be sure to welcome spectators and participants, and are often bursting with atmosphere after the event. Our wonderful partner charities can also be located in the Event Village, so make sure you go say hi!






## WARM-UP



Be sure to get to the start line in plenty of time to take part in the warm up, as it's a great way to get moving and ready to run.



## HEADPHONES

-  You may choose to wear bone conducting headphones as you make your way around the course.
-  We ask that volume is kept low to ensure you can hear the marshal's instructions, emergency vehicles and fellow competitors.
-  Our official headphone partner Shokz use bone conducting technology to ensure you can still hear your surroundings. Use code **RFASHOKZ here** to get 15% off Shokz headphones.




## LITTER

-  It's important that we leave the University Campus and route the same way we found them and look after the environment as much as possible.
-  Recycling bins will be provided on course at each water station and we ask that you use them.
-  If you want to hang on to your water beyond the provided bins, please ensure you hand your litter to a route marshal.



## TOILETS

-  Please use the allocated toilets for the event, which will be located around and in the Event Village and the start-line. Make sure to leave plenty of time to use the facilities before you start the race.
-  Please only use the toilets allocated out on course. Run For All operates a zero-tolerance policy and any runners seen urinating anywhere other than the facilities provided will be disqualified.
-  Marathon toilet locations on course: Miles 3.5, 5, 7, 8, 11, 13.8, 17, 18, 19, 20, 22 and 23.
-  Yorkshire 10 Mile toilet locations on course: Miles 3.5, 6 and 7.

## RACE SUPPORT

A sweeper vehicle will travel the route at a seven-hour completion pace and roads will re-open 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](mailto:info@runforall.com) to discuss what support is available to you.



# ON THE DAY GUIDE POST-EVENT

## A CHAMPIONS FINISH LINE

**The moment you've been waiting for is finally here. You've crossed the finish line and you've officially completed the 2025 Altra Yorkshire Marathon Festival!**

We know once you're across the finish line, you'll want to stop. However, we ask you please don't stop too suddenly as this can cause a danger to people behind you. Please continue past the finish line to collect your well-deserved medal, finisher's t-shirt if purchased one pre-event and goody bag of treats and take into the Event Village to show off to family and friends!



## A RACE DAY MEMENTO

Don't miss your chance to take home a piece of the Altra Yorkshire Marathon magic with our official merchandise - available on event day from the merchandise tent in our Event Village.



**ERDINGER**  
ALKOHOLFREI



Once you have made your way through finish processing, you will be offered a can 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.



**ERDINGER**   
ALKOHOLFREI  
**RUNNERS  
LOUNGE**

***YOUR  
RITUAL  
AFTER***



***ELEVATE YOUR RACE DAY  
WITH ERDINGER ALKOHOLFREI***



## FINISHER T-SHIRTS

If you are taking part in the Marathon or 10 Mile and haven't done so already, you will be able to purchase a Finisher's t-shirt at the Race Office located in the Event Village post-race.



## RESULTS

All results will be available on our website soon after the event. Your results will also be sent via text to the phone number you registered with at point of entry.

However, keep in mind that it's not all about times – you should be proud of yourself just for getting out there and getting active.



### Give your trainers a new 'lace of life' with JogOn

We are inviting you to part ways with unwanted old trainers that you may have previously thrown out. Drop-off stations will be made readily available next to the Race Office, located in the Event Village in Campus South.

Trainers will then be sent onto the JogOn HQ, ready to be passed on for a new lease of life and redistributed to those who need them most. Where possible, the JogOn Again scheme enables the reuse of unwanted shoes by giving them to those in need, through distribution by partners in eleven hubs around the world. Where reuse is not an option for the shoes they are shredded, and their remains are recycled for other purposes.





# DID YOU DO THE DOUBLE?

## YORKSHIRE DOUBLE

### Yorkshire's Double Challenge: Two Marathons, One Incredible Achievement

In 2025, runners who signed up for our Yorkshire Double Season Ticket and completed both the Rob Burrow Leeds Marathon and the Altra Yorkshire Marathon will have achieved something extraordinary. Covering 52.4 event day miles and hundreds of training miles in a single season, they've shown the grit, determination, and community spirit that defines Yorkshire running.

From the buzz of AMT Headingley Stadium in Leeds to the beauty of York's historic streets, every step will be fuelled by roaring crowds. Finishing one marathon is a triumph, finishing two is something truly special.

