



LEEDS
HALF MARATHON



ROB BURROW
LEEDS MARATHON

RUN FOR A
MATE
WITH A MATE



2026

OFFICIAL EVENT
MAGAZINE

runforall.com

CONTENTS

Welcome to the Rob Burrow
Leeds Marathon and Leeds
Half Marathon

Honouring Rob's Legacy

Kev's Challenges: Run For A
Mate With A Mate

Inspiring Stories: Matt Running
For Candlelighters

Your Perfect Shake Out Run

Your Race Guide

Master Marathon Day - 7 Top
Tips

Race Day Advice From Coopah
Your Coach

Getting to the Start Line

Other Travelling Options

Inspiring Stories: Matt Running
for his Dad

Race Number Information

Your Race Number

Inspiring Stories: Team Baker
Take on the Marathon for MND

Inside the Stadium

Baggage

Your Event Village Map

Rob Burrow Leeds Marathon
Map

Leeds Half Marathon Map

Event Day Timetable

Keeping Cool

Inspiring Stories: Caitlin's
Campaign for MND

Introducing our Partner
Charities

Applied Nutrition: Your Event
Day Nutrition

On Course

Your Pacers

What's on Course?

Download the Official Playlist

The Spectator Guide

The App

Spectator Information

Where To Watch Guide

Eventees

Relay: It's All About Teamwork

Inspiring Stories: M2 Relay for
Hannah



WE ARE READY

TO GO, ARE YOU?

WELCOME

A warm welcome to everyone taking part in the 2026 Rob Burrow Leeds Marathon and Leeds Half Marathon.

Excitement is building across Leeds as the city prepares to host two of Yorkshire's most iconic running events on Sunday 10th May 2026.

The streets will come alive with thousands of runners coming together to Run For Rob - honouring his inspirational legacy and supporting the fight against motor neurone disease, alongside many other important causes.

Whether you're chasing a personal best, running for charity, taking on your very first race, or supporting from the sidelines, you're part of something truly special.

This is more than a race. It's a shared moment of purpose, passion, and community.

For those tackling 26.2 or 13.1 miles, the hard work is nearly done. Months of

training, commitment, and resilience are about to pay off as you take your place on the start line at AMT Headingley Stadium.

Before long, you'll be crossing the finish line, soaking up the atmosphere, and proudly collecting your finisher's medal. Take that moment in - it's one you've earned.

Preparation is key to making the most of your race day experience. Be sure to read through all the event information so you feel confident and ready. From route details and travel advice to spectator guidance and last-minute tips, everything you need is there to support you on the day.

Thank you for being part of this incredible event.

Together, we run with purpose, we run with passion and above all, we Run For Rob.

GOOD LUCK

CLASS OF 2026

HONOURING ROB'S LEGACY

The Rob Burrow Leeds Marathon stands as a lasting tribute to an extraordinary legacy.

Each year, we come together not only to test ourselves - physically, mentally, and through fundraising, but to honour a true hero who embodied courage, compassion, and unwavering hope.

Rob Burrow showed remarkable bravery in sharing his journey with motor neurone disease - raising awareness and shining a light on the realities of the condition. His determination to help others inspired a movement far beyond the world of sport.

Alongside his lifelong friend and teammate Kevin Sinfield CBE, Rob helped drive a powerful campaign to raise vital funds for research and to improve the lives of those affected by MND. Together, their efforts united communities, inspired generosity, and created real, lasting impact.



**RUN FOR A
MATE
WITH A MATE**

On Sunday 10th May 2026, every step taken through the streets of Leeds will carry that spirit forward. Running not just for personal achievement, but in honour of Rob, his legacy, and the hope for a better future.

RUN FOR A MATE WITH A MATE

KEV'S INSPIRATIONAL CHALLENGES

Kevin Sinfield's challenges for Motor Nuerone Disease, supporting his Leeds Rhino's teammate Rob Burrow, his Leeds Rhino's teammate, are built on a simple idea: "Run For a Mate With a Mate." From mass events like the Leeds Marathon to his extraordinary endurance feats, each challenge reflects friendship, unity, and the belief that no one faces MND alone.

Kev's First Challenge

2020

Sinfield ran 7 marathons in 7 days all in under four hours in Saddleworth and Leeds. This first challenge raised over £2 million

Extra Mile Challenge

2021

Sinfield ran from Leicester Tigers' stadium to Leeds Rhinos' Headingley stadium, covering a staggering 101 miles in 24 hours and raising over £2m.

Ultra 7 in 7

2022

He pushed further by running 7 ultra-marathons (over 40 miles a day) in 7 days, covering over 300 miles for MND causes.

Sinfield finished this challenge at half-time at Old Trafford.



Rob Meets Kev on His Challenge



First Rob Burrow Leeds Marathon

7 in 7 in 7

2023

Sinfield expanded the challenge to multiple regions with "7 in 7 in 7," increasing national awareness and support, running in England, Wales, Scotland and Ireland.

Running Home For Christmas

2024

This challenge saw Kev complete 7 ultras in 7 days, finishing in his hometown in an emotional homecoming. It carried extra emotional weight, as it became both a continuation of his MND fundraising and a direct tribute to his friend.



over £10m Raised

The Grand Fina7e

2026

Kevin and the team will run 7 ultra marathons in 7 days going to each of the 12 English Super League clubs and finishing on the pitch at Old Trafford ahead of the Grand Final and completing the 7 years mission.

7 in 7: Together

2025

7 ultras in 7 days across 7 cities. Again, this challenge included an Extra Mile event where members of the MND community joined Kev for one mile each day.

COMING SEPTEMBER 2026

**THE EPIC 7 IN 7
FUNDRAISING CHALLENGE
COMES TO IT'S CONCLUSION
THIS AUTUMN**

CALLING AT:

HULL KR

HULL FC

YORK KNIGHTS

CASTLEFORD

WAKEFIELD

LEEDS RHINOS

BRADFORD BULLS

HUDDERSFIELD

LEIGH LEOPARDS

WIGAN WARRIORS

ST HELENS

WARRINGTON

**27TH SEPTEMBER
TO 3RD OCTOBER**



7 IN 7
The Grand Fina7e
2026

Find us on:



Give your miles **more** meaning

If you're still fundraising, keep pushing! Donations continue to pour in after race day. And if you haven't started yet, it's not too late to raise money for a cause you care about. Create your fundraising page with JustGiving, the official partner of the Rob Burrow Leeds Marathon and Leeds Half Marathon.

[justgiving.com](https://www.justgiving.com)



Almost

£11 million raised

by Leeds Marathon &
Half Marathon runners

JustGiving[®]

INSPIRING STORIES



MATT RUNNING

FOR CANDLELIGHTERS



In January of 2025, Matt and his wife received the devastating news that their then two-year-old son, Theo, had a form of kidney cancer known as Wilms tumour.

“There’s no way to properly describe what it feels like to hear those words about your child. Everything else in the world fades away, and your focus narrows to one thing: getting them through it.”

After months of uncertainty throughout the numerous hospital visits for treatment and surgery, he is now thankfully doing well. Now three-years-old, Theo is described by his parents as happy, lively, and full of personality.

Matt is running the Leeds Marathon this May to raise money for their main source of support throughout this difficult time: Candlelighters.

Based in Leeds, they support children with cancer and their families in ways that go far beyond what people often

see. From emotional and practical support, to simply being there when things feel overwhelming.

“Leeds isn’t just another race in the calendar - it’s home to the charity that has supported us.”

He is taking on the grueling challenge of running twelve marathons in twelve months to raise as much money as possible for the organisation.

“It’s a daunting goal, physically and mentally, but it feels like a small thing compared to what these children and families face every single day.”

You can help Matt in his mission to raise money for Candlelighters by visiting the family’s JustGiving page, seen below.

