



UNLEASH

YOUR INNER
CHAMPION



**YORKSHIRE
MARATHON
FESTIVAL**

**OFFICIAL MAGAZINE
20 OCTOBER 2024**

runforall.com

YORKSHIRE MARATHON | 10 MILE | RELAY



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WELCOME

THIS YEAR'S CLASS OF 2024



**Welcome to the
2024 Yorkshire
Marathon Festival.
Congratulations
on securing your
place.**

This year's event is set to break records and be the biggest in the events history! We can't wait to have you join us.

An important date in the running calendar, the Yorkshire Marathon Festival is truly one of a kind as we come together year on year to celebrate the sport at all levels. Whether you're a first timer or returning marathoner, we guarantee you'll have a



great experience from start to finish. With months of training now under your belt, the big day is nearly here and we hope you're looking forward to the challenge as much as we are.

Once you pass over the start line at the University of York, you'll partake in one of the country's most scenic routes; passing many city gems and be guided through the City Walls as you head out into the surrounding countryside. With a perfect array of landscapes and sights, there's no surprise it's a route loved by many.

As you make your way around the course, you'll never be far from the ecstatic and encouraging crowds that will be out in force to cheer you along the way. From family and friends to spectators and visitors, many travel from far and wide to join the proud Yorkshire folk welcoming you.





Training, training and more training! It might feel like you've done nothing but prepare over the last few months from logging miles, sharing tips with friends and running practice routes, but it's important to take a step back and remember the reason for taking part in the first place. In no time at all, you'll be crossing the finish line of the Yorkshire Marathon Festival and you should celebrate the achievement and the months of hard work – be proud of yourself.



Preparation is key and included in this guide is everything you need to know to ensure you're all ready for the big day on 20th October. From route maps, transport information and checklists to inspiring case studies and a reflection on last year, you'll find all the information you need to help you have the very best experience.

It's time to unleash your inner champion.





UNLEASH

YOUR INNER

CHAMPION

Whether you're taking part in the Marathon or 10 Miler, event day will most likely be a challenge. But just remember the right training and preparation will pay off. You can do this!

Event day will require determination, dedication and digging deep. It can be an extremely personal experience for those taking part.

But who will be the champion? The bruised feet, the heavily beating heart or you? The person who was able to overcome something so testing and achieve something so amazing.

It's time to unleash your inner champion and take on the 2024 Yorkshire Marathon Festival!

A LOOK

BACK ON 2023

The Yorkshire Marathon Festival 2023 saw over 7,000 participants, from first time runners, athletes and charity runners, come together to partake in the popular event.

Not to forget, 2023 marked a very special milestone for the Yorkshire Marathon as we celebrated its 10th Anniversary.

10 years! That's an impressive amount of running, fundraising, volunteering and spectating not to forget the multitude of medals, finish line joy and all-round fun that comes together at this annual sporting celebration.

Radiating the unbeatable spirit of the county with a combination of pride and inclusivity, community and warmth, those lucky enough to secure a place were waved off by Yorkshire's own, Harvey Gration. Son of the late BBC Broadcaster Harry Gration MBE, first time marathoner Harvey joined thousands of runners of all abilities and ages, each with their own reason to run the marathon or 10 Mile route.

And what an outstanding year for course records - Katy Wood set both the Run For All 10 Mile **AND** Yorkshire 10 Mile female course records, after beating the previous

record by 2 minutes and 3 seconds, crossing the finish line in an impressive time of 00:56:53.

What a fantastic day all round. Celebrating God's Own Country, Yorkshire folk and the amazing running communities from near and far, we can't wait to see what 2024 has in store!

In the meantime, let's look back on last year's highlights...

CLICK HERE TO PLAY
2023 HIGHLIGHTS



INSPIRING STORIES

THIS YEAR'S

CHAMPIONS

DAVID'S 60 MARATHONS FOR MANCHESTER MIND

David, from Chorlton Runners based in the North West will be taking part in the Yorkshire Marathon as part of his wider epic marathon challenge, to run 60 official marathons over two years.

David will also be running to raise money for a cause very close to his heart, Manchester MIND. Taking up running at the age of 15 to help alleviate depression, David started running following on from his parent's divorce.

"I am in the middle of running 60 official marathons over two years - firstly, to mark my 60th birthday and secondly, to raise money for an essential cause that supports people with mental health issues!

"Although I was only very young, I had started to suffer depression as a result of my parents' divorce which had a huge impact on my life - because of the trauma that went with it! To add to this, the 70s was a time when mental health was never talked about and adults would keep saying "You shouldn't get depressed at your age!"

"Despite the fact that there is still a very long way to go, fortunately, things have moved on a lot more now and more people now feel they can talk openly about their mental health struggles - whatever their age! But there is still a long way to



go and a great need for funding which is why I wanted to raise charity funds for Manchester MIND.

"Since the tender age of 15, I have suffered depression many times over the last 45 years and although I didn't always immediately turn to running to self-medicate, running has always been the best medication for me!

"Mental health was such a taboo subject back then! This was made worse by the fact I had no one to talk to - apart from my biggest and most loyal supporter - my mother, Nancy.

"Sadly, my mother no longer knows who I am because of Alzheimer's but she is getting great care at Roseville Care Home, in Stockton-on-Tees, so I wanted to give something back for the care that we have both received over the years."

[READ MORE ABOUT DAVID'S STORY HERE](#)

OUR 2024 PARTNER CHARITIES

Fundraising is at the heart of the Yorkshire Marathon Festival and everything we do at Run For All. Each year, our Partner Charities are integral to the event and are a fantastic way for our participants to raise vital funds for such brilliant causes.

A huge fundraising vehicle for many local and national charities, we always encourage our participants to fundraise for one of our Partner Charities or charity of their choice.

Here are a few words from this year's amazing Partner Charities.



Jane Tomlinson Appeal

"The Appeal helps children to be happier and healthier and improves the lives of people living with cancer.

A big thank you to all our runners fundraising for the Jane Tomlinson Appeal to enable us to continue Jane's legacy, we cannot do this without your amazing dedication and support.

Good luck, enjoy the event and we look forward to meeting everyone on the day."



Mind York

"York Mind is a leading local provider of mental health support services, such as counselling, mentoring and advocacy to name a few. This year we have over 100 people who have chosen to support us through their Marathon, 10 Mile or Relay place. We'd like to say a huge thank you to every runner, and to anyone who's donated so far, for your support. We couldn't continue to offer our vital services without your generosity."



MACMILLAN CANCER SUPPORT

Macmillan Cancer Support

"A huge thank you to all of our Team Macmillan runners taking part in the Yorkshire Marathon this year.

With the help of our amazing supporters, we can continue to support the 50,100 people living with cancer in North Yorkshire and across the UK. Macmillan has committed to be there for everyone who needs us, from the moment they receive their cancer diagnosis. We want to help them find their best way through and help everyone live life as fully as they can.

We are proud to be part of such an exciting event and cannot wait to see all of our Team Macmillan runners out in their green finery, taking on the streets of York!"



St Leonard's Hospice
Caring for Local People



St Leonard's Hospice

"St Leonard's Hospice has been a leading provider of palliative and end-of-life care across York and North Yorkshire for almost 40 years. Our unrivalled care is only possible thanks to the support of the public, so we're immensely grateful to all the runners taking part and fundraising for St Leonard's this year. Your incredible support ensures we can continue to be there for patients and their families when they need us most. Best of luck to all the runners!"

Yorkshire Cancer Research



Yorkshire Cancer Research

"Every 17 minutes, someone in Yorkshire is told they have cancer.

Yorkshire Cancer Research exists so that more people can live longer, healthier lives, free of cancer. Thanks to our supporters, the charity has been funding vital screening programmes, improving treatments and pioneering new services since 1925 - for Yorkshire and beyond.

Good luck to all the runners who are fundraising for the charity. Together, we're changing Yorkshire's cancer story, for good."



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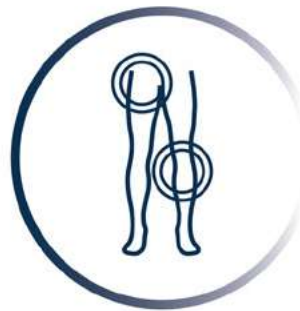
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INSPIRING STORIES

THIS YEAR'S

CHAMPIONS

“RUNNING HAS HELPED ME THROUGH THE TOUGHEST YEARS OF MY LIFE.”