Every runner that completes the Yorkshire Double Season Ticket will proudly receive an exclusive medal, a lasting symbol of their resilience and shared achievement.

**Good luck to all our 2025 Yorkshire Double entrants, you're half way there!**



**AN EXCLUSIVE LOOK  
AT OUR 2025  
YORKSHIRE DOUBLE MEDAL**

Runners who signed up for and have completed our Yorkshire Double Season Ticket will be able to proudly collect their exclusive Yorkshire Double Medal post-event at the Race Office.



# YORKSHIRE'S FINEST MARATHONS BACK TO BACK IN 2026

## YORKSHIRE DOUBLE



**ROB BURROW  
LEEDS MARATHON**

&



**YORKSHIRE  
MARATHON**

DO THE DOUBLE FOR YOUR DOUBLE MEDAL



**CLICK HERE**



MILES OF RUNNING, MILES OF SAVINGS.



# DOWNLOAD THE PLAYLIST



Looking for some tried and tested running hits?

With the help of you guys, we've made an official playlist to help you stay motivated during training or on the big day.

From high tempo bangers to memorable throwbacks, motivational classics and more, there's something for everyone!

**CLICK HERE**





# DURING THE RACE



## ROUTE SPLIT

At some points on the route, it's likely Marathon and 10 Mile runners will encounter each other.

We ask that, at these times, Marathon runners stay to the left and 10 Mile runners stay to the right.



## HYDRATION & FUEL

We will have 8 water stations throughout the Marathon course and 3 on the 10 Mile course, where you will be able to pick up a 330ml bottle of water. To see the exact locations of the water stations, please refer to the route map.

There will be recycling bins provided following the drink stations – we request that you use these for your water bottles to help keep the city clean and tidy.

High5 energy stations will also be available on course including High5 Zero Tabs already dissolved in bottled water, and High5 energy gels.

### 10 MILE - HYDRATION & FUEL

3  
MILES



6  
MILES



9  
MILES



### MARATHON - HYDRATION & FUEL

3  
MILES



6  
MILES



9  
MILES



12  
MILES



15  
MILES



18  
MILES



21  
MILES



24  
MILES



### KEY



WATER



GELS



TABS

# MEET THE PACERS



We'll have friendly pacers on course from Northern Pacing Volunteers, sponsored by Arla Protein who can help you stick to your intended finish time and keep you company and motivated as you make your way along the course.

They'll have flags attached to their backs with finish times so you can choose the best pace to suit you. It 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,

## MARATHON PACER TIMES

**3 HOURS 15 MINUTES**  
**3 HOURS 30 MINUTES**  
**3 HOURS 45 MINUTES**  
**4 HOURS**  
**4 HOURS 15 MINUTES**  
**4 HOURS 30 MINUTES**  
**4 HOURS 45 MINUTES**  
**5 HOURS**  
**5 HOURS 30 MINUTES**  
**6 HOURS**  
**7 HOURS**

## 10 MILE PACER TIMES

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

stay positive and keep moving forward, tough moments pass. Go on, you can do it!

Please bear in mind that for anyone running at the back, you will be supported by a member of our support staff team who will stay with you all the way until the finish line.

Our amazing race day pacers have put together some top tips to help you prepare for your race day.





## PACER TOP TIPS

- 1.** The route has two out and back sections which can be really motivating when you're feeling tired. Position yourself towards the middle of the road for these bits, soak up the support from runners coming towards you and save a bit of breath to give it out to. It'll help the miles melt away!
- 2.** Don't go off to fast, you will or should feel good early on but remember the marathon doesn't start while mile 20.
- 3.** Nutrition and hydration. Get used to using this on your training runs. Not just what, but how often you need to drink or take a gel/snack and stick to this on race day.
- 4.** Rest. It's important for your body to recover as well and being overloaded.
- 5.** Finally-race day is just the peak of the iceberg. The glory lap. The real achievement is the commitment and training it has taken you to get to the start line. A 'bad race day' cannot take that away.