[CLICK HERE FOR MATT'S
JustGiving® PAGE](#)

MERCHANDISE

NOW AVAILABLE

TAKING PART?
LOOK THE PART

NEW FOR
2026



RUN FOR A
MATE
WITH A MATE



runforallmerch.com

YOUR PERFECT SHAKE OUT RUN!

MND M1LE

The MND Mile returns to the 2026 running calendar as a key part of the Rob Burrow Leeds Marathon weekend, following its successful launch in 2024.

Taking place on Saturday 9th May at Leeds Beckett University's Headingley Campus, this special one-mile event offers an opportunity for people of all ages and abilities to come together, get involved, and show their support in the fight against motor neurone disease.

Whether walking, jogging, or wheeling, participants will be part of a truly

uplifting and inclusive experience. Open to families, friends, wheelchair users, and those with pushchairs, the MND Mile reflects the powerful community spirit at the heart of the marathon weekend.

With a warm, supportive atmosphere and a shared sense of purpose, it's more than just a mile - it's a meaningful moment of unity, and the perfect way to be part of something bigger while supporting an important cause.



SIGN UP NOW



MND MILE ROUTE

YOUR RACE GUIDE



ROB BURROW
LEEDS MARATHON



LEEDS
HALF MARATHON

MASTER MARATHON DAY

7 TOPS TIP TO HELP YOU SMASH YOUR DAY

1

TURN UP EARLY

You've put in too much work to feel rushed now. Give yourself time to queue, drop your bag, find the toilets, and get a proper warm-up in.

2

KNOW YOUR WAVE

Your bib colour shows your start wave, so check it in advance and head to the right area early to claim your spot!

3

STICK TO YOUR PACE PLAN

Trust the plan you've followed. The adrenaline may try to pull you faster, especially early on, but this is where discipline pays off. Find your pacers, lock into your rhythm and let the race come to you.

4

PLAN TRAVEL

Know your route to the start and give yourself buffer time. Whether it's park & ride or public transport, expect delays and road closures - it's a big day for the city.

5

DON'T TRY NEW THINGS

If it didn't feature in your training, it doesn't belong on race day. Trainers, kit, gels - keep it familiar. This is about execution, not experimentation.

7

ENJOY THE FINISH

When you approach the finish line, soak it all in. You've earned every step of this!

Don't empty the tank too early unless you're sure it's there. Make sure to lift your head, experience the atmosphere and enjoy the moment.

6

DRESS SMART

We don't mean your best suit and tie... Dress for the conditions, not the occasion. Layers you can shed, breathable kit, and sun cream if needed - Leeds in May can surprise you.



COO:PAH

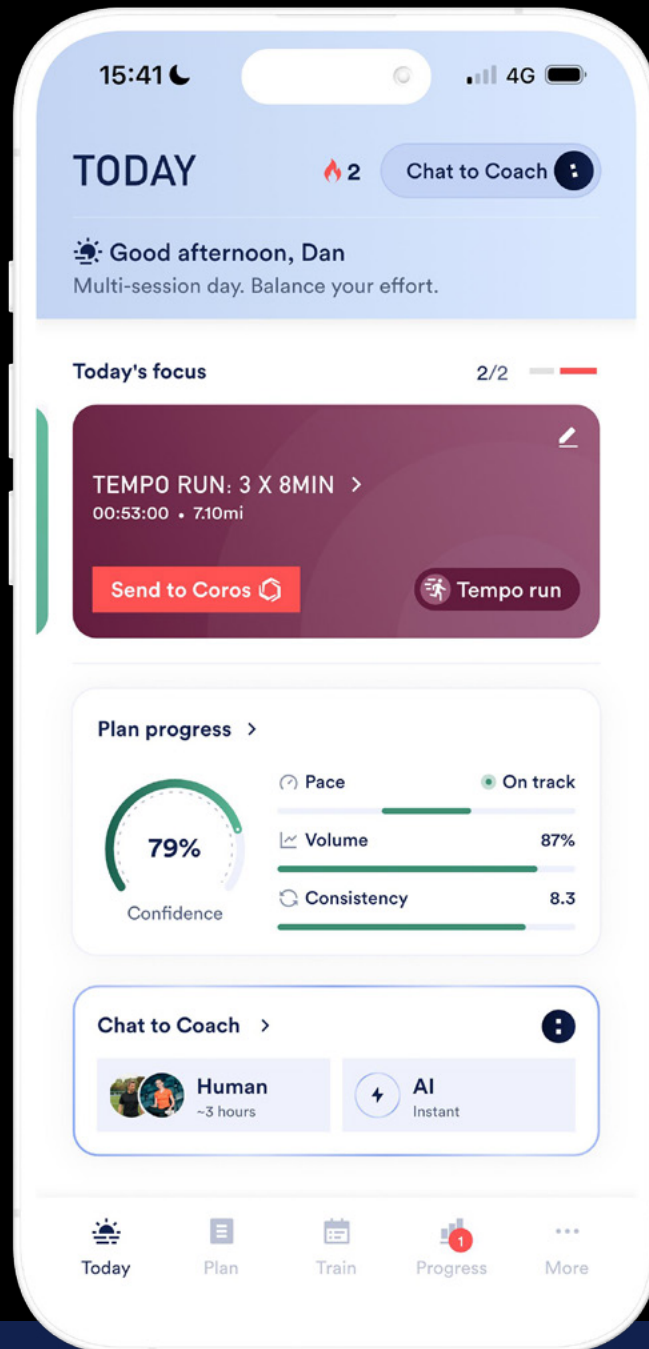
COACHING GETS RESULTS. AUTOMATION DOESN'T

COACH-BUILT TRAINING PLANS

Coopah provides personalised training plans built and actively managed by qualified run coaches, designed for runners with performance goals.

CLEAR ASSESSMENT OF WHERE THE RUNNER IS

An objective view of current fitness, training load, and limiting factors, informing better training decisions.



TARGETED ADJUSTMENTS MADE BY COACHES

Training adjustments made in response to how the runner is adapting, not fixed progressions or templates.

EARLY MANAGEMENT OF FATIGUE OR INJURY

Load and recovery are monitored to identify fatigue and injury risk early, reducing the likelihood of breakdown and missed training blocks.

THIS IS HOW PERFORMANCE IS BUILT

COOPAH.COM

RACE DAY ADVICE FROM COOPA, YOUR COACH.

HANDLING PRE RACE NERVES

Months of training have led to this moment, nerves show you care. Focus on controlling what you can, visualise yourself crossing the finish line, and know that it will all be worth it.

BE PREPARED

Leading up to race day, create a checklist of everything you'll need. Controlling what you can will help settle nerves. Remember to race in what feels good.

TRUST IN YOUR TRAINING

Focus on what went well during training, remember what felt good, and what you've overcome to get here. This race is your victory lap. You've got this.

REMEMBER YOUR WHY

Everyone has a reason to run. Use this to remind yourself why you're doing this, it'll get you to the start line and over the finish.

YOU'VE PUT IN THE WORK, THIS IS YOUR VICTORY LAP,
ENJOY IT.

GETTING TO THE START LINE

Getting to the start smoothly is the first win of race day.

Plan your journey to the start line well in advance - whether you're walking, driving, or using public transport, so you can arrive relaxed and ready to run. With thousands of runners and spectators heading into Leeds, there will be road closures in and around the city.

Give yourself extra time and check travel updates ahead of the day to avoid any last-minute stress.

PARK & RIDE

With road restrictions in place and no on-street parking available in Headingley, Park & Ride, operated by First Travel Solutions is the easiest and most reliable way to get to the start of the Rob Burrow Leeds Marathon and Leeds Half Marathon.

Dedicated services will run from both Elland Road Park & Ride and Stourton Park & Ride, transporting runners and spectators directly to the event area.

Your Park & Ride ticket includes:

- **One parking space**
- **Return bus travel**

Additional bus tickets can be purchased separately, and it's strongly recommended to book early to secure your spot and allow plenty of time to reach the start line. Children under 5 travel free.