Sheila, of Richmond North Yorkshire will be taking part in the Yorkshire 10 Mile in memory of her daughter Holly and to raise important funds and much needed awareness for the charity, the NSPCC.

“Holly died in November 2021, aged just 34 years. She had everything to live for with a bright future ahead in her dream career as a lawyer and the love of her family and friends but Holly struggled with her mental health and turned to alcohol to help her cope with life and so she became addicted to alcohol.

“When Holly was in a ‘good place,’ she used swimming and running to help her mental health; we knew when she was not well when she did not run or do a workout but used alcohol to help blot out her mental state. This would then lead to another crisis and intervention. In early 2020, Holly came to live with us in North Yorkshire and received support from the GP, the addiction services and community mental health support.

Inspired to run by Holly, who described by Sheila was a ‘fitness fanatic’, Sheila started running during the last lockdown in January 2021. Holly was living with Sheila at the time in North Yorkshire,



“Holly encouraged me to ‘get fit’ and do the ‘Couch to 5K’. I completed the programme and continued running as often as possible. We were all optimistic about Holly’s future when she returned to work as a lawyer working from home, even though she relapsed several times and had to ‘drink down’.

“Running has helped me through the toughest years of my life; I am alone with Peggy dog and my thoughts, and I also feel close to Holly. I run three times a week, usually first thing and on ‘rest’ days I do the Strength for Runners on the Her Spirit App and have recently joined the local gym.

“As Holly told me once while out walking the dogs, ‘keep running even when I’m no longer around.’ I will be running in Holly’s memory, and I hope she would have been proud. Holly will be with me every step of the way.”

READ MORE ABOUT SHEILA’S STORY [HERE](#)

JANE TOMLINSON APPEAL



A big thank you to all runners fundraising for the Jane Tomlinson Appeal. Your support makes such a difference.



OUR KEY FOCUSES

.....



OWLS children's bereavement care



Kinesio taping - non-drug therapy



Children's health and well-being



Early detection of breast cancer

Read more about our programmes at
janetomlinsonappeal.com

Follow us   

INTERNATIONAL RUNNERS

Drawing runners of all ages and abilities both nationally and internationally, the Yorkshire Marathon Festival has grown to become a major sporting fixture, a true testament to the event's character and significance within the global running calendar. Attracting participants from across the globe, over 65 countries have been represented at the Yorkshire Marathon Festival to date.

Hear below from some of this year's participants who are travelling from overseas.

Scott Schoenleber - United States

"My family and I are fans of Yorkshire's literary traditions, especially the stories of James Herriot. His stories transport me to a different world and bring me so much joy. I also love to run. So you can imagine my delight when I learned about the Yorkshire Marathon. I'm thrilled to be able to spend time in Yorkshire with my wife and two children, who will be cheering the runners on from the sidelines. We can't wait until October!"



Siobhan Crise - United States

"I will be travelling from Connecticut, in the United States and I decided to run a marathon to celebrate my 50th birthday. I decided to run a marathon in the north of England to lure my younger Manchester-based sister to do it with me. It worked.

I also decided to run the Yorkshire marathon because I gave my American husband the choice of "marathons in the north of England in autumn 2024" and he jumped at the chance of going back to the Yorvik Centre to check if the exhibits smell as "authentic" as they did in 1992, when he was last there. That's the whole truth and nothing but the truth."



INTERNATIONAL RUNNERS



Alex Ainley - New Zealand

"I'm from NZ and coming over for my brother's wedding on the Thursday prior. I've been running for the past few years and have completed 4 marathons now. This will be my fifth. I really enjoy running and especially the big events and couldn't miss this one. I'm really looking forward to it!"

Japp Roording - Canada

"England is the country overseas that I always love to return to. In 1994 I did a research year at Cambridge University and made friends for life. One of them is a Yorkshireman, Peter, and of course in the weekend of the marathon I will visit him and his wife. It will be my twentieth marathon, therefore a special one to me. I look forward to running in the beautiful city of York!"



Wayhne Miller - United States

"I live in the city of Chicago near where the Cubs baseball team plays. Yorkshire is my first non-US Marathon. A friend who was a former professor at University of York recommended it! On cooler days I will train with my border collie, Tempo (he is as bonkers as he looks). He will run up to a half marathon, and chase a squirrel or two while doing it."





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YOUR 2024 RACE GUIDE



**YORKSHIRE
MARATHON**



**YORKSHIRE
10 MILE**



NAIL YOUR MARATHON TAPER

The hard work has been done; the early mornings, training in all weathers, being hungry 24/7 and maybe even losing a few toenails... but finally the big day is only a few weeks away!

It can be really tempting over these next few weeks to cram in extra sessions, or tag a few more miles onto you run but we hope that after you read our Top 5 Tips for Tapering you will realise how important this period is and that by nailing your taper it can make a huge difference on race day!

WHAT IS A TAPER?

The taper leading up to the big race is actually one of the most important parts of your training plan, but it can be very easy to overdo it and get it wrong! A taper typically starts around 2-3 weeks before race day and the aim is to gradually decrease the volume and intensity leading up to race day. We do this so you can recover from the hard, intense training over the last few months and it helps you feel that bit fresher on the start line.

TRAINING REFLECTION

As you head into your taper, now is the perfect time to look back over your training and pick out your training highlights! As we head towards race day, now is not the time to focus on the negatives, so instead focus on the runs that went really well, the runs you felt strong and the ones you enjoyed the most! If for some reason your training did not go exactly to plan, now would also be a good time to think about your goals and adjust as necessary.

DON'T PANIC!

It can be really tempting to use your taper as a time to cram in any long runs or sessions you may have missed during your training, but please don't! There will be no benefit to doing this, and in fact it could have the opposite affect and leave you feeling tired and overcooked for race day. It is fine to keep some intensity in during your taper, but you shouldn't be pushing yourself to the maximum... save that for the big day!

PLAN TO DO NOTHING

It can be really tempting to use all this extra free time to cram in lots of activities and keep yourself busy, but you don't want to overdo it! So if you usually get up at the crack of dawn to fit in your long run, use that time to have a lie in instead or just relax for a few hours with your favourite TV show or book. Trust us, your body will thank you for the extra rest come race day!

KEEP YOURSELF FUELLED!

Another common misconception is that because your training has reduced you don't need to worry about your nutrition as much, but this couldn't be further from the truth! During your taper you still need to think about fuelling your body well, and it is important to remember that our body cannot repair and build with no calories! You don't need to worry about carb loading until the week of the race, but it is still worth being mindful that you are still preparing your body to run a marathon. You may also find that you are actually hungrier at this point too, so make sure you listen to and honour your body and what it needs.

GOAL SETTING

A really good thing to do during this time is also think about your goals for the marathon. This actually goes hand in hand with the training reflection and it's now time to be really honest about what you want to, and what you think you can achieve.

We recommend setting yourself an A, B, C goal for race day, as this can really help to take the pressure off becoming fixated on one set goal, and they don't even need to all be time related. Here is an example;

A Goal - Sub 4 Marathon.

B Goal - Get a PB (current PB 4.10)

C Goal - Just finish! And cross the line with a smile on my face.

The logo for COOPAH, featuring a stylized orange and white arrow pointing right, followed by the word "COOPAH" in a bold, white, sans-serif font.

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Yorkshire Marathon 2024



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RACE NUMBER INFORMATION

We know many of you will be awaiting your race number, please be advised that marathon and 10 Mile race numbers will start arriving in the post from Monday 30th September.

If you don't receive your race number in the post by event day or entered either events on or after Monday 7th October, you will need to collect your race number from the Race Office over the event weekend.



The Race Office will be located in the Event Village, at Campus South.

[EVENT VILLAGE MAP HERE](#)

Opening times:

Saturday 19th October

12:00 to 16:00

Sunday 20th October

From 07:00



EVENT FAQ'S

[CLICK HERE](#)

EMERGENCY CONTACT INFORMATION

Please ensure you fill out the back of your race number with your emergency contact information. If you can no longer take part, please don't swap your race number with anyone. If you do, we won't know who to call in an emergency. Any runners we find to be doing this will be disqualified.

