



# SHEFFIELD 10K

## 25.09.22



# YOUR RACE GUIDE

COURSE INFO | FIND YOUR NEXT CHALLENGE | DAY TIMETABLE & MORE!

ALL PROFITS FROM RUN FOR ALL WILL GO DIRECTLY TO THE JANE TOMLINSON APPEAL.  
ALL ENTRANTS ARE ENCOURAGED TO FUNDRAISE FOR THE CHARITY OF THEIR CHOICE.

# WELCOME TO THE 2022 SHEFFIELD 10K

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

Coming up on Sunday 25th September, the Sheffield 10K is almost here!

To make sure you're fully prepared for this exciting event, we have all the details you need to make sure you're race day ready.

This is one of our most popular 10Ks, and the people of Sheffield always come out in full force to cheer on their community.

We hope you love this event as much as we do!

Sheffield  
City Council



In partnership with Sheffield City Council.

## A BIG THANK YOU!

The Sheffield 10K means race-day buzz, roars from the crowds, countless inspiring stories, and thousands of pounds raised for charity. We can't thank you enough for being part of this amazing event.



## 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.





# PLAN YOUR DAY

The 2022 Sheffield 10K is nearly here.

The wait is nearly over and in just a week you'll be at the start line ready to tackle one of Yorkshire's most fun and popular 10Ks.

Here's some key information that will help you prepare for the big day.



## WHAT TO EXPECT?



### FOR ALL atmosphere

At Run For All we pride our events on being FOR ALL and this event is no different. So, whatever your own personal goals, please remember that we want to create an inclusive, supportive environment for everyone.



### Runners

You should be incredibly proud to be a part of the Sheffield 10K. We are expecting to raise thousands of pounds for local charities thanks to runners like you. On behalf of all the charities involved, THANK YOU – we couldn't do it without you.



### Eventees

Without the support of our amazing Eventees from Sheffield Army Cadets, 13th Scout Group and Sheffield Vulcans, this event simply wouldn't be possible. 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.

## KEY TIMINGS

**7:30AM** Race Office, Baggage Store and Assembly Zones open

**9:10AM** Warm up

**9:30AM** Sheffield 10K start time



# YOUR RACE PACK

## IMPORTANT

If you registered before 12th September, your race number will be posted to the address that you entered when you registered for the event.

If you registered on or after 11th September, then you will need to collect your race number from the Race Office in the Event Village in Tudor Square from 7:30am.

### What if my race number doesn't arrive in the post before the event?

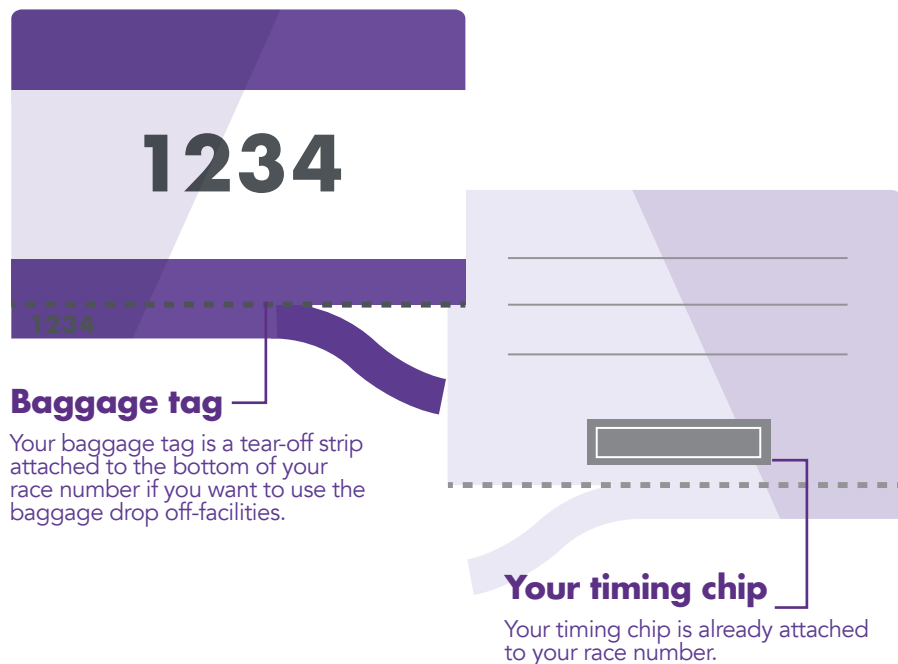
Don't worry – you can come to the race office from 7:30am on event day and we'll give you a new number.

## 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. Please be careful when using safety pins that you don't pierce or damage the timing chip.

## What will I need my race number for?

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





# PACERS

Our team of pacers, sponsored by Arla Protein, are from Northern Pacers with Steel City Striders, and are looking forward to supporting you on your run.

