



The Tad 10 Race Guide

16th September 2018

10.00am



Welcome

Its nearly that time again - yes The Tad 10 is only a few days away. This is only our third year at running this event following on from the success of the Tadcaster Harriers running the event from 1983 up until 2002. 2016 was the first time the race had been run following a 15 year gap and hopefully will now be a regular fixture in the race calendar. We have listened to your feedback from last year and hope you find the race even better than last year - adding some bottled water to the drinks stations, more age group prizes and moving the presentations a bit earlier - little things - but hopefully an improvement.

Many thanks to all those that have helped so far to get us to this point, particularly all those in T3 (Tadcaster Triathlon Team) and all the volunteers on the day - without you, this event would not exist.



And thanks to you for entering this year's Tad 10 and I hope you have an enjoyable race.

Glenn Armstrong
Race Director
Sport Yorkshire

Race Information

This guide contains all the information you need for race day. If after reading the guide you have any further questions then please contact us via email at sportyorkshireltd@gmail.com. If there are any minor changes prior to the event we will let you know via email. The race will be run under UKA rules.



Race Registration

Location: RILEY SMITH HALL

Time: 08:00 - 09:45

Registration will be open from 8.00am at the Riley Smith Hall - follow the signs from the main car parks to Race HQ. At registration you will be given your race number and your timing chip. Please follow the instructions for attaching the timing strip and ensure you have your race number visible.

Event Schedule

8.00am	Registration Opens
9.45am	Race Briefing
10.00am	Race Start
10.50am	First Runners In
11.20am	Prize Winners (Finish Line)
12.30pm	Last Runners In. All roads reopened.



Getting there

Tadcaster is located just off the A64 between York and Leeds. Coming from the North, South take the A64 exit off the A1(M) near Bramham. Head East along the A64, the next exit will take you into Tadcaster - follow the road into the centre where you will see signs for event parking. Heading from the East - again follow the A64 towards Leeds - take the exit signposted Tadcaster - follow the road through to the centre of town and look out for the event parking signs.



Getting to the Start





Parking

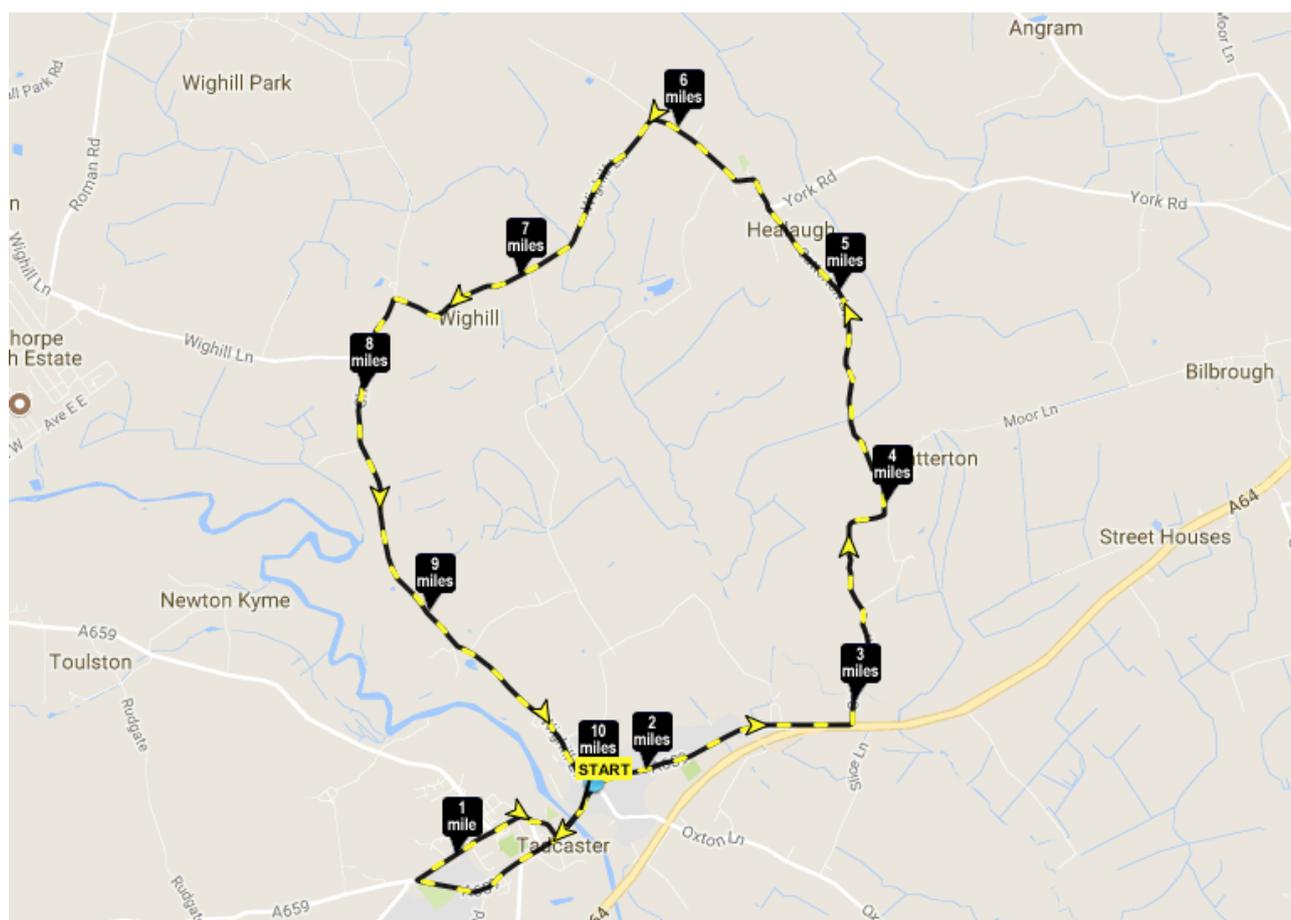
There are a number of car parks available for the event. The central car park is accessed off Chapel Street and is just a short walk to Race HQ. There is plenty of parking available here. Additional car parks are located behind the bus station, behind Sam Smiths brewery and also behind Enterprise House. They are all free car parks. Please use these allocated car parks in preference to parking on the streets. See above map for details.