TIMING CHIP

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



BAGGAGE

Please use the tear-off strip attached to your race number to access the Baggage Store.

Simply tie it around the handle of your bag before checking it in to the Baggage Store located in the Event Village from 7.00am.

FINISHER'S T SHIRT

Marathon participants - located on your race bib is an icon stating your Finisher's t-shirt size. You will be able to collect your t-shirt at the finish line.

Yorkshire 10 Mile participants

If you have chosen to purchase a Finisher's t-shirt with your entry, you will find an icon located on your race number indicating your t-shirt size. You will also be able to collect your t-shirt at the finish line.

If you haven't purchased a Finisher's t-shirt already, you can purchase one from the Race Office located in the Event Village on event day.

HIGH 5

FUEL THAT
HIGH 5
FEELING





HIGH 5

YORKSHIRE MARATHON NUTRITION



If you're tackling a marathon, you will have trained hard for months to get in great shape and ready to line up at the start of those 26.2 miles. One of the critical pieces in the marathon puzzle is your race-day nutrition strategy...

The Fuelling Facts

During a marathon, more than two thirds of your energy can come from carbohydrate. Unfortunately your body is only able to store a limited amount of carbohydrate and as the miles tick by, you will deplete that store. As your carb levels fall, so does your energy, and you will find it harder to maintain your early pace. You could even hit the dreaded 'wall' – where your carb stores are so depleted that your muscles are forced to rely almost exclusively on fat as fuel.

During Your Marathon

Think of your body's store of carbohydrate as a relatively small fuel tank, that starts emptying as you start running. Your muscles use carbohydrate quickly and can easily deplete that store during a Marathon. If you provide your muscles with carbohydrate by consuming gel as you run, they will take less fuel from your carbohydrate store and it will last longer. The purpose of taking gel during your marathon is to delay the point at which you run out of fuel – until you cross the finish line.

Taking too much gel too quickly can and will cause stomach problems. By contrast, taking just a couple of gels at the 17 mile mark, as some people do, will only provide a short lived energy boost. Taking 2 or 3 gels every hour from the very start of your event is optimum and will mean that by mile 17, you should still have enough carbohydrate energy available for a strong finish.



ENERGY GEL AQUA AND ZERO

AVAILABLE ON COURSE

RACE DAY BREAKFAST

Breakfast should be light and high in carbs. Cereals, toast and porridge are good options. Drink 500ml of HIGH5 Energy Drink for additional carbs and to stay well hydrated. Take a HIGH5 Energy Bar with you to eat on the way to your race.

NOVICE RUNNERS

If you weigh more than 55kg: 15 minutes before the start take two HIGH5 Energy Gel Aqua Caffeine sachets and drink 200 to 300ml of water or HIGH5 ZERO.

If you weigh less than 55kg: 15 minutes before the start take two HIGH5 Energy Gel Aqua sachets (no caffeine) and drink 200 to 300ml of water or ZERO.

DURING YOUR RUN: take one Energy Gel Aqua sachet every 30 minutes. Wait until 30 minutes from the start of your race before taking your first sachet.

If you are on-course for a long time, try using Energy Gel Aqua Caffeine for the first 4 1/2 hours of running, then switch to standard Energy Gel Aqua (without caffeine) for the remainder of your run. Use a HIGH5 Race Belt to carry your gels.

EXPERIENCED RUNNERS

15 minutes before the start take two Energy Gel Aqua Caffeine sachets (with caffeine) and drink 200 to 300ml of water or ZERO.

DURING YOUR RUN: Take one gel sachet every 20 minutes during your run (3 per hour). Wait until 20 minutes into your race before taking your first sachet. Depending on bodyweight, there is a maximum number of Energy Gel Aqua Caffeine sachets you can take. Any additional gels you consume should be standard Energy Gel Aqua (without caffeine). Your bodyweight: Max Energy Gel Aqua Caffeine sachets:



50kg: 5 during + 2 before

60kg: 7 during + 2 before

70kg: 8 during + 2 before

80kg: 9 during + 2 before

90kg: 10 during + 2 before

If you find that 3 gels an hour is too much, try and consume as many gels as you comfortably can. Practicing using gel during longer training runs makes it easier to use on race day. You can use Energy Gel instead of Energy Gel Aqua depending on personal preference - they perform the same function.

FLUIDS

Your fluid needs will depend on how warm the weather is on race day and how much you sweat. Try to drink water or the on-course drink regularly. If you use the on-course drink, take care not to consume too much additional carbohydrate from that drink or you will need to adjust your gel intake. In very hot conditions you may need additional electrolytes. Individual ZERO tabs can be wrapped in Cling Film and carried on your run. Simply put the tab into the on-course water to make a refreshing electrolyte drink. ZERO does not contain carbohydrate.

AFTER YOU FINISH

Drink 400ml of HIGH5 Recovery Drink as soon as you finish. Drink another 400ml one hour later and eat a balanced meal as soon as possible.



CAFFEINE NOTE

Caffeinated products are not suitable for children and pregnant or breastfeeding Women. If you do not wish to use caffeine for any reason, simply follow the guidelines using gel without caffeine.



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GETTING TO

TO THE START LINE TRANSPORT GUIDE

We highly recommend planning your journey to the start line well in advance.

There will be several thousand people travelling to York at the same time, along with a number of road closures in and around the city, so book your travel now to avoid the added stress on event day.

Please book earlier departure slots and account for travel times to the event village.

Please note that road closures will be in place to facilitate both the Marathon and 10 Mile route and vehicle access for non-residents will be restricted. A full list of road closures can be found [here](#).

PARK AND RUN AT ELVINGTON AIRFIELD

TICKETS SELLING FAST DON'T MISS OUT

With the support of York Pullman and Elvington Airfield, we will be offering a Park and Run service for all participants and spectators of the Yorkshire Marathon Festival.

Regular services will run between our parking site at Elvington Airfield and the Event Village at the University of York. A spectator shuttle bus service will also run from the Event Village to the two spectator points across the course including Dunnington and Stamford Bridge.

There is NO event parking at the University of York or in the immediate vicinity so Park and Run is essential if you would like to travel to the event by car.

Please note that the bus journey from the parking site to the Event Village will take approximately 20 minutes. Please allow for an additional 15 minutes to walk

between the Event Village and the start-line.

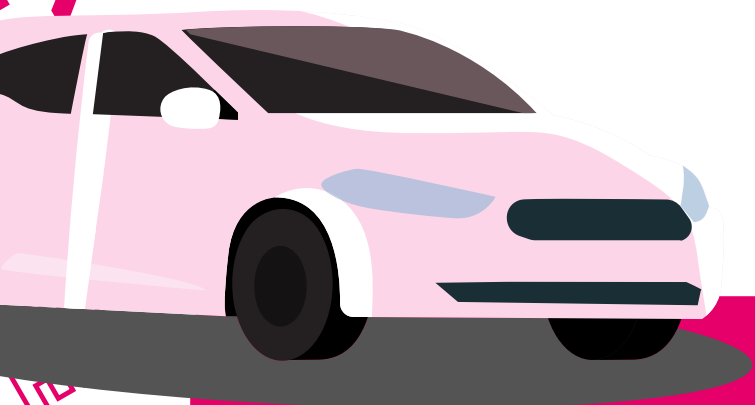
We kindly ask that all participants and spectators plan and book travel in advance.

*Capacity is limited for all services and we recommend marathon participants book the early slots to ensure they arrive at the start line on time. For Marathon runners, we would recommend getting on a bus no later than 08:30.

To purchase your ticket and to find the best travel option for you [click here](#).

Please note that the final Park and Run service departing the Event Village back to Elvington Airfield will be 17:00.

There will be no parking available at the University campus.



DROP OFF POINTS

There will be two designated drop-off and collection points at the University of York.

It is advised that participants make arrangements for collection post-event well in advance as waiting will not be permitted.

West Loop (YO10 5ND): A19 / Main Street (Fulford)- Broadway - Heslington Lane; for participants travelling from the city centre and/or west of the city.

East Loop (YO10 5DQ): Church Lane- Innovation Way - University Road - Field Lane; for participants travelling from the A64 and/or east of the city.

CITY CENTRE SHUTTLE BUS

A City Centre return Shuttle Bus service will run between York Train Station to the Event Village.