Services from both Elland Road and Stourton will begin at 06:30, with the final departure at 17:30.



This ticket is a return service from Elland Road Park & Ride to Beechwood Crescent. This option is best suited for those travelling by car from the west via the M62 and M621.



Return service from Stourton Park & Ride to Beechwood Crescent. Ideal for those arriving by car from the east of the city or the M1. Note: the walk from Beechwood Crescent to Gate G on Kirkstall Lane is about 0.6 miles (approx. 15 minutes).

Take a look at the map on the page below for the walking route from our Park & Ride bus stop.



 first travel solutions

PARK & RIDE

Make your race day hassle free and book your Park & Ride tickets now.

Whether you are travelling on your own, with other runners or bringing your friends and family for support we have a selection of transport options for you.

Find the best Park & Ride service for you.

NOW OPEN TO BOOK

OTHER TRAVELLING OPTIONS



CITY CENTRE BUS SERVICE

This ticket is a return service from Cookridge Street to Beechwood Crescent. Best suited for those staying or wishing to park in the City Centre.

The first service will leave from Cookridge Street at 06:45. Runners are advised to book the early slots in order to arrive to the event on time. The final service will depart Beechwood Crescent at 17:00.

To purchase your ticket download the first bus app and to find out more click [here](#).

The Stadium Map below displays the Park and Ride and Spectator Shuttle Bus pick up and drop off locations.

STADIUM MAP



DROP-OFF LOCATIONS

There will be two designated drop-off points available. Please note, this facility is for drop-off and collection only.

Please make arrangements for collection well in advance as waiting will not be permitted.

West side of Headingley Drop Off
Cardigan Road > Cardigan Lane > Chapel Lane > Newport Road and back out southbound on Cardigan Road.

East side of Headingley Drop off
Drop off at the end of Shaw Lane (LS6 4AA) left onto Grove Lane.

CAR



Please note, there may be diversions in place due to the event's road closures, but buses will still be running throughout the day.

For local bus times and to plan your journey please go to [First Bus](#) or [WY Metro](#).

TRAIN



Please be aware that there will be no train services arriving into Headingley or Burley Park before 09.00 on event day.

For further information on rail travel services go to [National Rail](#)

BIKE



AMT Headingley Stadium hosts a number of cycle racks within the stadium. The cycle racks will be available to participants and spectators who have purchased a stadium spectator ticket.

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



INSPIRING STORIES



MATT RUNNING FOR HIS DAD

When David was diagnosed with Motor Neuron Disease (MND) on 15 December 2025, it came as a shock to Matt and his family. It was the moment their worlds turned upside down and everything changed.

David, a hairdresser from Preston, is someone who has always been at the heart of the people around him. David is known for his warmth, humour and fun energy. Matt says he's the sort of person who lifts a room the moment he walks in. "He's the life and soul of any party".

To Matt he's his hero. Growing up, Matt says his Dad taught him values that have stayed with him throughout his life: work hard, be kind to people and treat others the way you'd want to be treated.

"He has an incredible work ethic and endless dedication," Matt says. "He has a unique way of making people feel special, comfortable and 10ft tall. Family is everything to Dad and we're all so proud of everything he's achieved in his life"

Before David's diagnosis, MND was something Matt admits he knew very little about. Like many families, it wasn't something they had ever imagined would affect them.

In the weeks that followed, Matt began thinking about what he could do to help. Wanting to turn a difficult situation into something positive, he decided to take on the Leeds Marathon and raise money for the MND Association.

For Matt, the challenge is about more than just running 26.2 miles.

"This is my way of supporting my dad, our family, and everyone else affected by MND," he says.

By taking on the marathon, Matt hopes to raise awareness and funds that will support people living with MND today, while helping move research forward for the future.

RACE NUMBER INFORMATION

We know many of you will be eagerly waiting for your race number to arrive. Bibs for the Rob Burrow Leeds Marathon and Leeds Half Marathon will start to land over the next few days.

For your safety, please take a moment to complete the emergency contact details on the reverse of your bib as soon as it arrives. This information is vital and

ensures the event team can act quickly and appropriately if needed.

If you're no longer able to take part, please do not pass your race number on to someone else. In the event of a medical situation, it's essential that we can correctly identify every runner. Swapping bibs means the details we hold won't match the person on the course, which could delay medical assistance and prevent us from contacting the right person.

Bib swapping is strictly prohibited, and any participant found doing so will be disqualified.

ASSEMBLY ZONES MARATHON & HALF MARATHON

There are five assembly zones for the marathon and half marathon. The colour of your bib matches your assembly zone on the start line, based on your estimated finish time.

Please ensure that you start the race in the correct zone. Marathon assembly zones will open at 08:30 and half marathon assembly zones will open at 09:30.

You will not be able to change zones. Both races will start in the following wave order:

BLUE

RED

GREEN

YELLOW

PURPLE

MARATHON WAVE COLOURS



HALF MARATHON WAVE COLOURS



YOUR RACE NUMBER

FINISHER'S T-SHIRT

If you've bagged a finisher's t-shirt, check your race number for your size icon. Didn't grab one yet? No problem, celebrate your finish by picking one up at the Run For All tent in the Event Village!



BAGGAGE

Simply tear off the Baggage label at the bottom of your race number. You'll need to attach this to anything checked into the Baggage Store.

TIMING CHIP

Your timing chip records your official result, so attach your race number securely. Keep it visible at all times so marshals can identify you and the timing mats can detect your chip.

NEED TO COLLECT YOUR RACE NUMBER?

If you don't receive your race number in the post, or live overseas, you will need to collect your race number from Up & Running from Tuesday 5th May or from our Race Office on event day. Take a look at the locations and opening times below:

PRE-EVENT RACE OFFICE

Up & Running, Boar Lane, Leeds. LS1 6EN

Tuesday 5th May - Friday 8th May
11:00-16:00

The Queens Hotel, Leeds. LS1 1PJ

Saturday 9th May
09:00-17:30

EVENT DAY RACE OFFICE

Outside Gate G, AMT Headingley Stadium, Kirkstall Lane, Leeds.

Sunday 10th May
From 07:00

INSPIRING STORIES

TEAM

BAKER



TAKE ON THE MARATHON FOR MND

Team Baker is taking part in this year's Rob Burrow Marathon to raise money for the MND Association after husband and dad David was diagnosed with Motor Neurone Disease in 2023.

A talented runner from childhood, David had always loved running alongside his other sporting passion, football. After retiring from football at 45 returned to competitive running, with his wife Alice describing it as "his lifelong passion", and daughter Anna recalling many a cold and wet morning at park runs.

Having run many marathons himself, David and Alice recall watching the infamous scene of Kevin Sinfield carrying Rob Burrow across the finish line for MND at the first Leeds Marathon in May of 2023. Little did they know that, only two months later, David would be diagnosed with the same condition.

When his MND began to worsen, the

family wanted to keep David as involved in the sport as possible, so, with the help of charity grants, they were able to buy a specialised running chair.

"This opened up new opportunities to us, not only to run together, but also to raise awareness of MND, assisted running, and inclusion in sports for disabled people."

Last year, Team Baker (consisting of Alice, David, daughter Anna, and friends Andy and Martin) were able to secure a place in the London Marathon for the MNDA. They have since raised an impressive £13,500 by hosting various events and fundraisers.

This May, the team will be taking on the Leeds Marathon to raise even more funds for the MNDA.

Read more of Team Baker's story [here](#).

INSIDE THE STADIUM

When you arrive at AMT Headingley Stadium, everything is set up to get you race-ready with as little stress as possible. As you enter, you'll be guided to the right place:

- Marathon runners head to the left
- Half Marathon runners to the right

This ensures you're quickly directed to the correct baggage drop and toilet facilities - keeping things smooth and efficient for everyone.



Before the race, the stadium is open to runners only, so make sure your race number is clearly visible at all times for easy access.

