



SHEFFIELD 10K



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 own choice.

WELCOME TO THE 2023 SHEFFIELD 10K!

Welcome to the 2023 Sheffield 10K. Race day is nearly here and your training is almost over, we hope you are looking forward to race day.

This guide contains all the key information you'll need to make your race day a success, so make sure you read it thoroughly.

Don't forget to tag us in your training photos on social media using #Sheffield10K



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.

TO OUR RUNNERS

We are expecting to raise a huge sum of money for local charities, big and small thanks to the incredible support of runners like you. On behalf of all the charities involved, THANK YOU. Whatever your reason for running whether it's for fun, for charity, or to smash a PB, thank you for choosing to run with us

TO OUR EVENTEERS

Without the support of our amazing volunteers, this event would simply not be possible. All the finish line smiles and money raised are the products of their hard work. A big thank you to 13th Scouts, Pure Gym, Sheffield Vulcans and Girlguiding Sheffield who will be giving up their time to support this year's 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.

Find out more [here](#).



PLAN YOUR DAY

The wait is nearly over and you'll soon be at the start line ready to tackle the Sheffield 10K. 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 10K is no different. So, whatever your own personal goals, you can enjoy incredibly inclusive spirit and feel-good running!

EVENTEERS

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



KEY TIMINGS

07:30AM

Race Office and Baggage Store opens in the Event Village.

09:10AM

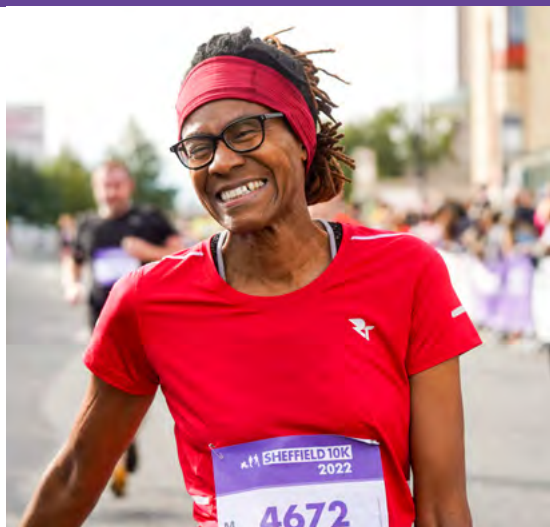
WARM UP STARTS on the start line.

09:30AM

OFFICIAL START TIME.

10:00AM

Winner expected.



YOUR RACE PACK

GOOD TO KNOW

What do I do with my number if I can't take part? If for any reason you can't take part on race day, it is vital that you do not let anyone else use your race number. Your race number is registered specifically to you and used to identify runners if there is a medical emergency. Please discard any unused race numbers, or return to Race Office.



Participants who have purchased a t-shirt will have the size included on their bib. T-shirts will be available to collect at the finish line.

Your bib and timing chip does not need to be collected in after the event. It can be kept as a memento of your race day.

TIMING CHIP

Your timing chip is affixed to your race number, please do not remove, fold the chip, or pierce your physical timing chip with safety pins.

IMPORTANT

If you entered before or on Sunday 10th 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, from 7.30am on event day.

What if my race number doesn't arrive in the post before the event? Don't worry – you can also come to the race office on event day and we'll give you a new number.

WHAT WILL I NEED MY RACE NUMBER FOR?

You will need your number to access the start line.

BAGGAGE TAG

You will need your number to use the Baggage Store.



Please avoid covering your race bib with any clothing or accessories. This may lead to your timing chip not registering with the timing mat.

SHEFFIELD 10K TEAM CHALLENGE IS BACK FOR 2023!



Professionals from dentists to lawyers to engineers will battle it out to become Team Challenge Champions! The race runs alongside the main event, but rather than competing as individuals, the challenge is to work collectively to cross the line in the quickest combined time.

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.

THANK YOU!

A big thank you to the Sheffield Chamber of Commerce and the Yorkshire Society for supporting year's Team Challenge. We really appreciate your help in making this event 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.

CLEAN AIR ZONE

Please note that Sheffield has recently introduced a clean air zone. This is a class C chargeable zone for the most polluting heavy goods vehicles (HGVs), light goods vehicles (LGVs), vans, buses, coaches and taxis that drive within the inner ring road and city centre. Private cars and motorbikes will not be charged. Please [click here](#) for more information



SHEFFIELD PARK AND RIDE

Sheffield has a number of park and ride sites across the city. For more information, [click here](#)



SUPERTRAM

Sheffield has four tram routes, which give you easy access to the most popular places in and around Sheffield, and also Rotherham. For more information and to book your ticket [click here](#).



BY TRAIN

Regular services will be running at Sheffield Railway Station. The station is roughly a 6 minute walk to the start line.



BY BIKE

Bike racks are available around Sheffield City Centre.



BY CAR

M1 Southbound and take Junction 36 onto the A61 towards Sheffield City Centre. Approach Sheffield from the South on the A61 and continue on the A61 towards the City Centre. Follow signs for the train station or alternatively head towards St Mary's Gate roundabout



BUS

With a number of services running across the city why not consider utilising the local bus service. For local bus times and to plan your journey please [click here](#)

Please note that there will be a minimal number of diversions in place due to the event's road closures but bus services will still be running throughout the day.