Tickets are to be purchased from the driver on the day. A return bus ticket per person will cost £4.00 and single return ticket per person will cost £3.00.

Please note that this option is available to both spectators and participants.

The service will run from 06:30 until 17:00 and priority will be given to runners pre 08:30.



TRAVELLING BY BIKE

For anyone looking to ride to the event, there are several off-road cycle paths and on road cycles offering safe access to the University.

Bike parking is widely available at the University of York and is situated within the Event Village in Campus South [click here](#).

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



YORKSHIRE - GET RACE DAY READY.

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YOUR MARATHON CHECKLIST

- RUNNING SHOES - RECOMMENDED FROM GAIT ANALYSIS
- RACE VEST
- LIGHT-WEIGHT RUNNING CAP
- SPORTS SUNGLASSES
- WATERBOTTLE
- LIGHT-WEIGHT JACKET
- NUTRITION/GELS
- NUMBER BELT





RACE DAY READY!

Receive 15% off at Up & Running with your race entry confirmation.

At Up & Running, we understand the dedication and hard work you've put into your training, and we're here to support you every step of the way, with 15% off in-store with your race confirmation.

With the start... and finish line in sight, here are some running tips to help you make the most of the final days leading up to the big day:

Consistent Training: Stick to your training plan but prioritize rest and recovery. It's not the time to overexert; your body needs to be in peak condition on race day.

Nutrition Matters: Pay attention to your diet, ensuring you fuel your body with the right nutrients. Stay hydrated and maintain a balanced intake of carbohydrates, proteins, and healthy fats.

FUN, FREE AND FRIENDLY WEEKLY 5K

Once you have completed your race, or to help you to train for your next challenge, we have our Up & Running SRG (Social Run Groups) from most of our stores each week - you can find your nearest group [here](#).

Sign up to SRG and you can earn rewards for the runs that you do, 5 runs for a t-shirt, 10 runs for free socks and 35 runs for £35 off your next pair of running shoes.

Plus, don't forget as an SRG runner you will get 10% off in store all year round. Join us and run, it's fun friendly and open to all abilities.

Gear Check: Visit Up and Running for a final gear check. Ensure your shoes are in good condition, and your apparel is comfortable for the long run. Don't forget accessories like socks and hydration.

Mental Preparation: Visualize your success. Mentally rehearse crossing the finish line and focus on the positive aspects of your training. Confidence plays a crucial role in race-day performance.

Mental Preparation: Visualize your success. Mentally rehearse crossing the finish line and focus on the positive aspects of your training. Confidence plays a crucial role in race-day performance.

Tapering: Gradually reduce your training volume in the last week to allow your body to recover fully. This ensures you're well-rested and ready for the challenge ahead.

At Up & Running, we're here to help you with any last-minute gear needs and offer expert advice to boost your confidence. Visit our shops for exclusive deals on Race Day essentials.

We believe in your ability to conquer the race and achieve your goals. Remember, the finish line is not just a physical marker but a testament to your dedication and resilience.

Wishing you all the best in the final weeks of training. See you at the finish line!

NEW



2024 MERCHANDISE NOW AVAILABLE

**9 OCTOBER LAST DAY TO ORDER ARRIVES IN THE POST BEFORE THE EVENT
14 OCTOBER LAST DAY TO ORDER FOR COLLECTION ON EVENT DAY**

ALSO AVAILABLE ON THE DAY

[PURCHASE TODAY CLICK HERE](#)

EVENT DAY KEY TIMINGS

06:00

Park and Run Car Park opens at Elvington Airfield.

07:00

Race Office and Baggage Store opens in the Event Village in Campus South.

09:00

Spectator Shuttle Bus to depart the Event Village for Stamford Bridge via Dunnington. Service to run every 15 minutes.

09:25

Wheelchair Yorkshire Marathon Starts.

09:50

Assembly Zones open for Yorkshire 10 Mile runners only.

10:15

Yorkshire 10 Mile Starts.

11:05

Yorkshire 10 Mile winner expected.

16:35

Final Yorkshire Marathon participant expected.

06:30

Park and Run Services to the Event Village begin from Elvington Airfield.

First City Centre Shuttle Bus to depart York City Train Station.

08:30

Assembly Zones open for Yorkshire Marathon runners only.

09:15

Yorkshire Marathon warm up begins in the Assembly Zones.

09:30

The Yorkshire Marathon Starts.

10:00

Yorkshire 10 Mile warm up begins in the Assembly Zones.

11:00

Return services to Elvington Airfield begin from Campus south.

11:50

Yorkshire Marathon winner expected.

17:00

Final Park and Run service departs the Event Village back to Elvington Airfield.



ON THE DAY GUIDE

PRE EVENT



BAGGAGE

Participants are advised to use the designated Baggage Store located in the Event Village, in Campus South which will be open from 07:00.

- Please use the tear-off strip attached to your race number to access the Baggage Store and simply tie it around the handle of your bag before checking it in to the Baggage Store.
- You can retrieve your baggage from the same store after your run.
- Please note that all bags must be the equivalent size to a small rucksack or small sports bag and security will be in place in order to conduct random bag searches. Any luggage type larger than the size of a small rucksack will not be accepted.
- After the race, 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.



CLOTHING

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



TOILETS

- Please use the allocated toilets for this event located around the campus and in the [Event Village](#).
- Run For All operate a zero tolerance policy and any runners seen urinating anywhere other than the facilities provided will be disqualified.

Reminder: please leave plenty of time pre-race to use the facilities.



ASSEMBLY ZONES

- Both the Yorkshire Marathon and Yorkshire 10 Mile are self-penning events.
- Please note that your Assembly Zone will not be identified on your bib.
- We will have timing flags near the start line, so please assemble near a flag which aligns with your predicted finish time. This will minimise congestion when the race begins.



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.
- If you do need medical assistance on the day, please seek out a member of staff or volunteer who will be able to assist.
- Please familiarise yourself with the location of first aid. See [Event Village map](#).



EVENT VILLAGE

- To satisfy your pre and post-run fuel needs, a selection of tasty food and drink choices will be available to purchase.
- Some of our wonderful partners including Arla Protein, Up & Running, as well as our fabulous partner charities will also be located in the Event Village, so make sure you go say hi.



WARM UP

- Make sure you get to the start line at the correct time to take part in your warm up. This is a great way to get moving and ready to run.
- The marathon warm up will start at 09:10, followed by the 10 Mile warm up at 10:00.