Take a moment to settle in, soak up the atmosphere, and focus on the run ahead - you've made it to the start line.

BAGGAGE



Upon arrival at AMT Headingley Stadium, please be aware that baggage checks will be in place. Runners are strongly encouraged to use the dedicated baggage storage facilities inside the stadium. All items are left at your own risk, so it's best to travel light and avoid bringing valuables.

TOILETS



Please only use the allocated toilets for this event located around the stadium and out on course. There will be plenty of toilets available pre, during and post race. Run For All operate a zero tolerance policy and any runners seen urinating anywhere other than the facilities provided will be disqualified.

EVENT VILLAGE



The bustling Event Village, located inside the Stadium will be full of activity.

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

Our wonderful sponsors and partners will be located here too, so make sure to go say hi.

CLOTHING



It is important to note that all clothing discarded at the start of the race will be collected and donated to 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.

MASSAGE



The team from Leeds Beckett University Sports Therapy will be providing complimentary massage post race. You will be able to find them in the Rugby East Stand, G04a and G05.

MEDICAL



Should you need medical assistance, there will be roaming first aider's based in the Event Village.

T-SHIRTS



If you haven't done so already, you will be able to purchase a finisher's t-shirt at the Run For All tent inside the Event Village post race.

MERCH



Wear your support with pride at the Rob Burrow Leeds Marathon and Leeds Half Marathon.

Our official merchandise collection has everything you need to mark the occasion - from training tops built for the miles, to cosy hoodies and beanies for those early starts and post-run celebrations. Whether you're running, supporting, or remembering why you're here, there's something for everyone.

You can shop the range online, but please note: Monday 29th April is the deadline to order if you want your kit delivered before race day.

Missed the cut-off? No problem. You'll still be able to pick up merchandise on the day. Just head to the official merchandise tent in the Event Village inside AMT Headingley Stadium.



UP & RUNNING

EST. 1992

Jane Tomlinson's
RUN FOR ALL



4 REASONS TO STEP INTO STORE

15% OFF IN-STORE WITH YOUR RACE CONFIRMATION



Stores
nationwide



Free in-store
gait analysis



Award-winning
customer service



Family run
since 1992

YOUR MARATHON CHECKLIST

- Running Shoes - Recommended from gait analysis
- Race Vest
- Lightweight Running Cap
- Sports Sunglasses
- Waterbottle
- Lightweight Jacket
- Nutrition / Gels
- Number Belt



SHOKZ

DISCOUNT NOT APPLICABLE TO ELECTRONICS OR DISCOUNTED PRODUCTS | OFFER MAY BE WITHDRAWN AT ANY TIME | VALID FOR 10 DAYS BEFORE & 5 DAYS AFTER THE EVENT - DATES MAY VARY

BAGGAGE

Please make sure you arrive with plenty of time before the start, to drop off your bag at the designated area inside AMT Headingley Stadium.

Use the tear-off strip attached to your race number and securely fasten it to your bag handle before handing it in. This helps us ensure your belongings are clearly labelled and can be returned to you quickly and efficiently after your run.

For baggage, Marathon participants should turn left on entering Gate G and Half Marathon participants should turn right and follow event signage.

MARATHON RUNNERS

Please use the baggage store located on the concourse under the West Stand of the Cricket Ground.

HALF MARATHON RUNNERS

Please use the below Baggage Store locations depending upon your Race Number.

Baggage Marque in the Event Village - Car Park A
RACE NUMBERS 20,000 - 25,500

Long Room - East Stand
Inside the Cricket Ground RACE NUMBERS
25,500+

Please follow event day signage within the ground.



We kindly remind runners they will be unable to bring a bag larger than a small rucksack. This is in accordance with the AMT Headingley Stadium ground regulations, for more details click [here](#).

This is also a reminder that bags will be searched on entry to the stadium for the safety of runners and spectators. Please have your bags ready on show to gain quicker access. The entrance is located at Gate G on Kirkstall Lane.

There will be a designated pram drop area located in the Western Terrace Concourse, in the parking bays by Gate H.

YOUR EVENT VILLAGE MAP



Key

- START
- FINISH
- MERCHANDISE
- RFA RUN FOR ALL FINISH TENT
- PARTNER CHARITIES
- FOOD & DRINK
- GOODY BAGS
- RACE OFFICE
- TOILETS

Baggage Key

- 1** MARATHON BAGGAGE STORE
- 2** HALF MARATHON BAGGAGE STORE
Race Numbers 20,000 - 25,500
- 3** HALF MARATHON BAGGAGE STORE
Race Numbers 25,500+
- HALF MARATHON RUNNERS
- MARATHON RUNNERS

ASSEMBLY ZONES

THE MARATHON ROUTE MAP



*Route subject to change

YOUR RITUAL AFTER SPORT.



ROB BURROW
LEEDS MARATHON

ERDINGER
ALKOHOLFREI

ISOTONIC
REDUCED CALORIES
CONTAINS VITAMINS

THE HALF MARATHON ROUTE MAP

Key

-  WATER
-  APPLIED NUTRITION ISOTONIC STATION
-  APPLIED NUTRITION GEL STATION
-  TOILETS
-  MILE MARKERS
-  LANDMARK
-  START
-  FINISH
-  CHEER POINT
-  ENTERTAINMENT
-  SPECTATOR POINTS