## PACER TOP TIPS

- 1.** Get your kit ready several days before and check it every day. You'll feel prepared and calm knowing you have everything ready.
- 2.** Do nothing new on race day - the clothes you wear, the shoes you use, the food you have, the race fuel you use (gels etc). What you race with should be what you train with.
- 3.** Run within your capabilities. What seems an easy pace at the beginning will not feel easy in the latter miles, so set off well within your intended pace targets.
- 4.** Take the time to soak up the atmosphere. It will be a real spectacle! It always amazes me how much the cheers from the crowds can help in getting you to the finish line.





## PACER TOP TIPS

- 1.** Have a plan and stick to it. You should know your target pace & time and so do not set off too quickly. It's all about finishing, regardless of the time.
- 2.** Only take flavoured gels that your body is familiar with, ideally the same ones you've used on your long training runs. Avoid trying anything new on the day.
- 3.** Make friends on the course. Find someone running at your pace and stick with them for support. If you see someone struggling, will them on, as you'll appreciate it when someone does the same for you.
- 4.** Start the day with a light but fuelling breakfast, ideally a couple of hours before the run starts. This will give you time to digest it, build energy reserves and expel what the body doesn't need. Don't carry more than you need to round the course!
- 5.** Soak up the amazing atmosphere. Everyone lining the course is cheering you on to victory.

## PACER TOP TIPS

- 1.** Start slow and steady, you'll be pumped on the start line but don't go out too fast, banking time in the first 1/4 will not be good for you in the last 1/4.
- 2.** Fuel and hydrate early on, don't wait until you're tired as it will be too late by then and the wall will approach.
- 3.** Set small little goals for the distance, break it up smaller chunks rather than 42.2km or 26.2 miles.
- 4.** The race doesn't start until mile 20, that's what you need to dig deep and be mentally strong.





# RUN FOR ALL WHITE ROSE TREBLE



**SHEFFIELD  
HALF MARATHON**



**LEEDS  
HALF MARATHON**



**MILES OF  
RUNNING.  
MILES OF  
SAVINGS.**

**CLICK HERE**



# BBC RADIO YORK

Wishes

GOOD LUCK

To all of this year's runners



Listen on

BBC  
SOUNDS



# THIS YEAR'S MARATHON MOMENTS

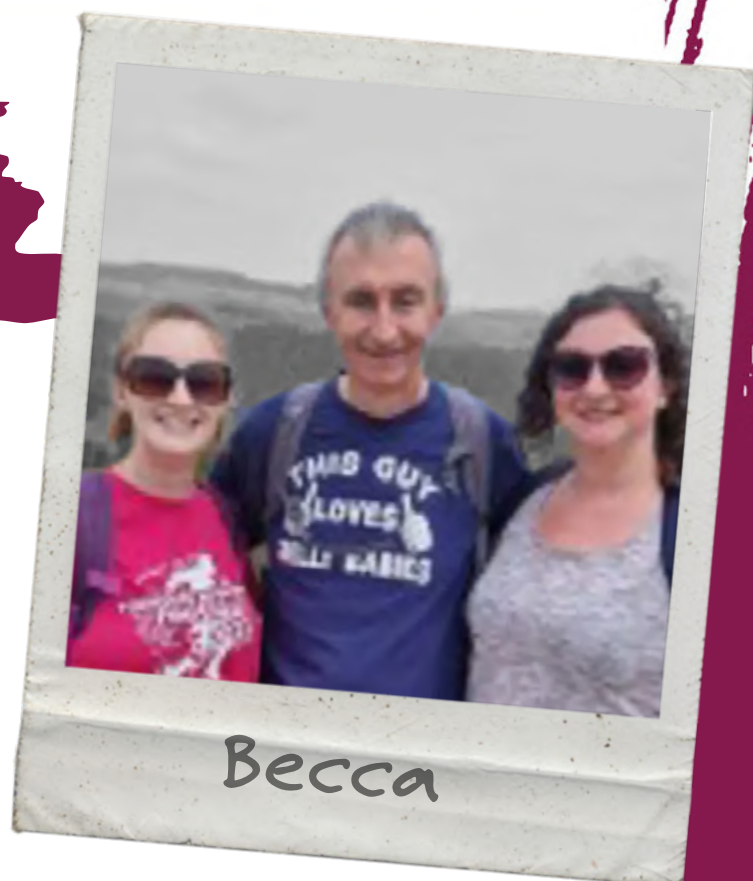
**“EVERYTHING WE RAISE WILL GO TO THE HULL NICU TO HELP OTHER PARENTS LIKE US, AND OTHER BABIES LIKE OLIVIA.”**

**Becca is running this year's Altra Yorkshire 10 Mile with her sister and dad to raise money for the Hull NICU after they cared for her daughter.**

It was September of 2024 when Olivia was born. While it should have been one of the happiest days of Becca and her husband's lives, there were unfortunate complications during the delivery that led to brain injury, resulting in seizures only a few hours after the birth.