GOOD LUCK TO THE RUNNERS OF YORKSHIRE















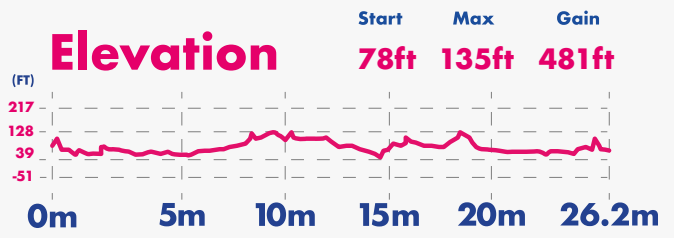
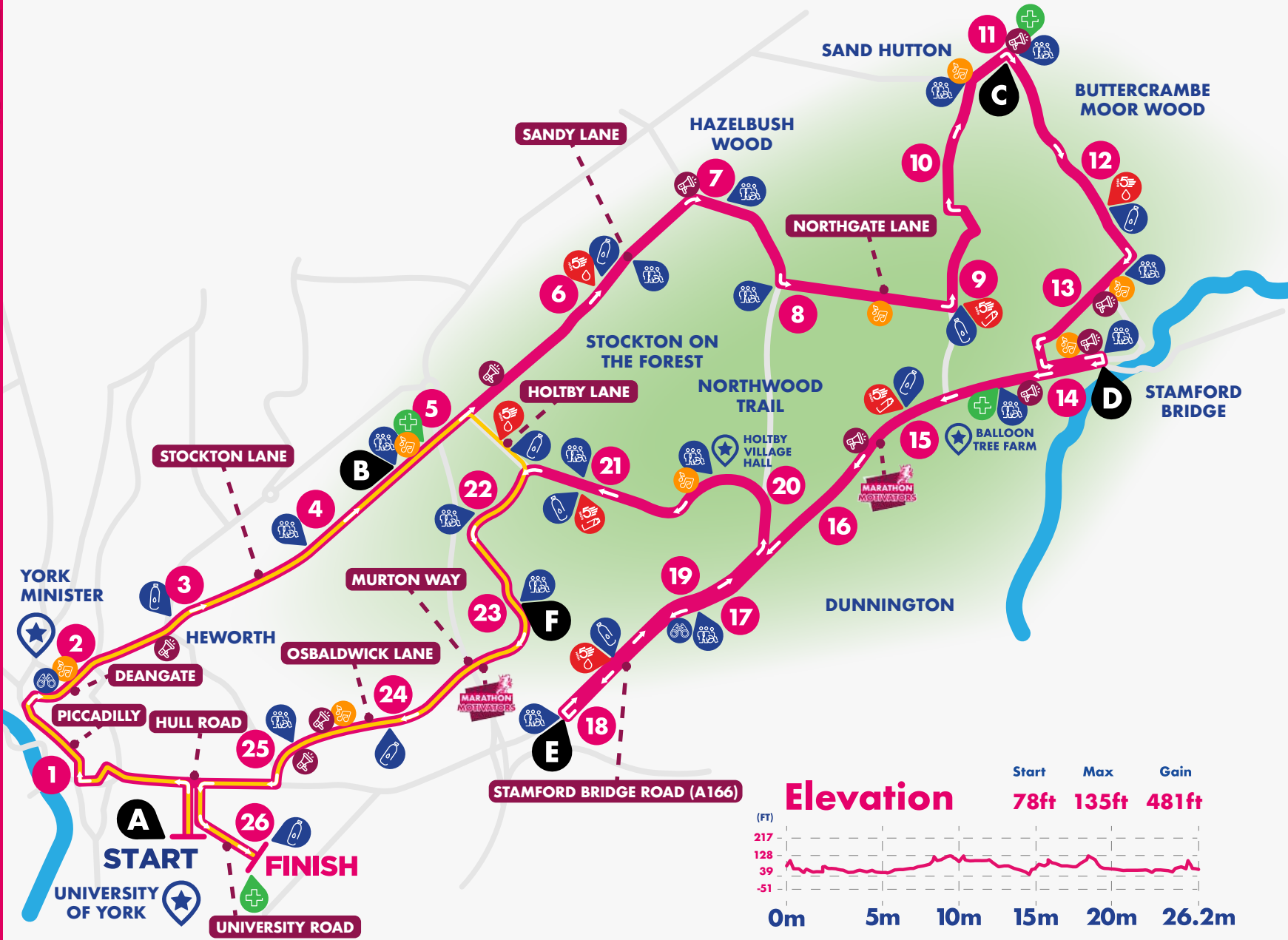
FEED YOUR DRIVE
WITH ARLA PROTEIN



STRENGTH COMES FROM WITHIN

Key

-  WATER
-  HIGH 5 TAB STATION
-  HIGH 5 GEL STATION
-  TOILETS
-  10 MILE ROUTE
-  MILE MARKERS
-  RELAY CHANGE OVER
-  FIRST AID
-  LANDMARK
-  SPECTATOR POINT
-  CHEER POINT
-  ENTERTAINMENT



*Route map subject to change

ON THE DAY GUIDE

POST EVENT

A CHAMPIONS FINISH LINE

The moment you've been waiting for is finally here. You've crossed the finish line and you've officially completed the 2024 Yorkshire Marathon Festival!

We know once you're across the finish line, you'll want to stop. However, we ask you please don't stop too suddenly as this can cause a danger to people behind you.

Please continue past the finish line to collect your well-deserved medal, Finisher's t-shirt and goody bag of treats and take into the Event Village to show off to family and friends!

ERDINGER 
ALKOHOLFREI

Once you have made your way through finish processing, you will be offered a cup of chilled naturally brewed Erdinger Alkoholfrei. Providing a perfect balance of B-Vitamins and minerals, this great tasting isotonic recovery drink is free from fat and cholesterol, making it the perfect way to refuel and recover as you celebrate your victory with family and friends.

RACE DAY MEMENTO

Head to the Event Village on race day and visit Epic Etchings to get your finishers medal engraved and Personal Best Vests to order your own personalised Finisher's t-shirt print to help celebrate your achievements in style.



YOUR RITUAL AFTER

ERDINGER
ALKOHOLFREI



**YORKSHIRE
MARATHON**



ERDINGER

ALKOHOLFREI



ERDINGER
ALKOHOLFREI

REGISTERED TRADEMARK

- ▶ ISOTONISCH
- ▶ VITAMINHALTIG
- ▶ KALORIENREDUZIERT

Whitby Running Club
FINISHER 2023
YORKSHIRE MARATHON

MASSAGE

Head to the Exhibition Centre for a complimentary massage.

FINISHER T-SHIRTS

If you are taking part in the 10 Miler and haven't done so already, you will be able to purchase a Finisher's t-shirt at the Race Office located in the Event Village post-race.

RESULTS

All results will be available on our website soon after the event. Your results will also be sent via text to the phone number you registered with at point of entry.

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.



Give your trainers a new 'lace of life' with JogOn

We are inviting you to part ways with unwanted old trainers that you may have previously thrown out. Drop-off stations will be made readily available next to the Race Office, located in the Event Village in Campus South.

Trainers will then be sent onto the JogOn HQ, ready to be passed on for a new lease of life and redistributed to those who need them most. Where possible, the JogOn Again scheme enables the reuse of unwanted shoes by giving them to those in need, through distribution by partners in eleven hubs around the world. Where reuse is not an option for the shoes they are shredded, and their remains are reused for other purposes.

YOUR EVENT VILLAGE MAP

Key

	WATER		PARK & RIDE BUS STOP
	TOILETS		SPECTATOR SERVICE BUS STOP
	FINISH GOODY BAGS		CITY CENTRE BUS STOP
	RACE OFFICE		BUS TO RELAY CHANGE OVER POINTS
	FAMILY & FRIENDS MEETING POINT		FOOD & DRINK
	BIG SCREEN		LANDMARK
	SPONSORS		FIRST AID
	BAGGAGE		WALKING PATH
	BIKE RACK		RUNNERS ONLY ONE WAY
	INFORMATION POINT		MERCHANDISE
	PUBLIC VEHICLE ACCESS LIMITED		



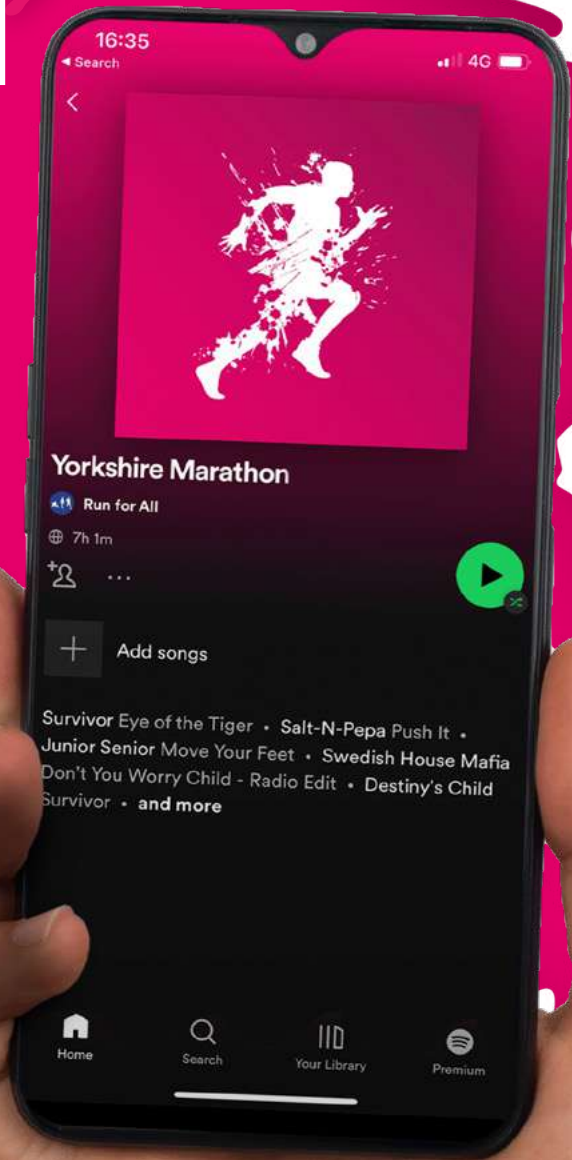
DOWNLOAD THE YORKSHIRE MARATHON PLAYLIST

Looking for some tried and tested running hits?