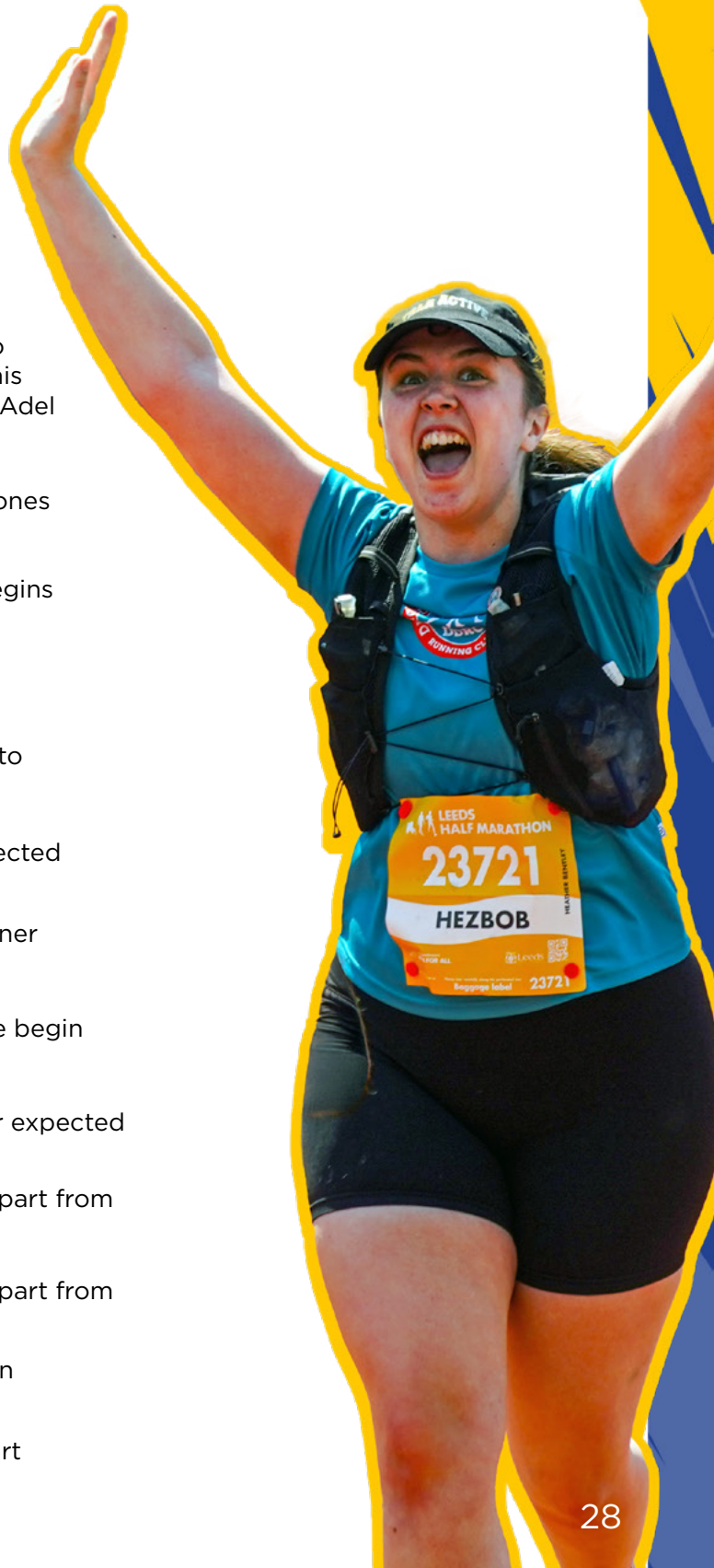
Elevation



*Route subject to change

EVENT DAY TIMINGS

-  **06:30** Travel services open:
Elland Road Park & Ride
Stourton Park & Ride
City Centre Shuttle Bus Service (first services depart 06:45)
-  **07:00** AMT Headingley Stadium opens to runners ONLY
Race Office and Baggage Store's open
-  **08:15** Rob Burrow Leeds Marathon
assembly zones open
-  **08:40** Rob Burrow Leeds Marathon
warm up begins in the assembly
zones
-  **09:00** **Rob Burrow Leeds Marathon
STARTS**
-  **10:00** Spectator Shuttle Bus services to
start from Queenswood Drive. This
service runs to spectator points, Adel
and Otley.
-  **09:30** Leeds Half Marathon assembly zones
open
-  **09:40** Leeds Half Marathon warm up begins
inside the assembly zones
-  **10:00** **Leeds Half Marathon STARTS**
-  **10:30** AMT Headingley Stadium opens to
spectators
-  **11:05** Leeds Half Marathon winner expected
-  **11:20** Rob Burrow Leeds Marathon winner
expected
-  **11:30** Return services for Park and Ride begin
on Beechwood Crescent
-  **14:00** Final Leeds Half Marathon runner expected
-  **14:00** Final spectator bus service to depart from
spectator point at Otley
-  **16:00** Final spectator bus service to depart from
spectator point at Adel
-  **16:30** Final Rob Burrow Leeds Marathon
runner expected
-  **17:30** Final Park & Ride service to depart
Beechwood Crescent



KEEPING COOL THIS EVENT DAY



KEEP YOURSELF WELL FUELED



BE MINDFUL OF THE SUN

RUN FOR A MATE WITH A MATE

LOOK OUT FOR EACH OTHER



WEAR CLOTHES THAT ARE COMFY

JAMIE JONES-BUCHANAN



LISTEN TO YOUR BODY

Watch JJB's top tips on how to keep cool on race day.

CLICK TO PLAY

INSPIRING STORIES



CAITLIN'S CAMPAIGN FOR MND

26 Conversations for 26 Miles.

In May, Caitlin will take on the Rob Burrow Leeds Marathon - 26.2 miles in support of a cause that means a great deal to her. But in many ways, her journey started long before race day. Over the past few months, Caitlin has been holding 26 important conversations, each one symbolised by a ribbon that will be tied to her running vest as she crosses the finish line - small, visible reminders of the people and stories that have shaped her journey.

The conversations have covered a wide range of experiences, from mental health volunteers and frontline professionals to people living with mental health challenges, and loved ones lost to

suicide. The aim isn't to offer solutions, but simply to open up space for honest discussion and reflection.

At the heart of the campaign is Caitlin's belief that talking openly about mental health matters. She describes the challenge as a way to "break the silence, one mile at a time."

Each mile has meaning - here are some of Caitlin's dedications:

Mile 1 is dedicated to MIND volunteers, recognising the time and care they give to supporting others.

Mile 4 acknowledges mental health nurses and the vital role they play on the frontline.

Mile 5 is run in memory of a family member Caitlin lost to suicide.

Mile 7 focuses on men's mental health, an area where stigma still prevents many people from speaking up.

Mile 22 is dedicated to Grace, a beautiful friend who tragically took her own life in 2024.

Caitlin is fundraising for MIND, a charity that is deeply personal to her. Through this challenge, Caitlin hopes to honour Grace's memory, while helping to ensure others can access support when they need it most.

Ultimately, 26 Conversations for 26 Miles is about listening as much as it is about running. By sharing these conversations and carrying them with her on race day, Caitlin hopes to show that mental health is something we can - and should - talk about openly, without judgement or fear.

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!

Read more about the appeals programmes:

janetomlinsonappeal.com

----- OUR 4 PILLARS -----

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

Follow us:



PARTNER CHARITIES

JANE TOMLINSON APPEAL



A big thank you to all the runners fundraising for the Jane Tomlinson Appeal at the Leeds Marathon.

Your support will help us continue funding OWLS bereavement service, research into kinesio taping, our children's health and well being programme, and research into a blood test used for the early detection of breast cancer.

We can't thank you enough for your help. Good Luck - you've got this!

MY NAME'S DODDIE FOUNDATION

My Name's Doddie Foundation are absolutely committed to our goal: A World Free of MND.

We will leave no stone unturned in the relentless pursuit of this goal, funding, guiding, and enabling the smartest, most efficient MND researchers to catalyse a cure.

So far, we have committed £19.5 million to research and over £2 million in living grants, ensuring those affected by MND receive vital support. But MND isn't incurable—it's just underfunded.



The MND Association's Director of Income Generation, Jo Coker said: "The Association is proud to be a charity partner for the Rob Burrow Leeds Marathon for the third year.

"This year feels especially poignant as we remember and pay tribute to our late patron Rob Burrow, who did so much to raise funds and awareness of MND, for which we will be forever grateful.



We would like to say a BIG thank you to all of our Team Leeds Hospitals Charity runners participating the Rob Burrow Marathon and Leeds Half Marathon!



The 4Ed Foundation was created after Ed Slater, former professional Gloucester & Leicester Tigers rugby player, was diagnosed with Motor Neurone Disease, with the goal of supporting anyone affected by MND. The foundation provides essential resources and financial assistance through grants to support where necessary, prioritising quick and effective distribution. With 88p of every £1 donated going directly to families, your donation maximises its impact.

“It made me very
nauseous. I’d be
throwing up in
my mask every
single time”



Your support

can mean kinder
radiotherapy treatments
for young patients like
Annabelle.

**Thank you for running with
Leeds Hospitals Charity**



Surface Guided Radiotherapy Treatment enables the use of open face masks rather than a full face mask



Let's do good together

Registered charity number: 1170369



By joining team Alzheimer's Society, you have helped fund vital support and research into life-changing dementia treatments. We are backing and funding over 600 research projects to find the best ways to get an early diagnosis, innovate care and develop targeted treatments.



We want to see a future where food banks are not needed. But right now, we are a vital lifeline, sometimes the only one people have! Last year we supported over 18,000 people, that's why your support and donations are so vital. Thank You for helping us support others.



The Leeds Rhinos Foundation aims to Change Lives Through the Power of Sport, using sport as a tool for positive change. Through our rugby league development, health, education, disability and inclusion programmes, we support communities and provide equal opportunities. We are proud to have a team representing our charity at the AMT Headingley Stadium start line!



For nearly 50 years, St Gemma's Hospice has provided specialist care and support for people with life-limiting illnesses and their families. Our services are free, but with only partial NHS funding we must raise £15 million each year. We depend on the generosity of the Leeds community to continue delivering compassionate care.



Candlelighters is a charity bringing light and hope to families facing childhood cancer across Yorkshire, providing emotional, practical and financial support from diagnosis and for as long as is needed, as well as funding research into childhood cancers.



