



HULL RUNNING FESTIVAL



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 2023 HULL RUNNING FESTIVAL



In partnership with
Hull City Council

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

A BIG THANK YOU!

TO OUR RUNNERS

The Hull Half Marathon and Hull 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.

Whatever your goal or reason for running, we are here to help you every step of the way.

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

In the meantime, don't forget to tag us in your training pictures on social media using #HullHalfMarathon or #Hull10K

We look forward to seeing you on the start line on race day.

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 product of their hard work. Some of our fantastic volunteer groups include Hull Women's Aid, Hull 4 Heroes, Aim Higher, Special Stars Foundation, Age UK Hull, Dove House Hospice, Hull & East Yorkshire Mind, Arafest, Hull Sea Cadets, Hull City Council, Cornerstone Circle, Trinity Methodist Scouts, Army Cadets Jubilee Church Hull and Stingray Scouts.

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 in just over a week's time you'll be at the start line ready to tackle the Hull Half Marathon or Hull 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 event is no different. So, whatever your own personal goals, please remember that we want to create an inclusive and supportive environment for everyone.

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

07:00AM

Baggage, Race Office and Assembly Zones open

08:40AM

Half Marathon warm up starts

09:00AM

Hull Half Marathon Starts

09:30AM

10K warm up starts

09:45AM

Hull 10K starts

10:05AM

Hull Half Marathon winner expected

10:15AM

Hull 10K winner expected



YOUR RACE PACK



IMPORTANT

If you entered before Monday 29th May, you will receive your race number in the post.

If you entered after on or after Monday 29th May or you don't seem to receive your race number in the post, you will need to collect your race number from the Race Office on event day.

The race office will be open from 07:15AM and will be located in the Event Village.

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 someone else use your race number. Your race number is registered specifically to you and used to identify runners when there is a medical emergency.



WHAT WILL I NEED MY RACE NUMBER FOR?

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

BAGGAGE TAG

You will need your number to use the Baggage Store.

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.



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

Our team of pacers, sponsored by Arla Protein are from Northern Pacers and will be on-hand to support you on your run. We will have separate pacers for the 10K and the half marathon.

Each pacer will have a flag attached to them with finish times and will run at a steady pace to help you pace your own run and achieve a target time. Our pacers will be pacing at 5 minute intervals between sub 40 minutes through to 1 hour 30 minutes for the 10k and 1 hour 30 to 2 hours 30 minutes for the half marathon.

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

Stick to your pre-race plan and keep your head. Be patient and don't start too fast. 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, stay positive and keep moving forward, tough moments pass. Go on, you can do it!



KEEP HULL GREEN

Run For All is committed to keeping the city of Hull clean and we understand the importance of doing our bit for the environment. Bins will be provided across the event site and we urge people to use the facilities provided.

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

Let's work together to keep Hull green and encourage other runners to do the same.



HALF MARATHON AND 10K ROUTE MAP



GETTING THERE

Travelling to Hull is easier and quicker than you may think and so Run For All would encourage all entrants to look at the possibility of using public transport where possible to attend the event or to join with family and friends to car share.



BY TRAIN

Regularly services will be running at Hull Railway Station



BY BUS

Please bear in mind that buses will be affected by the road closures, so for alterations to services, please visit [here](#).



BY BIKE

Bike racks are situated around Queens Gardens for you to utilise. Please note, road closures are applicable to bike as well.



BY CAR

- Arriving from the South: take the A1 and come off at Newark-on-Trent then head north east. Taking the A15 east of Scunthorpe will then bring you over the Humber Bridge and into Hull from the south. Please note, the Humber Bridge is a toll road.
- Arriving from the West: head in an easterly direction on the M62 until it turns into the A63. Pick up signs towards the City Centre.
- Arriving from the North: head down the A1 (M) before joining the M62 eastbound after Leeds. An alternative route would be to exit the M62 at York and travel into Hull via Beverley.



PARKING

With thousands of runners heading to the city, the roads approaching Hull are likely to be busier than usual; please leave plenty of time for your journey.

Parking will be available at:

- Pryme Street Car Park – HU2 8HR
- George Street Car Park – HU1 3BW
- St Stephen's Shopping Centre – HU2 8DT
- Francis Street Car Park – HU2 8DT
- Hull Station Main Car Park – HU2 8RW
- St Stephen's Square Car Park – HU2 8JX
- Princes Quay Car Park – HU1 2NL

RACE DAY

PRE RACE



BAGGAGE STORE

Please leave time to drop your baggage at the Baggage Store, which will open in the Event Village at 7:00am. You will be able to retrieve your baggage from the same store after your run. If you're planning to use the event Baggage Store, please ensure that your baggage tag is removed from your race number and securely attached to your bag ready for race day. This must be attached prior to handing your bag over on race day to our Eventeers. Please note, bags are left at owners' risk in baggage area.



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.



WARM UP

For those of you taking part in the half marathon make sure you get to the start line by 08:40am to take part in your warm up. For those of you taking part in the 10K, your warm up will be at 09:15am. This is a great way to get moving and ready to run.



TOILETS

Toilets will be located in the Event Village.



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.

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.

DURING THE RACE



TOILETS

Please only use the allocated toilets for this event located in the Event Village and on course. There will be toilets located at every drink station for those taking part in the Half Marathon, while 10K runners, you'll find toilets on course at the 5.5KM and 8 KM mark.

Run For All operate a zero tolerance policy and any runners seen urinating anywhere other than the facilities provided will be disqualified.



FUEL & HYDRATION

It is very important to stay hydrated. Half Marathon runners, you'll find your water stations on course at 1.3 miles, 4.5 miles, 7 miles and 10.2 miles, while 10k runners, you'll find your water on course at the 2.2 and 7.1km mark.

As well as on course, all runners will receive water at the finish.

CROSSING THE FINISH

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

GOODY BAG



Make sure you pick up your goody bag after you finish. There'll be plenty of tasty treats, as well as your medal and finishers t-shirt.

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.

GOOD LUCK

from everyone at

MKM

EVENT VILLAGE MAP

KEY



Race Office



Finish



Start



Baggage Store



Food & Drink



10K Goody Bags



Half Marathon Goody Bags



Toilets



AFTER THE EVENT



FOOD & DRINK

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



PARTNER CHARITIES

You will be able to find some of our wonderful partner charities in the Event Village and our on course. You'll find our very own Jane Tomlinson Appeal, Age UK, Special Stars Foundation, Dove House Hospice, Hull & East Yorkshire Mind and Aim Higher.

Make sure you head into the Event Village before or after the event to 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. 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 bags as soon as possible so that you can avoid the queues.



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!



MARATHON PHOTOS

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

SPONSORS & PARTNERS



PARTNER CHARITIES





YORK 10K

06.08.23

ENTER



SHEFFIELD 10K

24.09.23

ENTER



**SHEFFIELD
HALF MARATHON**

07.04.24

ENTER



**ROB BURROW
LEEDS MARATHON**

In Partnership with **Clarion**

12.05.24

ENTER HERE

