



BURY 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 own choice.

WELCOME TO THE 2023 BURY RUNNING FESTIVAL!

Welcome to the 2023 Bury Running Festival. Race day is nearly here and your training is almost over, we hope you are looking forward to taking part in this year's Bury Running Festival.

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

And don't forget to tag us in your training photos on social media using **#BuryRunningFestival**.

Good luck and see you on race day!



A BIG THANK YOU!

The Bury Running Festival 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 JD Gym Bury and One Company 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 Bury Running Festival. 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 opens in the Event Village.

09:10AM

Bury 10K warm up starts on the start line.

09:30AM

Bury 10K official start time.

10:00AM

Bury 10K winner expected.



RACE NUMBER INFORMATION AND COLLECTION ONLY



INFORMATION

The Bury Running Festival is a race number **collection only** event.

You'll need to pick up your race number before, or on event day.

If you entered on, or before the 19th September you can collect your race number from Friday 22nd to Saturday 30th September at JD Gyms, Bury.

Address - Angouleme Way Retail Park, George St, Bury BL9 7A

If you enter on, or after 20th September you must collect your race number from the Race Office on event day.

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.



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.

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.



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

GETTING THERE

Travelling to Bury 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 TRAIN

Bury Bolton Street Station is approximately a 10-minute walk from the start line, and is serviced by [Eastern Lancashire Railway](#).



BY BIKE

There are bike racks around Bury town centre for you to use. Please note that road closures also apply to bikes. For more info [click here](#).



BY CAR

Easily accessible from the M62 and M61.

Bury is a well-placed town, approximately a 30-minute drive from Manchester, Burnley, and Blackburn, and around an hour's drive from Leeds and Liverpool.



PARKING

The Rock Shopping Centre and Castle Leisure Centre both have extensive parking available and are close to the start line. Please note Castle Leisure Centre Car Park accessible throughout the event but only from Peel Way / Bolton Street Street after 8:00am due to road closures. For further parking information please [click here](#)



BY BUS

Bury Bus Station/Interchange is located on Haymarket Street. Please head to the [Transport for Greater Manchester](#) website for more information.



**PERSONAL
BEST
VESTS**

GET YOUR OFFICIAL BURY 10K EVENT MEMENTO

Celebrate your achievement at the **Bury 10k** in style with your own **official art print**.

We have a range of print sizes available for you to personalise with your **name** and choice of **finishing time** or **bib number**.

Visit our website for more **Run For All** designs and **start your collection today!**

📱 [personalbestvests](#)



VISIT PERSONALBESTVESTS.COM TO ORDER

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 Event Village.



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.

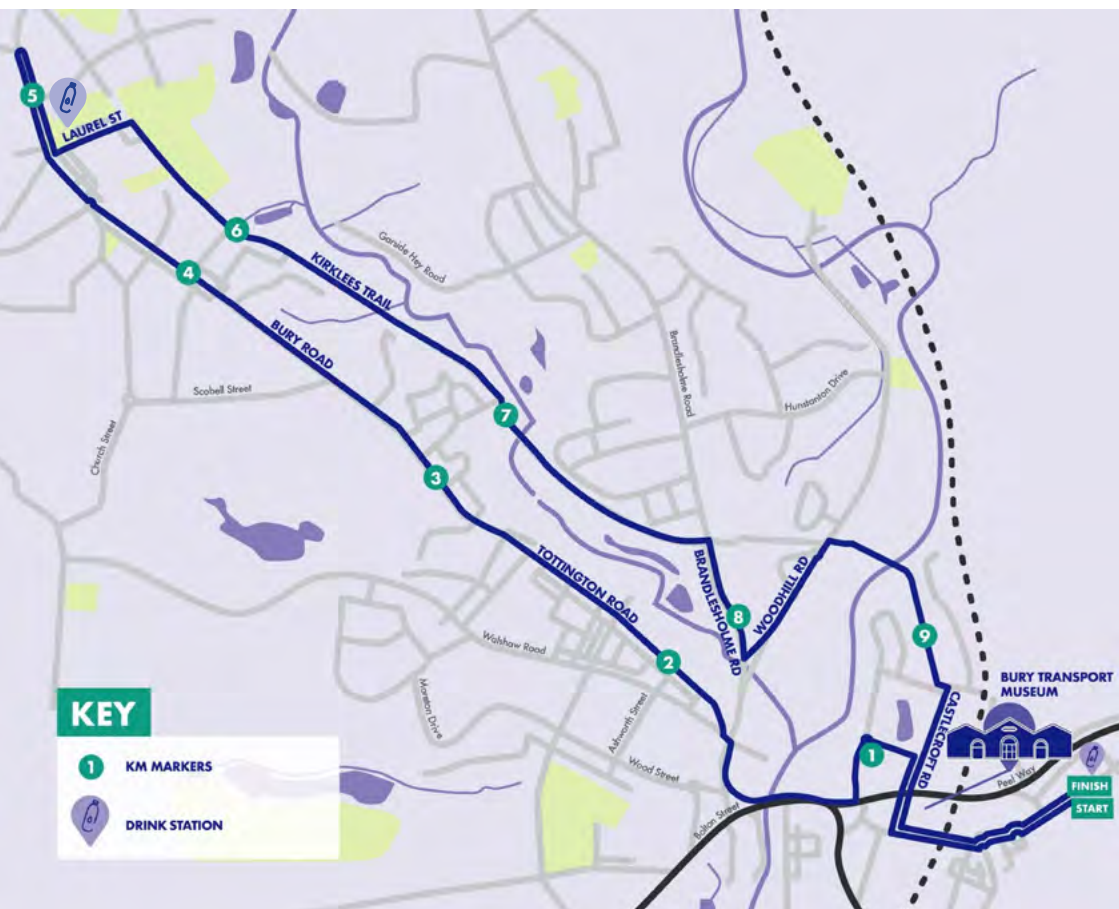
For your exclusive Run For All 15% discount, use the code: RFASHOKZ on the Up & Running website.

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



DURING THE RACE



HYDRATION

It is very important to stay hydrated. You'll find water stations on course at Laurel Street, 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.



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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 Pacing Volunteers. 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. Bury town 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

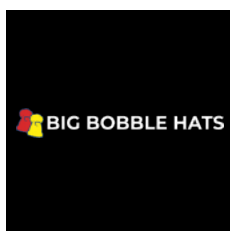
It's not all about time, but if you fancy knowing how quickly you conquered the 10K after the race, then head to our website. If you registered your mobile number when entering the event, you will receive a text message shortly after you cross the line confirming your official finish time.



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

The background of the bottom section is a vibrant collage. On the left, there's a large, colorful circular graphic with a rainbow gradient. In the center, a black silhouette of a person in a cape (Batman) is shown from behind, looking out over a cityscape. On the right, a group of people are shown in a red-tinted, semi-transparent overlay, appearing to be cheering or clapping. At the bottom, there's a large, stylized red and orange circular graphic. The overall theme is celebratory and community-oriented.

THE ROCK

SHOP | DINE | PLAY

www.therockbury.com TheRockBury therockbury



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