Happy Days UK provides life-changing support for people who are homeless or in crisis, offering not just immediate relief but a pathway to lasting stability. Our Winter Shelter is a lifeline, operating from October to March with safe, warm accommodation, meals, and specialist support.



Huge shout out to Team Macmillan for all your hard work at the Leeds Marathon Weekend! 136 of you have raised £40,000 for the 3 million living with cancer in the UK. Good luck with the rest of your training and we can't wait to cheer you on very soon!



Every 17 minutes, someone in Yorkshire is told they have cancer. Together, we can change this. It's thanks to the Changemakers: the supporters, the researchers, the people with cancer who, for 100 years, have united in one goal - a Yorkshire free from cancer. Together we've brought a century of breakthroughs, progress and life-saving discoveries to Yorkshire, and beyond.



Thank you.

To everyone supporting Motor Neurone Disease (MND) on the start line this year. Look out for us along the route and in the event village – we'd love to say thanks in person.

**It's not too late to join. Make your miles matter.
mndassociation.org/runforrob**



Registered charity no. 294354





LEEDS 10K

14.06.26

00:27:46

YOUR NEXT EVENT
IS WAITING



runforall.com

RACE DAY NUTRITION: FUEL SMART, FINISH STRONG

After months of training for the full 26.2 miles, race day is finally here – and your nutrition strategy can make all the difference. From fuelling up before the start line, to staying energised during the race and recovering properly afterwards, we're here to guide you every step of the way.

CARB POWER TIPS

During a marathon, more than **66% of your energy comes from carbohydrates**. However, the body's carbohydrate stores are limited, and as the miles add up, these stores begin to deplete. When this happens, your body switches to relying on fat for fuel – which is much harder to convert into energy.

To avoid hitting the dreaded wall, carbohydrate loading in the days leading up to your race is essential. Carb loading involves increasing your carbohydrate intake to boost muscle glycogen stores, giving you the energy you need to power through every mile.

Our go to carb loading powerhouse is Endurance Energy & Hydration Powder. Each serving of Applied Nutrition Energy Carb & Electrolyte Powder delivers 48g of carbohydrates and 300mg of electrolytes, making it ideal for fuelling in the lead up to race day. For best results, take up to four servings per day, either with meals or in between, as part of your carb loading plan.

RACE MORNING FUEL

On race day, aim to consume a high carbohydrate meal 2–3 hours before the start to maximise energy levels and support performance.



APPLIED NUTRITION

This combination helps top up glycogen stores without feeling too heavy before you run.



FUEL DURING THE RACE

During the marathon, **aim for 30–60g of carbohydrates per hour**. A simple approach is taking one Isotonic Energy Gel every 30 minutes. These gels don't require water to be effective, but remember to stay hydrated throughout the race.

More experienced runners may opt to take one gel every 20 minutes. Alternatively, the Endurance Elite Performance Energy Gel can be used, with 1–3 sachets per hour to achieve 80–120g of carbohydrates per hour. Do not exceed 6 Endurance Elite Performance Energy Gels per day.

Fuelling your muscles with carbohydrates while you run helps preserve glycogen stores and maintain pace right through to the finish line. Timing is key. Taking too many gels at once may cause digestive discomfort, while waiting too long can lead to energy crashes. The optimal strategy is to take 2–3 gels per hour from the start, ensuring you have the energy to finish strong.

HYDRATION HEROES

Staying hydrated is just as important as fuelling. Aim to consume 400–800ml of fluid per hour, adjusting for your sweat rate and race day conditions.

Including Applied Nutrition Endurance Hydration Electrolyte Tablets helps replace lost salts, support performance, and reduce the risk of overhydration.



ELECTROLYTE & VITAMIN WATER

- Sugar-free formula
- Only 5 Kcal per bottle
- 665 mg of electrolytes for hydration
- Contains BCAAs to support recovery
- Vitamin B complex to help boost energy
- Suitable for vegans & vegetarians

AVAILABLE ON COURSE



ENERGY GEL

- Informed Sport Certified
- Fast absorption for quick energy
- Provides 23g of carbohydrates for fuel
- Isotonic – gentle & easy on the stomach
- Vegan and Vegetarian friendly
- Zero sugar formula



HYDRATION & ELECTROLYTES

- Zero sugar
- 6 Kcal per serving
- Helps provide optimal hydration levels
- Vegan & Vegetarian friendly

RECOVERY

Race Complete – Well Done!

For recovery, we recommend our Endurance Recovery – Post-Exercise Fuel. Consume it immediately after finishing. For endurance efforts longer than 2 hours, take 2–3 scoops. This product helps to: enhance recovery, reduce muscle soreness and promotes muscle repair and growth, perfect post marathon!





APPLIED
NUTRITION



USE CODE:
RFA30

FUEL
YOUR
MOMENT™

WWW.APPLIEDNUTRITION.UK

ON COURSE

To help you prepare for the big day and familiarise yourself with the course, here are some key details about facilities available and what to expect.



HYDRATION & FUEL

We have eight water stations on course, as well as Applied Nutrition stations including tabs, gels and Isotonic drinks. A full list of hydration and fuel locations available across the course for both the marathon and half marathon can be found below:

MARATHON

3 WATER	6 WATER APPLIED NUTRITION GELS	9 WATER APPLIED NUTRITION TABS	12 WATER APPLIED NUTRITION GELS	15 WATER APPLIED NUTRITION TABS	18 WATER APPLIED NUTRITION ISOTONIC	21 WATER APPLIED NUTRITION TABS	23 WATER APPLIED NUTRITION GELS
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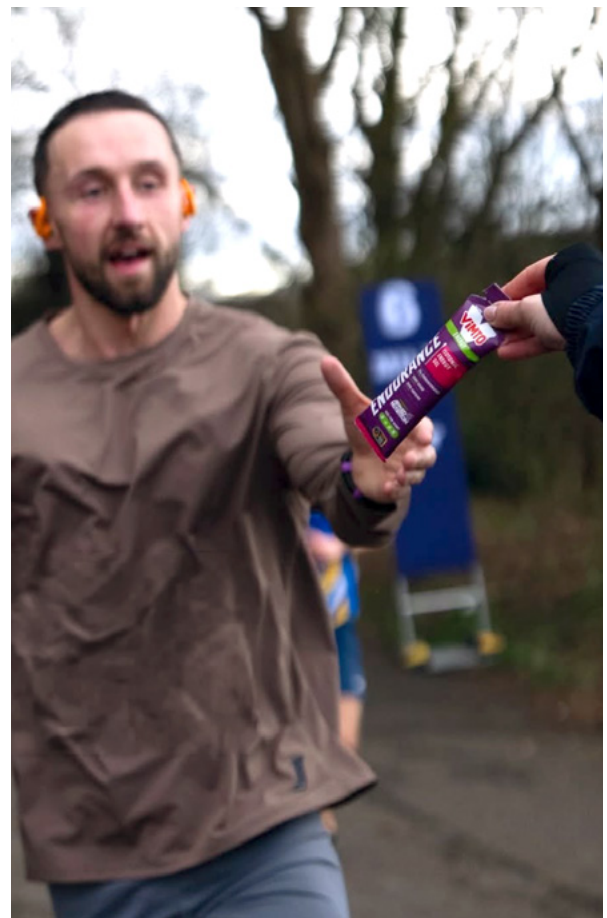
HALF MARATHON

3 WATER	6 WATER APPLIED NUTRITION GELS	8 WATER APPLIED NUTRITION ISOTONIC	10 WATER APPLIED NUTRITION GELS
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LITTER

We'd really appreciate your help in keeping the course as clean as you found it. There will be recycling bins at each water station along the route, so please make use of them where you can. Please don't drop items on the ground or into the surrounding areas.

A sweeper vehicle will follow the route at a seven-hour pace, with roads reopening as it passes.