With the help of you guys, we've made an official Yorkshire Marathon Festival playlist to help you stay motivated during training or on the big day.

From high tempo bangers to memorable throwbacks, motivational classics and more, there's something for everyone!

[CLICK HERE](#)



MEET THE PACERS



Don't rush, stay hydrated, stick to your plan, and remember that low moments will come – but you can push through them! We'll have friendly pacers on course from Northern Pacing Volunteers, sponsored by Arla Protein who can help you stick to your intended finish time and keep you company and motivated as you make your way along the course.

They'll have flags attached to their backs with finish times so you can choose the best pace to suit you.

MARATHON PACER TIMES

- 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 30 MINUTES
- 6 HOURS



10 MILE

PACER TIMES

- 1 HOUR 5 MINUTES
- 1 HOUR 10 MINUTES
- 1 HOUR 15 MINUTES
- 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

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!

Please bear in mind that for anyone running at the back, you will be supported by a member of our support staff team who will stay with you all the way until the finish line.



PAUL ALEXANDER

TOP TIPS

1. Don't do anything new on race day - kit, food, hydration that you've not already practiced in training.
2. Have a good solid breakfast 2.5-3hrs prior and pre-hydrate before the race starts.
3. Get to the race start area with time to spare. Having time to make any final toilet visits helps settle the nerves as well as finding your starting pen with plenty of time.
4. Run within your limits. Don't set off too fast and avoid "banking time".....it doesn't work. Pacing evenly throughout is a much better approach.
5. Enjoy it! Race day is the victory lap to celebrate all of the hard work you've put into your training plan! Smile! Good luck!



LOIS MARSHALL

TOP TIPS

1. Drink LOTS of water throughout the day before - and have an electrolyte drink the evening before and morning of the race.
2. Eat pasta, run faster! My pre-race meal is always spaghetti alla puttanesca and a salad with LOTS of beetroot..
3. Pack a pair of comfy shoes/ flipflops or slippers to walk in afterwards.
4. Fuel every 3 miles from the start. Set your watch to display your heart rate and try to keep it low until at least halfway. If it's creeping into your threshold, ease off.
5. If you listen to music while running, try keeping it off for the first few miles and enjoy the atmosphere and support from the crowds. Use music as a pick me up for the middle and later stages of the race. The race begins at 20 miles.



STE DENNY TOP TIPS

1. Prepare the day/night before get everything ready so not to forget anything.
2. Find your pacer time at the starting pens so you can keep them in sight to get your target time.
3. Don't set off too quickly - pace yourself correctly to try and maintain throughout.
4. Keep hydrated and fuelled up throughout the race.
5. The main thing! ENJOY IT!

IONA TOP TIPS

1. Hydrate, hydrate, hydrate. Drink regularly throughout the race and replace lost salts (electrolytes).
2. Remember - you bring the training with you to the start line. Short runs, long runs, strong runs, sucky runs - they will carry you through the race!
3. Prepare the night before - plan your race kit, charge your watch, phone and headphones and have your drop bag ready to go stress free in the morning. They'll be nothing new on race day - stick with what you've tried and tested during training.
4. Relax! Check in with yourself regularly throughout the race - if you feel tension, roll your shoulders, shake out your hands, arms, legs & SMILE to let it go!



BBC RADIO York

wishes

GOOD LUCK

to all of this year's runners



Listen live and listen again

FM | DAB | **BBC**
SOUNDS

INSPIRING STORIES

THIS YEAR'S

CHAMPIONS

SCISSORMAN'S VERY FIRST YORKSHIRE MARATHON

Tim Wheeler, 62, a magistrate and former headteacher of Stockport Grammar School, will be taking on his very first Yorkshire Marathon this October.

Dressed as his alter-ego, 'Scissorman', Tim will be participating in a bid to raise awareness for the charity, the Little Princess Trust. It will be Tim's 17th marathon dressed as a Scissorman and 30th race overall dressed in the costume.

The Little Princess Trust provides real hair wigs, free of charge, to children and young people who have lost their own hair through cancer treatment or to other conditions such as Alopecia. The charity is also one of the largest funders of childhood cancer research in the UK.

Tim, who has been Chair of the Little Princess Trust since 2011, originally became involved with the charity in his role as headteacher at a former school. The charity was established by the parents of pupil Hannah Tarplee, who tragically passed away in 2005 after being diagnosed with cancer.

"I am very much looking forward to running my first Yorkshire marathon and wanted to share my story with you. I am chair of trustees for a charity called The



Little Princess Trust. I run marathons and half marathons as "Scissorman" to raise funds and profile for the charity. We make, provide and style free, real hair wigs for children and young people who have lost their hair, primarily through cancer treatment.

The scissors refer to the styling of wigs but also to the many, many people who have their hair cut and then donate it to the charity to be made into wigs - without their support, we couldn't do what we do. They lead to some great conversations about the work of the charity.

I also regularly get to meet people who have donated their hair or who have members of their family who have donated their hair and sometimes even people whose children have received a wig. Above all, I want to try and make sure that everyone who might need the support of the charity is aware of what we offer."

**READ MORE ABOUT
TIM'S STORY [HERE](#)**

DURING THE RACE



ROUTE SPLIT

At some points on the route, it's likely Marathon and 10 Mile runners will encounter each other.

We ask that Marathon runners stay to the left and 10 Mile stay right.



HYDRATION & FUEL

We will have eight water stations on course, as well as High 5 energy stations including High5 Zero tabs and High5 energy gels. Water will also be able at the finish line.

A full list of hydration and fuel locations available across the course for both the marathon and half marathon can be found below.

10 MILE - HYDRATION & FUEL

3 MILES



6 MILES



9 MILES



MARATHON - HYDRATION & FUEL

3 MILES



6 MILES



9 MILES



12 MILES



15 MILES



18 MILES



21 MILES



24 MILES



KEY



WATER



GELS



TABS



YORKSHIRE MARATHON

19.10.25



UNLEASH

YOUR INNER

CHAMPION

BECOME A
CHAMPION IN 2025

runforall.com



HEADPHONES

- You may choose to wear bone conducting headphones as you make your way around the course.
- We ask that volume is kept low to ensure you can hear the marshal's instructions, emergency vehicles and fellow competitors.
- Our official headphone partner Shokz use bone conducting technology to ensure you can still hear your surroundings.



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 3.5, 5, 7, 8, 11, 13.8, 17, 18, 19, 20, 22 and 23.
- Yorkshire 10 Mile toilet locations on course: Miles 3.5, 6 and 7.



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.



LITTER

- It's important that we leave the University Campus and route the same way we found them and look after the environment as much as possible.
- Recycling bins will be provided on course at each water station and we ask that you use them.
- If you want to hang on to your water beyond the provided bins, please ensure you hand your litter to a route marshal.

RACE SUPPORT

A sweeper vehicle will travel the route at a seven-hour completion pace and roads will re-open behind the vehicle. You have the option to retire from the race and board the vehicle at any time. If you expect to take more than seven hours to complete the event, please email info@runforall.com to discuss what support is available to you.

ENTERTAINMENT ON COURSE

Whether you are taking part in the Marathon or the 10 Miler, a number of our fantastic entertainment groups are stationed at key points along the route to keep motivation and spirits high.

From brass bands to drumming, there's something for everyone. Be sure to keep a look out as you make your way around the course!

Here's to running to the beat and soaking up a party atmosphere along the way!



**CITY OF YORK
PIPE BAND**



**EAST RIDING
PIPE BAND**



**LUCY'S
POP CHOIR**



**THE BLACK
MARCS**



**ROCK
CHOIR**

PLUS +

**GARFORTH
BRASS BAND**

**HUMBER DRUM
CIRCLE**

THE TENMOURS



MARATHON MOTIVATORS



Running a marathon can be a daunting challenge. Whether it be your first marathon or tenth, there's no escaping the mental and physical toll it takes on your body.

26.2 miles is a long way, but with the right training and preparation, your marathon experience should be an exciting and rewarding albeit challenging journey to the finish line.