Olivia spent a day in the York Special Care Baby Unit (SCBU) before being transferred to Hull's Neonatal Intensive Care Unit for further tests and treatment. She spent a week in the NICU before being transferred back to York, and was eventually able to come home with her parents after a week and a half in intensive care.

“The time we spent in Hull was incredibly stressful, but thanks to the facilities at the hospital, we were able to stay on the ward with Olivia, which meant we were only seconds away from her. The staff at the hospital were absolutely amazing. Not only



did they provide Olivia with the life-saving care she needed, they also fully supported us the entire time. They answered all our questions, reassured our worries, and were generally just wonderful people.”

That is why Becca is running the Yorkshire 10 Mile to raise money for the Hull NICU after all their help through that difficult time.

“We are so grateful to everyone at Hull NICU and York SCBU, and wanted to fundraise to give something back to them, to help other parents who find themselves in the horrific situation of their baby needing intensive care.”

Becca's sister, Olivia's Auntie Em, and her dad, Olivia's Grandad, will be running the race alongside her.

**READ MORE ABOUT  
BECCA'S STORY [HERE](#)**





# JOIN US IN 2026





# ENTERTAINMENT ON COURSE

Whether you are taking part in the Marathon or the 10 Miler, a number of our fantastic entertainment groups are stationed at key points along the route to keep motivation and spirits high.

From brass bands to drumming, there's something for everyone. Be sure to keep a look out as you make your way around the course!

Here's to running to the beat and soaking up a party atmosphere along the way!

**1 THE TENMOURS**

**7 SOME VOICES**

**4 CITY OF YORK  
PIPE BAND**

**9 ALTRA DJ**

**5 THE MIKE  
CUNNINGHAM MUSIC**

**10 LUCY'S  
POP CHOIR**



**2  
ROCK  
CHOIR**

**3  
EAST RIDING  
PIPE BAND**



**6  
THE BLACK  
MARCS**



**8  
VULCAN  
VIKINGS**



# RUN FOR A MATE WITH A MATE



**ROB BURROW  
LEEDS MARATHON**

**10<sup>TH</sup> MAY 2026**

**CLICK HERE**





# THIS YEAR'S MARATHON MOMENTS

**“THIS HAS BEEN AN EMOTIONAL AND DIFFICULT PERIOD IN MY LIFE, BUT I FEEL THIS IS THE START OF MY NEW RUNNING JOURNEY.”**

**A keen runner, Stephen was part of the Kirkintilloch Olympians running club, and has run 10 marathons over the years, as well as an ultramarathon in 2015.**

However, it was while training for his second ultramarathon in 2017 that he injured his knee. Although he initially rested, every time he tried to run, the pain was too severe, and he had to stop running all together.

After going to the GP, he had multiple X-rays and scans, and Stephen was diagnosed with arthritis in his right knee. The surgeon explained that he would need at least a partial replacement, and was told that, due to the extent of the arthritis, he would not be able to run again.

“This news was devastating at the time, and took many months to get my head around.”



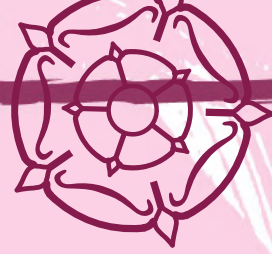
In September of 2022, Stephen eventually had two partial knee replacements.

“After the recovery period, my knees felt stronger, and I started to walk normally again. I started to think that I could even try and run 1 mile to prove to myself that running was a possibility.”

After managing to run 5K this year, Stephen decided to enter the Altra Yorkshire 10 Mile race when his son-in-law registered for the marathon. He is now determined to complete the race four weeks after his 60th birthday.

**READ MORE ABOUT  
STEPHEN'S STORY [HERE](#)**

# COURSE RECORDS



Here we celebrate the fastest times recorded at previous events - benchmarks of speed, endurance and determination.