TOILETS

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, 6, 9, 12, 15, 16.5, 18, 21, 23, 24**

**Half Marathon toilet locations on course:
Miles 3, 6, 10**

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](#).

HEADPHONES

As this is a closed-road event, you are welcome to wear bone conducting headphones. If you chose to wear them please ensure to keep volume low so you can hear your surroundings and marshal instructions. There is a chance of disqualification if other headphones are worn.

Shokz, our official headphone partner offer a great variety of bone conducting headphones. Use the code below to receive 15% off on the Up & Running website:
RFA-SHOKZ

CUT OFF

Everyone will have at least seven hours to complete the Leeds Marathon. You can run, jog or walk but you must maintain a seven-hour pace. If you're unable to do so, but wish to continue, you'll be asked to move onto the pavement. Our team will walk with you and support you to the Finish Line.

RETIRING

Runners are able to retire from the race, if you can make yourself known to the nearest marshal, advising of your runner number and if you require transport back to the stadium or whether you will make your own way home. Should you require transport back to the stadium, this will be arranged for you, but please note at busy times there may be a short wait.

YOUR PACERS

Our incredible team of paces are here to help guide you every step of the way. Easily spotted with flags attached to them, our lovely pacers from Northern Pacing Volunteers and Chorlton Runners, sponsored by Arla Protein will run at a consistend pace throughout the race to help you anage your effort, stay motivated and hit your goal.

Each paces is an experienced runner who knows the challenges it brings - and they're here to support you with encouragement, smiles and steady pacing to get you to that all important finish line.



MARATHON PACER TIMES

3 HOURS
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 15 MINUTES
5 HOURS 30 MINUTES
6 HOURS

ROUTE SPLIT

Shortly after mile 6, half marathon runners will continue along Otley Road, while marathon runners will bear right onto Church Lane. The route will then merge once again as half marathon and marathon runners meet at mile 21 for the marathon and shortly after mile 8 for the half marathon. Please follow route signage on the day.

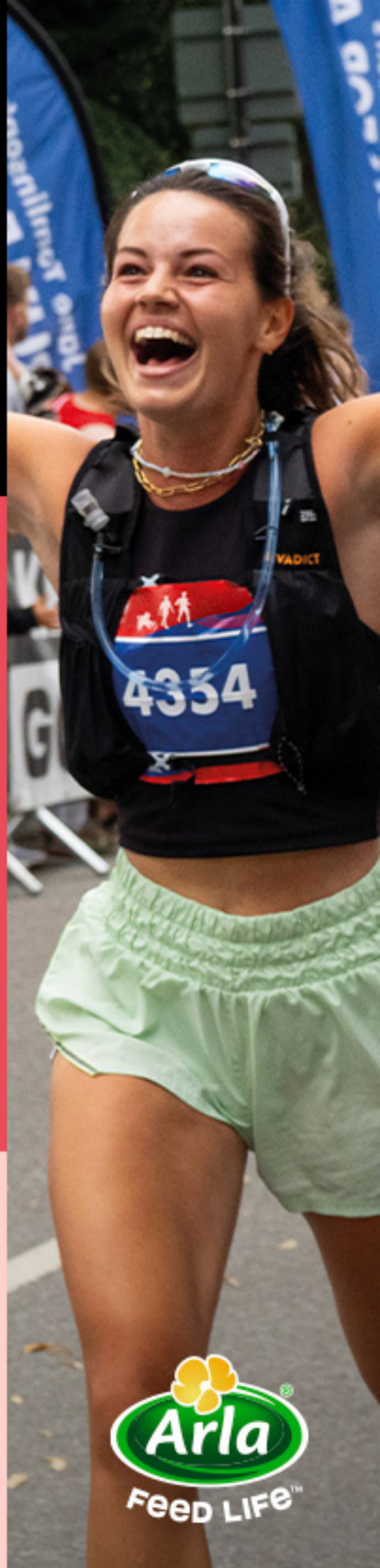
HALF MARATHON PACER TIMES

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
2 HOURS 5 MINUTES
2 HOURS 10 MINUTES
2 HOURS 15 MINUTES
2 HOURS 20 MINUTES
2 HOURS 25 MINUTES
2 HOURS 30 MINUTES

**PROTEIN
DOESN'T MAKE
YOU STRONGER,
YOU DO.**



**ROB BURROW
LEEDS MARATHON**



WHAT'S ON COURSE?

ENTERTAINMENT

You and your supporters will be able to enjoy an array of fantastic local entertainment out on course. From brass bands to Irish dancing, there's something for everyone to enjoy. Find a list of just some of our on course entertainment below:

Be sure to keep a look out as you make your way around the course!



LEEDS PIPE BAND



OTLEY UKELE ORCHESTRA



LUU IRISH DANCE SOCIETY



THE BLACK MARCS

RUNNING CLUBS

Running Club Section Takeover, where clubs from across the region are taking charge of cheer zones and key points along the route. From route marshals, cheer stations and even senior marshals, keep an eye out for these amazing crews!



SOUTH LEEDS LAKERS

AMT Headingley Stadium to Woodhouse Moor



ROTHWELL HARRIERS

Far Headingley and West Park



MORLEY RUNNING CLUB

Lawnswood to Adel



ACKWORTH ROAD RUNNERS

Pool to Otley



CHAPEL ALLERTON RUNNERS

Woodhouse Moor to the City Centre



**ROB BURROW
LEEDS MARATHON**



**LEEDS
HALF MARATHON**



**Marathon
Photos
Live**

**OFFICIAL
PHOTOGRAPHERS**



Click to find your photos

Looking for some tried and tested running hits?

DOWNLOAD THE OFFICIAL **PLAYLIST**



"Runnin' Down a Dream" 

"Born to run" 

**Head to Spotify
and search:
'Run For All'**

"Don't Stop Me Now"

-03:00 / 05:00



BBC RADIO
LEEDS

ROB BURROW
LEEDS MARATHON
2026



LIVE COVERAGE THROUGHOUT
SUNDAY 10TH MAY
AND ALL THE HIGHLIGHTS FROM
6AM MONDAY 11TH MAY



Listen on Sounds
92.4FM | DAB



JOIN US IN 2026



SPECTATOR GUIDE



ROB BURROW
LEEDS MARATHON



LEEDS
HALF MARATHON

DOWNLOAD THE OFFICIAL APP

TRACK YOUR FAVOURITE RUNNERS AND MORE

Don't forget to download the official Rob Burrow Leeds Marathon and Leeds Half 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 and half marathon and relay, view route maps, get key info, read the race guide, and more.

Please search 'Run For All Events' on the App Store and Google Play.