Each pacer will have a flag attached to them with finish times and will run at a steady pace. If you keep up with them, you'll be able to achieve the time on the flag.

Our pacers will be pacing at five minute intervals between sub-40 minutes to 1 hour 15 minutes.

They're all very friendly, so feel free to have a chat with them before the event, and be sure to say thanks once you've crossed the finish line!



## CORPORATE CHALLENGE

**We are pleased that the Sheffield 10K Corporate Challenge is back for 2022!**

Professionals from dentists to lawyers to engineers will work within their team to run 10K in the fastest average time. Only one team will be crowned the Sheffield 10K Corporate Challenge Champions!

But it's not all about winning – this a great way to connect with your team and work together to achieve a common goal, with the added bonus of getting active as well.

A big thank you to the Sheffield Chamber of Commerce and the Business Desk for supporting this year's Corporate Challenge. We really appreciate your help in making this day possible.





## GETTING THERE

Travelling to Sheffield is easier and quicker than you might think, so we encourage all entrants to use public transport or car share with family and friends if possible.



### By bike

Sheffield City Council offers a number of bike racks around the Event Village in Tudor Square for you to use. This **interactive map**, created by Sheffield City Council, shows bike parking locations in the city. Please note that road closures apply to bikes.



### By train

Leeds, Manchester, and Nottingham are all less than an hour from Sheffield by train, and Sheffield train station, on Sheaf Street, is about a 7-minute walk from the Event Village. Go to [www.nationalrail.co.uk](http://www.nationalrail.co.uk) for more information.



### By tram

Using the Park & Ride sites for the event is simple! There will be no need to purchase a ticket to park, just buy your tram ticket from the conductor on the tram.



### By bus

Sheffield has an extensive bus network. please see the First Bus **website** for more information and to use their journey planner tool.



### By car

#### Arriving from the north & south

M1 take Junction 34 onto the A61 towards Sheffield city centre.

#### Arriving from west

Use the A57 to the A6, then follow signs for Sheffield city centre.



### Parking

Please use the Sheffield City Council car parks around the city centre. More information can be found on the council **website**.



# RACE DAY



## Baggage storage

Please leave time to drop your baggage at the Baggage Store, which will open in Peace Gardens 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.

# SHOKZ

Approved headphones for RUN FOR ALL events.

Using bone conduction technology, award winning SHOKZ (formerly AfterShokz) deliver stereophonic sound through your cheekbones to your inner ear.

This means you can enjoy your music and still hear everything around you including traffic, emergency vehicles and other warning noises as well as race instructions from marshals and fellow competitors.

For your exclusive Run For All **15% discount** through Up & Running. Use the code: **RFASHOKZ** on the Up & Running website.

## STARTING THE RACE



## Zones

Please familiarise yourself with the Assembly Zones at the start line. The zone you start your race in should correspond with your predicted time. In your zone, you'll be surrounded by runners with a similar finish time and pace, which will ease congestion and make for a safer start to the race.





## DURING THE RACE



### Warm up

Make sure you get to the start line by 9:10am to take part in the official warm up. This is a great way to get moving and ready to run.



### Toilets

Please only use the allocated toilets for this event. Run For All operates a zero tolerance policy – any participants seen urinating anywhere other than a designated toilet will be disqualified.



### Clothing

Please note that any clothing left anywhere other than in the Baggage Store will be collected at the end of the race and donated to charity.



### Litter

It's important that we leave the city the same way we found it, and we're committed to being tidy.



### Hydration

It is very important to stay hydrated. You'll find your water station on course on Graham Road, around the 5km mark. As well as on course, all runners will receive water at the finish from our sponsors Water in a Box.

Bins will also be provided over the 100 metres following the drinks station on course and we request that you use these to help our clean-up crews. If you want to hang on to your water beyond the provided bins, please pass any litter to your nearest marshal.



# THE FINISH

Please respect others when finishing. If you're not looking for a big finish, please move to the side and make room for others. We know that you will be keen to take a well-deserved rest but continue past the finish line to collect your water, as stopping suddenly can be dangerous to those behind you.

## Meeting family & friends

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

## Finish drinks

After you continue past the finish line, you'll be able to grab some water to help you rehydrate. The finish drinks have been kindly supplied by our sponsor, Water in a Box.

## AFTER THE EVENT



### Food and drink

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



### Goody bag

Make sure you pick up your goody bag after you finish. There'll be plenty of tasty treats provided by our sponsor GoPuff, as well as your event t-shirt and medal.



### Partner charities

You will be able to find our wonderful partner charities in the Event Village. You'll find St Luke's Hospice, The Children's Hospital Charity, PACES, Cavendish Cancer Care, Snowdrop Project and Roundabout. Make sure you head into the Event Village before or after the event to say hi!



### Massage

Thanks to Regen Physio, massage will be available in the Event Village. Soothe your tired legs with a FREE post-run rub-down!