## Altra Yorkshire Marathon



**EDWIN KORIR**  
02:13:31 **2013**



**HEATHER TOWNEND**  
02:39:11 **2024**



**BRET CROSSLEY**  
01:45:16 **2017**



**JADE JONES**  
02:05:57: **2016**

## Altra Yorkshire 10 Mile



**DOMINIC SHAW**  
00:50:15: **2017**



**KATY WOOD**  
00:56:25 **2013**



**TIAAN BOSCH**  
00:43:04: **2021**



**HANNAH COCKROFT**  
00:44:50: **2017**

## Altra Yorkshire 10 Mile Wheelchair



# LET'S GET THE TEAM TOGETHER



## YORKSHIRE MARATHON

RELAY

**The hugely popular Yorkshire Marathon Relay returns in 2025 to the Yorkshire Marathon Festival!**

The Relay will see teams of six, each complete a leg of the race to cover the marathon distance together in the ultimate test of teamwork and camaraderie, whilst competing for their bragging rights of being the fastest team in the race. Participants still get their marathon fix and medal whilst competing alongside five of their friends or colleagues.

Whether it's a team of co-workers, friends or family, it's a great way for the teams to enjoy the Yorkshire Marathon without having to take on the full 26.2 miles. With

### 2024 RELAY WINNERS



#### OPEN

**PHOENIX A 02:55:26**

#### FEMALE

**Crossfit Kellam Girls 04:04:50**

#### MIXED

**Saxon Agriculture 03:30:38**

the Relay distances varying for each leg, it's a fun and accessible race for participants of all abilities.

Teams can enjoy the beautiful, ancient streets of York, whether fundraising for charity, enjoying a bit of healthy competition or just taking part for fun.

Last year, Phoenix Team A crossed the finish line first in the Open Team section, with an impressive collective time of 02:55:26. Meanwhile, Crossfit Kellam Girls were the fastest Female Team, finishing with a time of 04:04:50, and Team Saxon Agriculture finished first in the Mixed Teams section, with a time of 03:30:38.

**The race is on for 2025! Which Relay team will be crowned champions of the 2025 Yorkshire Marathon Relay?**

**CLICK [HERE](#) TO VIEW THE RELAY RACE GUIDE**

# THIS YEARS MARATHON MOMENTS



## TOGETHER FOR BECCA: 18 RUNNERS FUNDRAISE FOR BRAIN CANCER AT THE YORKSHIRE MARATHON RELAY

**This October, three teams will be taking part in the Yorkshire Marathon Relay all to raise funds to support Becca in her fight against brain cancer.**

There will be 18 runners in total taking on the challenge, helping to raise money for Becca, who was diagnosed with stage 4, terminal astrocytoma brain cancer.

Becca, a 26-year-old Mum and dedicated teacher, had her world turned upside down in a matter of weeks, after she went to hospital suffering from headaches.

She was given the devastating news the same night, a 4cm brain tumour, and within days underwent surgery at Leeds General Infirmary to remove the tumour. Over the next few weeks, Becca will begin intensive treatment, including radiotherapy and chemotherapy.

Her friends and family are running to raise money to open up any additional

treatment opportunities alongside chemotherapy and radiotherapy. Simply, to give Becca a much better chance at battling her cancer, as she refuses to leave any of her family behind.

"I'm far too happy for that and I've got far too much life to live – it's just not going to happen!!"

The money raised will also take any financial pressure off Becca and her family, allowing them to spend quality time together, and make special memories with her children.

"I can't thank every single person enough for all the love and support you've thrown my way! For every share, comment, donation and fundraising. From people closest to me and to those that I don't even know."