To ensure motivation levels stay steady during this year's Yorkshire Marathon, we've partnered with two Yorkshire based running clubs, Dewsbury Road Runners



and Selby Striders Running Club. Both clubs will be your very own Marathon Motivator's for the day.

Both clubs are no strangers to running and will be based on route on the day to encourage, motivate and inspire as you make your way along the 26.2-mile route. Regardless of your running status on the day, we are more than confident that our motivators will put you in good stead.



SELBY STRIDERS

Chairlady of Selby Striders Running Club, Cassandra Fennell said "Supporting the Yorkshire Marathon is a fantastic opportunity to champion runners and offers a way for us to give back to the running community as a proud Yorkshire club. With many of our club members taking part, it's a brilliant opportunity to cheer them on and celebrate their dedication alongside the efforts of the thousands who will take part. The Striders are looking forward to seeing everyone's hard work pay off, and we'll be there

making noise come rain or shine. It's all about fostering local spirit and encouraging an active lifestyle, and we can't wait to be part of the excitement."

DEWSBURY ROAD RUNNERS

Dawn of Dewsbury Road Runners said "The Yorkshire Marathon Festival is a very inspirational event. As a runner it's so important to have the support. At last year's event, it was great to see how many runners appreciated our cheers and sweets along the way."



ROB BURROW LEEDS MARATHON

In Partnership with **Clarion**
11.05.25



RUN FOR ROB

runforall.com

INSPIRING STORIES

THIS YEAR'S

CHAMPIONS

PC BELL AND PC ROBINSON'S 10 MILE CHALLENGE



As front-line Police Officers, PC Bell and PC Robinson have experienced first-hand not only the significance and role the Yorkshire Air Ambulance can play in communities across the UK, but also how much of an asset this resource is to those in need.

On Thursday 6th July 2023, they were both dispatched to an emergency call relating to criminal damage of a vehicle. Whilst on scene the caller Allan suffered a medical episode within minutes of our arrival, resulting in a cardiac arrest.

Between them both, they administered first aid and commenced CPR, which ultimately saved Allan's life.

"PC Bell and I have decided to run the York 10 Mile race in October 2024 and would like to raise money for the Yorkshire Air Ambulance. We have chosen to raise money for this charity because as front-line Police Officers we have seen first-hand how much of an asset this resource is to those in need.

"We administered the initial first aid to Allan, commencing CPR and providing rescue breathes. Police colleagues arrived on scene to provide support and to deliver a defibrillator.

"The Yorkshire Ambulance Service arrived on scene and administered life-saving medical treatment whilst we continued to support the family.

"A prompt arrival from the Yorkshire Air Ambulance ensured Allan was assessed by the on-flight Dr and medical crew. They stabilised Allan and ascertained quickly that surgery was required, resulting in him being air lifted to the Leeds General Infirmary. On arrival Allan was taken to surgery and remained in hospital where he recovered.

"Unfortunately, in order to provide immediate first aid Allan's beloved Huddersfield Town shirt had to be cut off him. He has since gratefully received a new shirt from his beloved club.

"We are grateful for the prompt and effective multi-services involvement which ultimately saved Allan's life. Without the prompt attendance of the Ambulance service and YAA the outcome may not have been so positive.

"It costs YAA £12,000 a day to provide their support across Yorkshire. To provide this lifesaving asset to others we would like to raise as much as we can, we appreciate any donation!

Thank you for your support!"



fuel up on the bench

join us for nourishing bowls +
energising juices, pre or post-race

**wagamama**

order an adult's main + get a **side dish on us**. valid with a race ticket at wagamama
york + wagamama york designer outlet. expires monday 21 october

COURSE RECORDS

Yorkshire Marathon



EDWIN KORIR
02:13:31 2013



HELEN KOSKEI
02:40:06 2013



BRET CROSSLEY
01:45:16 2017



JADE JONES
02:05:57: 2016

Yorkshire 10 Mile



DOMINIC SHAW
00:50:15: 2017



KATY WOOD
00:56:53 2013



TIAAN BOSCH
00:43:04: 2021



HANNAH COCKROFT
00:44:50: 2017



**YORKSHIRE
MARATHON
FESTIVAL**

PARK & RUN



**YORKSHIRE
MARATHON
FESTIVAL**

20.10.24



**BE QUICK TICKETS
ARE SELLING FAST!**

NOW OPEN!

runforall.com

LAST YEAR'S FESTIVAL CHAMPIONS

YORKSHIRE MARATHON

Joe Sagar was the winner of the 2023 Yorkshire Marathon, snapping up first place in a time of 02:24:10, just 10 minutes and 39 seconds shy of the Yorkshire Marathon event record set in 2013 by Edwin Korrir.

After winning the Leeds Marathon this year, Joe is set to join us again at the Yorkshire Marathon. Will he take home another crown or will someone else take victory at the 2024 Yorkshire Marathon? Watch this space.

Melissah Gibson was the first female to cross the finish line of the 2023 Yorkshire Marathon, crossing the line in a time of 02:40:40, just thirty-four seconds shy of the female course record set in the event's inaugural year by Helen Koskei.

The question is... who will take home 1st place in our female Yorkshire Marathon field this year?



Joe Sagar



Melissah Gibson



Cal Mills

YORKSHIRE 10 MILE

Last year's Yorkshire 10 Mile winner, **Cal Mills** crossed the finish line in a time of 00:50:18, just 3 seconds shy of the course record set in 2017 by Dominic Shaw!

Will Cal, of Leeds City AC regain his title or will someone else be crowned the winner of the 2024 Yorkshire 10 Mile race?



Katy Wood

Last year, **Katy Wood** sets the Run For All 10 Mile Female Course Record AND Yorkshire 10 Mile Female Course Record, crossing the finish line in a time of 00:56:53

The previous Yorkshire 10 Mile female course record and Run For All 10 Mile Female course record was set at the 2019 Yorkshire 10 Mile by Sharon Barlow in a time of 00:58:52.

ELITE WHEELCHAIR RACE YORKSHIRE MARATHON

Callum Hall was the first elite wheelchair participant to cross the finish line of the 2023 Yorkshire Marathon in a time of 01:55:02. Back in 2017, Bret Crossley set the course record with a time of 01:45:16.



Callum Hall

ABBOTT WORLD MARATHON MAJORS WANDA AGE GROUPS CHAMPIONSHIPS

The Yorkshire Marathon is now one of the Abbott World Marathon Major's (AbbottWMM) race partners, which means that those taking part can now earn AbbottWMM Wanda Age Group World Rankings points.

As a qualifying race, participants of the Yorkshire Marathon can now choose to earn points according to their age, time and gender. The spread of the AbbottWMM Wanda Age Group Qualifying Events creates a truly global series throughout the year, giving runners across the world the chance to be part of a new era of age group marathon running.

The AbbottWMM Wanda Age Group World Rankings is a one-year qualifying period during which athletes in nine separate age groups can compete in marathons across the world to earn ranking points. The fourth edition of the qualifying period began on 1 January and runs through to the end of the year. At the end of the qualifying period, the top ranked runners in each age group will be invited to the 2025 AbbottWMM Wanda Age Group World Championships.





UNIVERSITY
of York

A photograph of a modern, white, multi-tiered building with a distinctive triangular roof structure, situated on the edge of a calm lake. The building is reflected in the water. In the background, other university buildings and greenery are visible under a clear blue sky. The foreground shows the dark silhouettes of tree branches hanging down from the top of the frame.

STEP INTO A WORLD OF OPPORTUNITY

Discover York - a leading Russell Group university within walking distance of the city.

Explore more of our beautiful campus
york.ac.uk/study/visit



IT'S ALL ABOUT TEAM WORK!

The Yorkshire Marathon Relay, a hugely popular addition to the Yorkshire Marathon Festival will see teams of six battle it out to claim the bragging rights of being the fastest team in the race. Participants get their marathon fix and medal by joining 5 friends or colleagues. Each participant will then take on a different leg of the marathon course!

Enjoyed by co-workers, friends and families alike, this is a great way to enjoy the Yorkshire Marathon without having to take on the full 26.2 miles. Teams of six will take on the beautiful and ancient streets of York in a battle to be crowned champions of the 2024 Yorkshire Marathon Relay.

Teams will look to achieve their fundraising goals, or simply enjoy a bit of healthy competition and with distances varying within the relay, it makes the relay both fun and accessible for participants of all abilities.