### Reclaiming baggage

You are advised to make your way to the Baggage Store to reclaim your property. Please collect your bags as soon as possible so that you can avoid the queues.



### 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.



### Results

All results will be available on our website soon after the end of the event. 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!



### Photos

Smile! The Marathon Photos team will be on course throughout the event to snap your picture. Photographs can be purchased online [here](#).

# EVENT VILLAGE MAP



## KEY

1

Race Office

4

Goody bags



Water station

2

Partner charities



Toilets



First aid

3

Massage



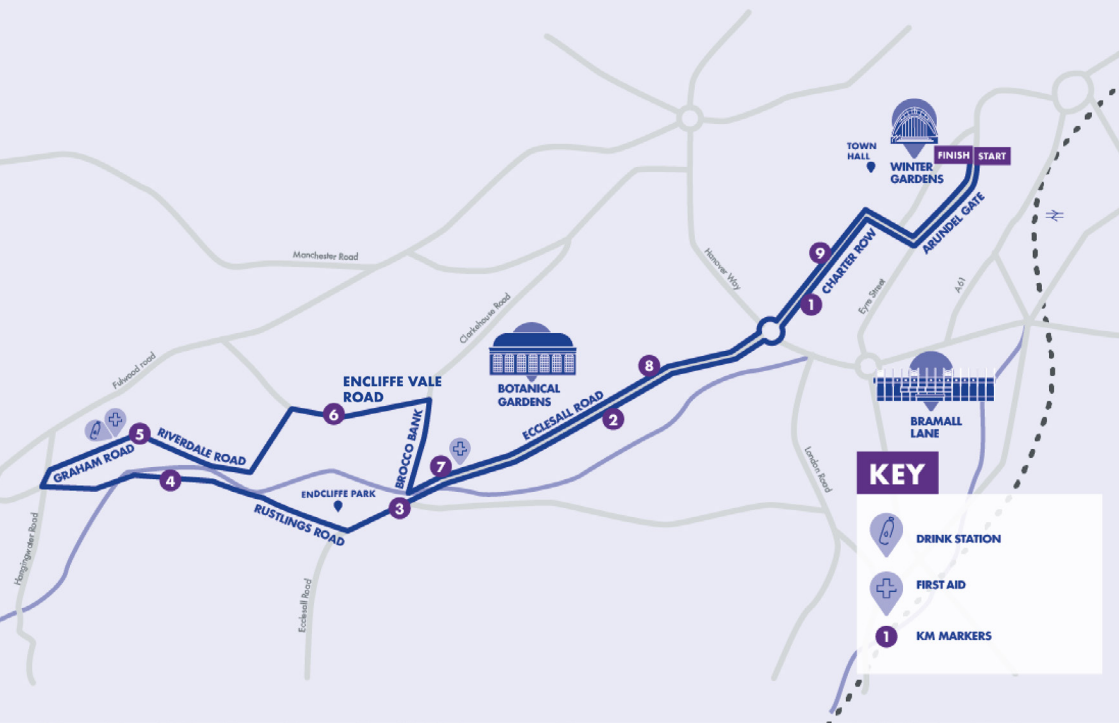
Baggage Store



Finish drinks



# ROUTE MAP





WATER IN A BOX

100% recyclable  
& sustainable.

Better Water • Better World



UK SPRING  
WATER

ECO-FRIENDLY

RESPONSIBLY  
PACKAGED

Drop in at [www.waterinabox.co.uk](http://www.waterinabox.co.uk)  
Make a splash with us on social media



GOOD LUCK  
TO THE RUNNERS  
OF YORKSHIRE



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!

**SWEAT, SMILE, REPEAT  
AND #FEEDYOURDRIVE  
WITH ARLA PROTEIN.**



**UP & RUNNING**  
EST. 1992

**6 REASONS TO  
STEP INTO STORE**



Stores  
nationwide



Award-winning  
customer service



Free in-store  
gait analysis



Fun, free & friendly  
weekly 5K runs



Fast & free  
delivery



Expert advice  
in-store & online

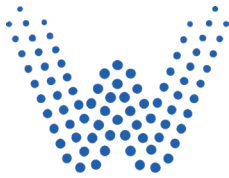
Click here to find  
your nearest store



# OFFICIAL SPONSORS & PARTNERS



**BBC RADIO  
SHEFFIELD**



WATER IN A BOX

**THEBUSINESSDESK.com**  
tomorrow's news today





# CHARITY PARTNERS

**A BIG THANK YOU TO ALL OUR CHARITY  
PARTNERS...**





# SHEFFIELD HALF MARATHON

26.03.23

**ENTER**



**YORKSHIRE  
10 MILE**

**ENTER**



**CITY OF LINCOLN 10K**

**30.10.22**

**ENTER**

# WHAT'S NEXT?



# ROB BURROW LEEDS MARATHON

In Partnership with **Clarion**

**14.05.23**

**ENTER**