**[READ MORE HERE](#)**





# SPECTATOR GUIDE

**Everything you need to know about travel, spectator points & more.**



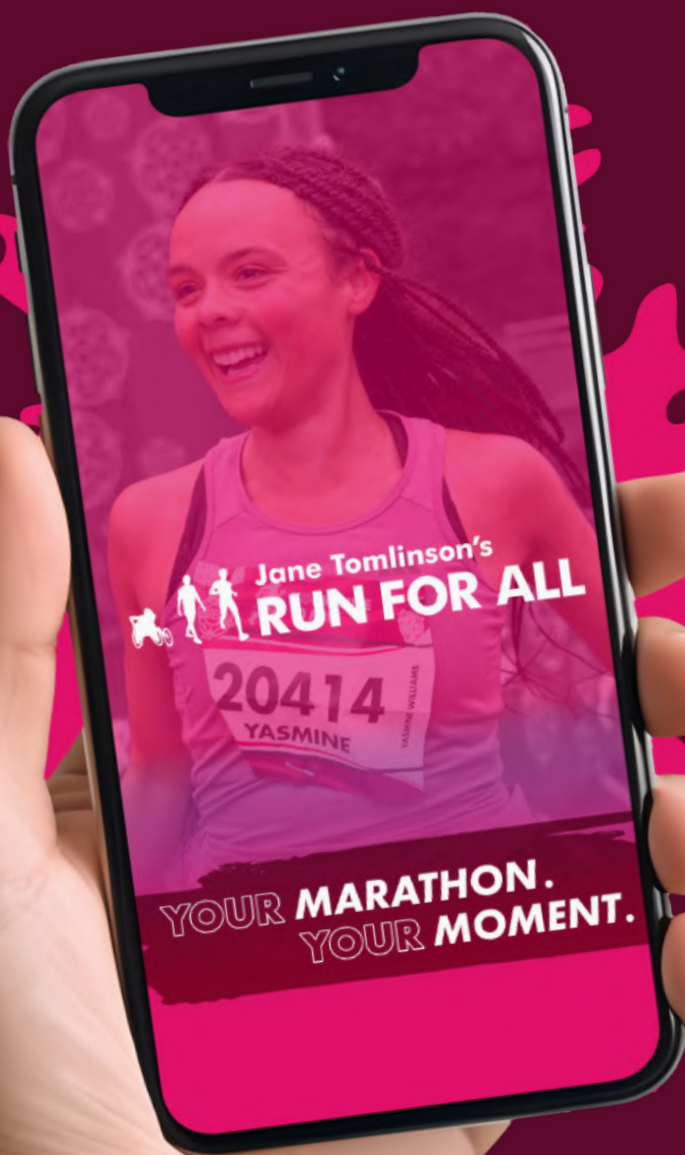
# OUR YORKSHIRE MARATHON APP

## 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.

**TRACKING AVAILABLE  
ON APP FROM  
OCTOBER 17TH!**



Download on the  
**App Store**



Available on the  
**Google Play**



# SPECTATOR INFORMATION

**Spectator support and encouragement will, as always, make a huge difference to event day.**

Every word of support and encouragement will help motivate and inspire each participant all the way to the finish line.

There's a number of ways for spectators to get involved on the day. Whether your loved ones are hoping to watch you set off, track your progress out on route or catch you cross the finish line, we've got them covered.

To keep up-to-date on the latest news throughout the weekend, be sure to keep an eye out on socials.



## PARK & RIDE

For spectators wanting to watch participants on the start and finish line or out on course, we are delighted to offer a range of travel options via a dedicated Park and Ride service.

York Pullman will provide a regular bus service which will run between the parking site at Elvington Airfield and the Event Village at the University of York.

A spectator shuttle bus service will also run from the Event Village to the two spectator points across the course including Dunnington and Stamford Bridge.

To find out more and to find the best option for your loved ones, please click [here](#).



## SPECTATOR BUSES

Hop on the spectator buses - see more of the action!

Want to cheer on your runner at more than just the start and finish line? The Spectator Shuttle bus operated by York Pullman is the best way to catch the action at multiple key points along the route.

Find out more on our website [here](#).



## TRAVEL

With NO event parking at the University of York or in the immediate vicinity, we recommend using the various public transport options available on the day. Spectators can use a dedicated Park and Ride service provided by York Pullman or the various public transport options which will be available on the day. More information on the public transport options available on the day can be found throughout this guide.



# WHERE TO WATCH GUIDE



**York's picturesque cobbled streets and scenic countryside makes the Altra Yorkshire Marathon Festival the perfect event for spectators. With so many places for spectators to visit on course, we've created this handy guide to help them plan their route and choose the best spot to cheer you on out on course.**

Please remember you won't be able to see your runner at all the spectator points.

The spectator timeline should be able to help you plan the best spot or use the pacer guide provided. Consider travel times between locations as it may take longer than you think.



## YORK CENTRE

### 2 MILES - MARATHON AND 10 MILE

Right in the heart of the city you'll find York Minster. Our runners pass this iconic landmark around 2 miles in to the race. You will be able to take advantage of the spectator shuttle bus service which runs between the Event Village and York train station, which is only a short walk away from York Minster.