RACE DAY

PRE RACE



BAGGAGE STORE

Please leave time to drop your baggage at the Baggage Store. The Baggage Store will open at 7.30am and will be located in the Peace Gardens.



WARM UP

Make sure you get to the start line by 9.10am to take part in your warm up. This is a great way to get moving and ready to run. In extreme warm weather conditions, the warm up will be replaced with a gentle stretch.



TOILETS

Toilets will be located within the Event Village.



CLOTHING

It is important to note that all clothing discarded at the start of the race will be collected and donated to an appropriate charity. Unfortunately, we are unable to keep any clothing that has been left in the starting area, unless dropped in the Baggage Store prior to the race.



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, use the code: RFASHOKZ on the Up & Running website.

STARTING ZONES

At the start there will be flags to mark timing zones and it will be up to you to find the appropriate zone to start in according to your predicted time. In your zone, you'll be surrounded by runners with a similar finish time and pace, which will help ease congestion and make for a safer start to the race.

ROUTE MAP



EVENT VILLAGE MAP



GET YOUR OFFICIAL PERSONALISED RACE MEMENTO ON THE DAY AT THE FINISH

Visit our stall in the event village to order and **take home** your own official **Sheffield 10k** print marking your achievement in style.

We'll have a range of print sizes available for you to personalise with your **name** and choice of **finishing time** or **bib number** - which we'll produce on site for you to take away.

Visit the **Personal Best Vests** website for more **Run For All** designs and **start your collection today!**

www.personalbestvests.com

Instagram Facebook [personalbestvests](https://www.facebook.com/personalbestvests)

**ORDER
& TAKE
HOME
ON THE
DAY**



FIND US AT THE  **TENT IN THE EVENT VILLAGE**

DURING THE RACE



HYDRATION

It is very important to stay hydrated. You'll find water stations on course at Graham Road, around the 5km mark, As well as on course, all runners will receive water at the finish line.

However, we would encourage you to bring your own drink to keep you hydrated before the start of the race



CLOTHING

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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.



MEETING FAMILY & FREINDS

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.

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.



PACERS

Our team of pacers, sponsored by Arla Protein, are from Northern Pacers with Steel City Striders. They're 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 30 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!



AFTER THE EVENT



FOOD & DRINK

Within the Event Village, there will be a selection of food and drink choices to purchase. Sheffield also has a variety of restaurants and bars to satisfy your refuelling needs. Check out the vibrant city centre after the event.



PARTNER CHARITIES

This year the Event Village will play host to our wonderful partner charities. Make sure you go say hi!



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 and at the start and finish line. Please see the Event Village map for the locations of first aid and make yourself familiar with the whereabouts of these facilities.



RECLAIMING BAGGAGE

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



RESULTS

It's not all about time, but if you fancy knowing how quickly you conquered the 10K after the race, then head to our website. If you registered your mobile number when entering the event, you will receive a text message shortly after you cross the line confirming your official finish time.



MARATHON PHOTOS

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

SPONSORS & PARTNERS



CHARITY PARTNERS





WHAT'S NEXT?

RUN FOR ALL
LEEDS DUO

ENTER



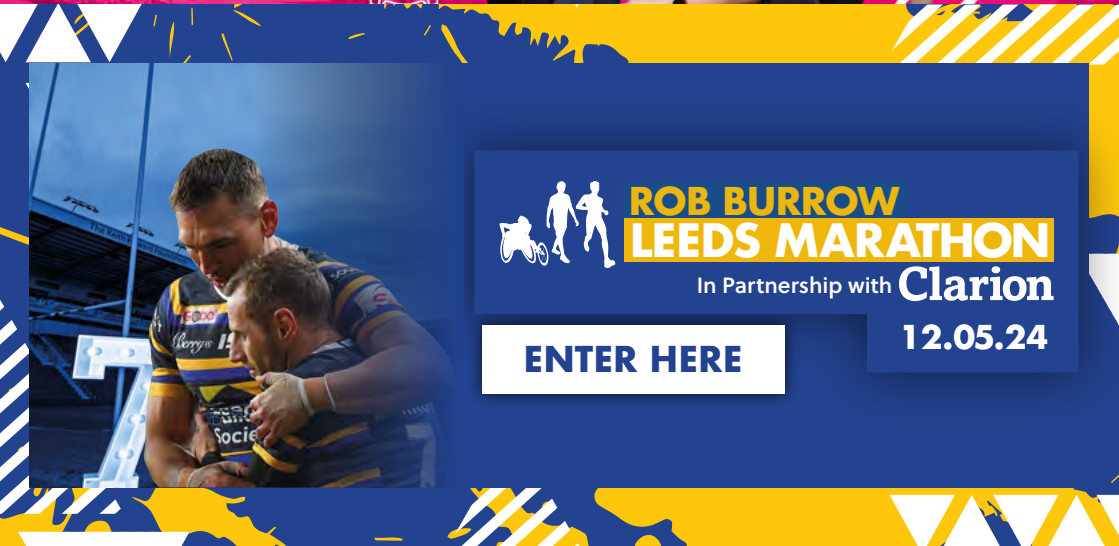
**SHEFFIELD
HALF MARATHON**

07.04.24

ENTER



ENTER



**ROB BURROW
LEEDS MARATHON**

In Partnership with **Clarion**

ENTER HERE

12.05.24