In last year's Yorkshire Marathon relay, Zeno's Arrows, collectively crossed the finish line in a time of 03:04:16 within the Open Team section, while TSG Consulting were the fastest female team to cross the finish line in a time of 03:39:15. And in the Mixed Teams section, team Millfield Medics crossed the finish line in a time of 03:35:16.

The race is on for 2024! Will your relay team be the quickest to cross the line?





YORKSHIRE MARATHON

RELAY

19.10.25



UNLEASH

YOUR INNER

CHAMPION

BE PART OF THE RELAY IN 2025

CLICK HERE

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INSPIRING STORIES THIS YEAR'S CHAMPIONS



THE BIG STRONG LASSES - STRONGER TOGETHER AFTER BREAST CANCER

This year's relay marathon will include two teams from the Big Strong Lasses – a community of women who weight train together, on zoom, after a diagnosis of breast cancer. It was set up by Carolyn Garritt, a personal trainer specialising in working in cancer rehabilitation who was diagnosed with breast cancer herself during the covid lockdown.

“I knew that I'd recover best if I made sure I did weight training three times a week, so I changed my work schedule and started teaching weights online, sharing my own rehab with others in the same boat.” The Big Strong Lasses rarely get to meet in real life but have been training together online since 2022. Some of them also are part of 5k Your Way, the brilliant initiative that links cancer patients with designated parkruns on the last Saturday of every month. In February this year they went further, and tackled 10km in the London Winter Run.

The Yorkshire Marathon will be their first relay event, and they can't wait. Running the last leg for her team, Fiona said, 'I'm taking part because I was so jealous of the excitement around the Winter Run and I felt I wanted to be part of that comradery, even if that meant doing some running'. Fiona is a regular parkwalker and is now following a couch to 5k programme as her first foray into running.

It's well known that exercising after a cancer diagnosis helps in many ways: it can help reduce the risk of the cancer returning and can help manage the myriad side effects from treatment. Training together as a group is proving a winning formula for the Big Strong Lasses: Karen, who has gone from a non-runner to a half marathoner since her cancer, said “The support and understanding that comes from doing this with women who have all had breast cancer is priceless.”

[READ MORE HERE](#)

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SPECTATOR

2024 GUIDE

YOUR YORKSHIRE MARATHON APP

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Don't forget to download the official Yorkshire 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, 10 Mile or Relay, view route maps, get key info, read the race guide, and more.



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SPECTATOR INFORMATION



Spectator support and encouragement will, as always, make a huge difference to event day.

Every word of support and encouragement will help motivate and inspire each participant all the way to the finish line.

There's a number of ways for spectators to get involved on the day. Whether your loved ones are hoping to watch you set off, track your progress out on route or catch you cross the finish line, we've got them covered.

To keep up-to-date on the latest news throughout the weekend, be sure to keep an eye out on socials.

TRAVEL

With NO event parking at the University of York or in the immediate vicinity, we recommend using the various public transport options available on the day. Spectators can use our dedicated Park and Run service or the various public transport options which will be available on the day. More information on the public transport options available on the day can be found throughout this guide.



PARK & RUN

For spectators wanting to watch participants on the start and finish line or out on course, we are delighted to offer a range of travel options via our dedicated Park and Run service.

With the support of York Pullman and Elvington Airfield, regular bus services will run between our parking site at Elvington Airfield and the Event Village at the University of York.

A spectator shuttle bus service will also run from the Event Village to the two spectator points across the course including Dunnington and Stamford Bridge.

To find out more and to find the best option for your loved ones, please click [here](#).



WHERE TO WATCH GUIDE

York's picturesque cobbled streets and scenic countryside makes the Yorkshire Marathon Festival the perfect event for spectators. With so many places for spectators to visit on course, we've created this handy guide to help them plan their route and choose the best spot to cheer you on out on course.

Please remember you won't be able to see your runner at all the spectator points.

The spectator timeline should be able to help you plan the best spot or use the pacer guide provided. Consider travel times between locations as it may take longer than you think.

YORK CITY CENTRE

2 MILES - MARATHON AND 10 MILER

Right in the heart of the city you'll find York Minster. Our runners pass this iconic landmark around 2 miles in to the race. You will be able to take advantage of the spectator shuttle bus service which runs between the Event Village and York train station, which is only a short walk away from York Minster.



STAMFORD BRIDGE

13 - 14 MILES - MARATHON

The turning point at Stamford Bridge lends itself to an ideal spectator site and is just a short 5 minute walk from the bus drop off point to the route.. As runners cross the half-way mark it is party vibes all round. Music and entertainment lines the course to ensure both runners and those supporting are entertained at this crucial point on the route.





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DUNNINGTON

17 MILES - MARATHON

Just a 10 minute walk from the bus drop off point, get more bang for your buck in Dunnington where you will be lucky enough to spot the runners twice! Runners will make their way down towards a turning point in Murton, before heading back towards Dunnington - meaning they get a double dose of support from cheering crowds. This charming village is a great location for spectators too, why not pack your camp chair and flask, settle in and enjoy the atmosphere.

HULL ROAD

9 - 24 MILES - MARATHON AND 10 MILER

The final stretch! Avoid the busy finish line and give the runners one last push of encouragement right when they need it most. As they approach that final hill up to the University, runners will have racked up a lot of miles, but the end isn't upon them just yet. Help them to beat the dreaded 'wall' and to keep their spirits high. Not much further now!

UNIVERSITY OF YORK

26 MILES - THE FINISH LINE

The finish line awaits in Heslington and as you can imagine, spectators play such an important role here. Keeping energy levels up and providing constant encouragement as runners will be undoubtedly exhausted. Spur them on to cross the line with a smile on their face and the sound of a roaring crowd.



SPECTATOR TIMETABLE

SPECTATOR TIMETABLE
AVAILABLE TO VIEW HERE.

RUN FOR ALL LEEDS DUO



LEEDS 10K
15.06.25

**TAKE ON DOUBLE
THE CHALLENGE**



ROB BURROW
LEEDS MARATHON
In Partnership with **Clarion**
11.05.25

LEEDS
HALF MARATHON
11.05.25

CLICK HERE

THANK YOU TO OUR EVENTEERS VOLUNTEER PROGRAMME

The Yorkshire Marathon Festival simply wouldn't happen without the support of our incredible Eventeers. Playing an instrumental role in the success of the day, their impact is felt far beyond the start line.

From supporting out on route as an official route marshal to handing out water and medals or even supporting in the Event Village, our amazing Eventeers are with you every step of the way. We know so many of you are grateful for their support and words of encouragement along the way.

Here's a list of some of our amazing Eventeers helping at this year's Yorkshire Marathon Festival: University of York Athletics Club, Good Gym, Move the Masses, York Sea Cadets, 2nd Acomb Scout Group, University of York Equestrian, Derwent Lions, Minster Lions, York Rotary, University of York Swimming and Water Polo, Holtby Community, James Volleyball, 1st Marston Moor Scout Group and Leeds Beckett University.



The team from the Minster Lions Club of York have volunteered and managed the Gate Helmsley Water Station every year since the inception of the Yorkshire Marathon. We are internally grateful for all of their support.

“We are all members or supporters of Minster Lions Club. The motto of Lions International is “WE SERVE”. Quite a few years ago now the opportunity came up for us to help the York Marathon by manning a water station to support the runners.

From the very first year of the marathon, we found the experience so exhilarating and joyful that in every year since we have volunteered with great enthusiasm.

We have been nicknamed “The Marathon Burger Bar” as we supply burgers for our own club members and the friends who come to help plus the supporting police and ambulance crews. Our enthusiasm, energy and vocal cheer has been a very supportive and rewarding way to encourage the runners, who themselves are competing to support their own chosen charities.

We end each year satisfied that we have done our best to support the runners with water or gel and provide plenty of joyous encouragement to boost their morale and help each one complete their individual challenge.”

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

Email to register your interest eventeers@runforall.com

Thank you for considering to volunteer. We'd love to have you on the team.

RUN FOR ALL WHITE ROSE TREBLE



SHEFFIELD HALF MARATHON

23.03.25



LEEDS HALF MARATHON

11.05.25



YORKSHIRE MARATHON

19.10.25



[CLICK HERE](#)



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