KEY INFO



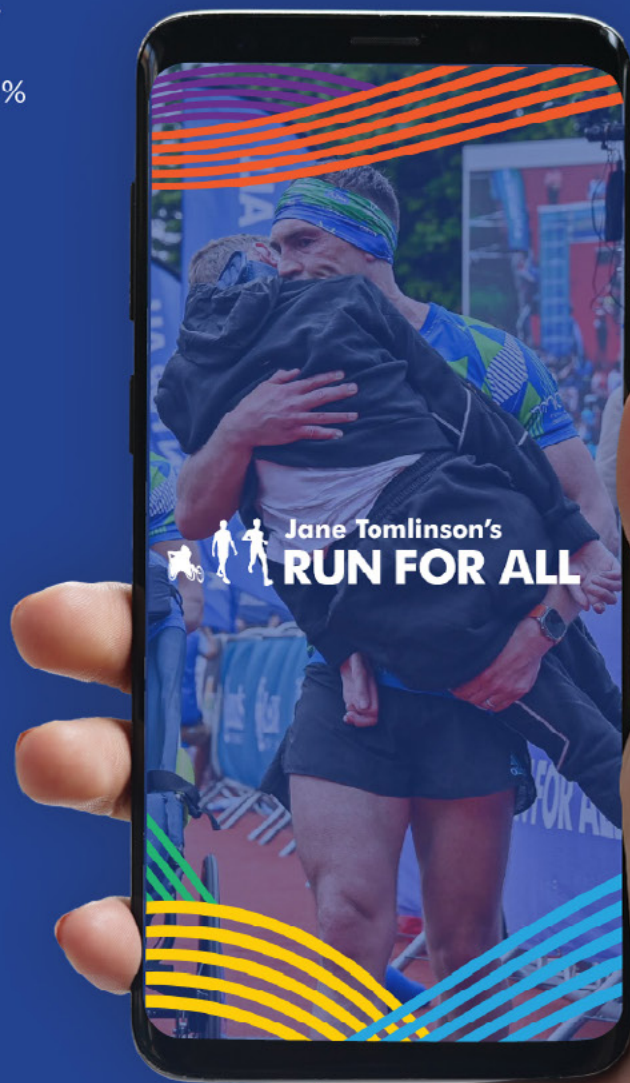
TRACK RUNNERS



RACE GUIDE



ROUTE MAP



Download on the
App Store



Available on the
Google Play

SPECTATOR INFORMATION

The Rob Burrow Leeds Marathon and the Leeds Half Marathon aren't just races - but a celebration of strength, support and community.

Whether you're cheering on loved ones or soaking up the incredible atmosphere, here's everything you need to know as a spectator on the big day:

SPECTATOR BUS TICKETS

To help spectators move around with ease, we are delighted to offer a return bus service from Queenswood Drive, which is a short walk from AMT Headingley Stadium.

The buses will operate on a return service between Queenswood Drive and the two spectator hubs; Adel and Otley.



STADIUM TICKETS

The finish line is something special and there's no better place to be than inside AMT Headingley Stadium, where runners will complete their incredible journey. You'll also find the events sponsors and charity partners situated in the Event Village.

Spectators are required to purchase a ticket in order to gain access to inside the AMT Headingley stadium and to the finish line.

We would recommend booking early as they prove to be very popular!

Access is allowed from 10:30am and once entered, spectators are unable to leave and return.

Please note: when selecting how many spectator tickets you require, please be respectful that numbers are limited and others may wish to see their family and friends cross the finish line.

To find out more information and to book a ticket follow the link below:

[BOOK HERE](#)

WHERE TO WATCH GUIDE

Supporting friends, family, or thousands of inspiring runners? Here are the best spots for great views and atmosphere, whether you're staying put or catching them multiple times. The spectator bus from AMT Headingley Stadium, Queenswood Drive to Adel and Otley is a convenient travel option.

For more information, head to our website [here](#).

OTLEY

A great viewing spot at mile 16, where runners need support with 10 miles to go. Otley's pubs and cafés are perfect for a quick stop before cheering on the tough 3 mile Chevin climb (miles 17-20), with beautiful Wharfedale views.

HEADINGLEY

Leeds' top suburb is a great race-day viewing spot, with runners passing through on their way out and back to the stadium. Its pubs, cafés, and restaurants make it ideal for spectators.



ADEL

Runners reach Adel just before mile 7, where marathon and half marathon routes split. A popular viewing spot, Adel Sports & Social Club and Otley Road offer great views, with runners passing through again later in the race.

WEST PARK

West Park, along Otley Road near Lawnswood Roundabout, is a great spot to see both marathon and half marathon runners. Grab a coffee nearby, then head back to the stadium to enjoy the atmosphere.

BRAMHOPE

Bramhope will be lively as runners pass through. Half marathon runners turn back after mile 8, while marathon runners arrive after mile 9 and return around mile 20 following the Otley hill climb. Spectators can cheer them on and enjoy local cafés or the Fox and Hounds pub.

Please be mindful of parking restrictions in place. We kindly ask spectators to be considerate of residents and the local community.



Jane Tomlinson's

RUN FOR ALL



Fun Run - 5K - 10K's - 10 Mile - Half Marathon - Marathon

runforall.com

EVENTEERS

VOLUNTEER PROGRAMME

The Rob Burrow Leeds Marathon and Leeds Half Marathon simply would not be possible without the incredible dedication and tireless efforts of our Eventeers. Giving their time and energy to ensure the safely, smooth operation and positive atmosphere of event day, you'll see them handing out water on course to distributing well deserved medals at the finish line.

Please take a moment to thank them for their invaluable contribution:

Leeds Building Society

University of Leeds

Carr Manor School

UK Coaching

Bramhope Scout Group

Leeds West Cadets

South Leeds Lakers

Hyde Park Harriers

Chapel Allerton Runners

Rothwell Harriers

Ackworth Road Runners

Bramley Breezers

North Leeds Scout Group

Morley Running Club

Snap Fitness Otley



Become an Eventeer?

Feeling inspired or know someone who might like to volunteer at a future Run For All event?

FIND OUT MORE

Join people like you in Leeds who are fostering with **Foster 4 Leeds**



Errol



Thelma and Julie



Emma



Rated Outstanding by Ofsted

Leeds-based, with local support




100% not-for-profit

Financial support, training, and
exclusive benefits for carers



Find out more and
register your interest

 foster4.leeds.gov.uk

 0113 378 3538

 or scan the QR code

MAKE YOUR MEDAL ONE-OF-A-KIND

with an iTAB



[CLICK HERE TO](#)
[PURCHASE!](#)



IT'S ALL ABOUT TEAMWORK



Congratulations to all teams taking part in the second Rob Burrow Leeds Marathon Relay in partnership with Clarion!

Following a fantastic debut last year, this iconic event returns bringing something truly special to Leeds once again.

Each team of 7 will take on the full marathon distance in a fun and inclusive way, with runners completing set sections before passing the 'metaphorical rugby ball' to the next teammate.

Together, teams will aim to cross the finish line with the fastest combined time and compete for the title of Relay Champions.

This is a brilliant opportunity to celebrate the legacy of Rob Burrow and come together to RUN FOR ROB, combining teamwork, atmosphere, and fundraising for a meaningful cause.

With just 77 teams taking part, it remains a truly unique part of the event and one not to be missed.

Taking part in the 2026 Relay event?
Click below to view our specific guide:



[VIEW GUIDE](#)

INSPIRING STORIES



TEAM M2 RELAY FOR HANNAH

Visit any of the Leeds parkruns in late spring/early summer, odds are you'll see a bunch of primary school girls in kelly green or royal blue shirts joining the crowds of people walking, jogging, running around the 5km courses.

These girls and their club, called M2 (formerly Mini Mermaid Running Club), are just small part of the legacy created by Hannah Corne, who imprinted herself on so many of us with her determination, her wit and fierce sense of what's right.

Hannah started the club, passionate about helping to raise a generation of strong, brave active girls and young women. Soon Jane Tomlinson Appeal became a valuable and generous supporter, and together with Hannah, made it possible for thousands of young girls to experience the powerful connection between physical activity and mental and emotional wellbeing.

Hannah lived life up until this past January, when, as she said in her own

words "the pesky cancer has got me. My time on this earth is up." The key word in that sentence? Hannah lived.

In the months that followed the devastating diagnosis, Hannah focused on what she could do. She could hike a mountain. She could wild swim. She could dance with her friends. She could take epic family adventures. She could complete the 2025 Leeds Ironman. She could find joy every day. And she did.

When Team M2 lines up with the thousands of runners for the Rob Burrow Leeds Marathon Relay 2026, we'll run for Hannah, we'll run for possibilities, and we'll run for joy.

"We want to empower these girls, show them that they can achieve what they set out to do, even though the road ahead may be hard. Allow them to be proud and love their bodies, protect and cherish what they can accomplish." - Hannah Corne



ROB BURROW LEADS MARATHON

09.05.27



**RUN FOR A
MATE
WITH A MATE**

SPONSORS & PARTNERS





ROB BURROW
LEEDS MARATHON



LEEDS
HALF MARATHON