## STAMFORD BRIDGE

### 13 - 14 MILES - MARATHON

The turning point at Stamford Bridge lends itself to an ideal spectator site and is just a short 5 minute walk from the bus drop off point to the route. As runners cross the half-way mark it is party vibes all round. Music and entertainment lines the course to ensure both runners and those supporting are entertained at this crucial point on the route.







## DUNNINGTON

### 17 MILES - MARATHON

Just a 10 minute walk from the bus drop off point, get more bang for your buck in Dunnington where you will be lucky enough to spot the runners twice! Runners will make their way down towards a turning point in Murton, before heading back towards Dunnington – meaning they get a double dose of support from cheering crowds. This charming village is a great location for spectators too, why not pack your camp chair and flask, settle in and enjoy the atmosphere.



## UNIVERSITY OF YORK

### 26 MILES - THE FINISH LINE

The finish line awaits at the University of York and as you can imagine, spectators play such an important role here. Keeping energy levels up and providing constant encouragement as runners will be undoubtedly exhausted. Spur them on to cross the line with a smile on their face and the sound of a roaring crowd.



## HULL ROAD

### 19 - 25 MILES - MARATHON AND 10 MILE

The final stretch! Avoid the busy finish line and give the runners one last push of encouragement right when they need it most. As they approach that final hill up to the University, runners will have racked up a lot of miles, but the end isn't upon them just yet. Help them to beat the dreaded 'wall' and to keep their spirits high. Not much further now!



## BIG SCREEN

### EVENT VILLAGE - CAMPUS SOUTH

Watch a live stream of our finish line hosted on a big screen by the Event Village.

### SPECTATOR TIMETABLE

 [CLICK HERE](#)







**York Sport**  
*Inspiring people*



# HAVE FUN AND GET ACTIVE!

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classes, courts,  
pitches and  
parties, **get it all**  
**at York Sport!**



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# RUN FOR ALL **LEEDS DUO**

**ONE CITY. TWO CHALLENGES. BIG SAVINGS.**



**TAKE ON THE ROB BURROW LEEDS  
MARATHON OR LEEDS HALF  
MARATHON & LEEDS 10K IN 2026!**

**CLICK HERE**





# THANK YOU TO OUR EVENTEERS VOLUNTEER PROGRAMME

**The Altra Yorkshire Marathon Festival simply wouldn't happen without the support of our incredible Eventeers. Their role is crucial to the success of the day, and their impact is felt far beyond the start line.**

Our Eventeers support in various ways: from helping out on the route as official marshals to handing out water and medals, or even supporting in the Event Village. Wherever they are, our amazing Eventeers are with you every step of the way.

Here's a list of some of our amazing Eventeers helping at this year's Yorkshire Marathon Festival: Derwent Lions, University of York Women's Rugby, James Volleyball, 2nd Acomb Scout Group Good Gym, York Sea Cadets, Uni Of York Athletics Club.



**Want to make a difference this year?  
It's not too late to get involved –  
register your interest by emailing:**

**EVENTEERS@RUNFORALL.COM**



**The Minster Lions Club of York have been volunteering with us since the very first marathon, managing the Gate Helmsley Water Station. Their support has been invaluable, and we are eternally grateful for their commitment.**

"We are all members or supporters of Minster Lions Club. The motto of Lions International is "WE SERVE". Quite a few years ago now the opportunity came up for us to help the York Marathon by manning a water station to support the runners.

From the very first year of the marathon, we found the experience so exhilarating and joyful that in every year since we have volunteered with great enthusiasm.

We have been nicknamed "The Marathon Burger Bar" as we supply burgers for our own club members and the friends who come to help plus the supporting police and ambulance crews. Our enthusiasm, energy and vocal cheer has been a very supportive and rewarding way to encourage the runners, who themselves are competing to support their own chosen charities.

We end each year satisfied that we have done our best to support the runners with water or gel and provide plenty of joyous encouragement to boost their morale and help each one complete their individual challenge."



# JOIN US IN 2026 FOR AN INCREDIBLE YEAR OF EVENTS



5K • 10K • 10 MILE • HALF MARATHON • MARATHON





# THANK YOU TO OUR SPONSORS & PARTNERS







[runforall.com](http://runforall.com)