The Course

The 10 mile course starts with a 1.5 mile loop around the centre of Tadcaster before heading out East towards Healaugh and Wighill. This should make for a much more spectator friendly course seeing all the runners pass by the start line twice. The finish line is at the end of a long 2 mile flat road back into Tadcaster from Wighill, which should make for a good finish.

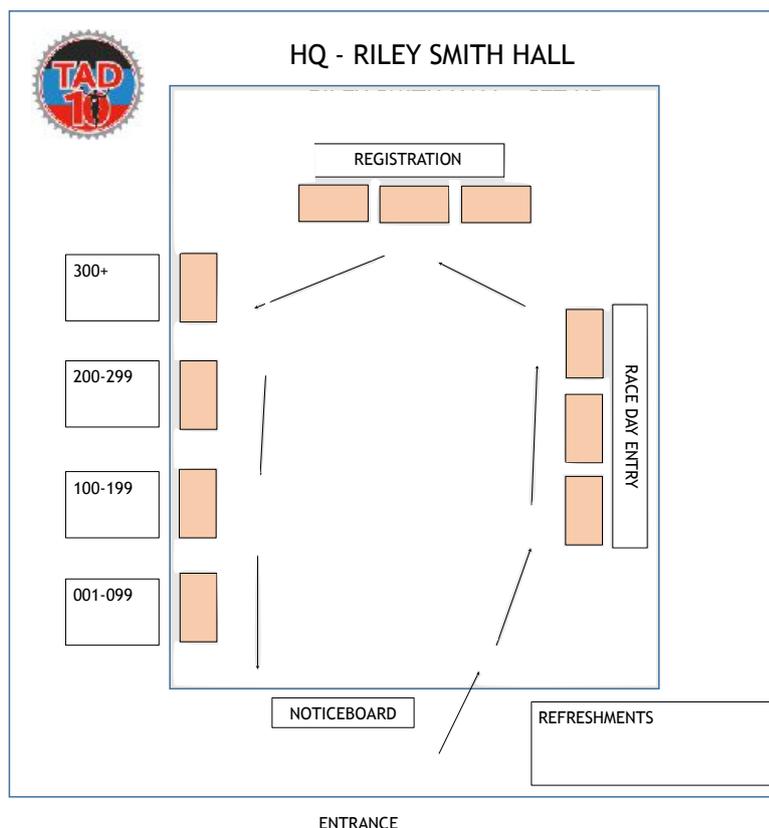
Full course details can be found on the Good Run Guide at:
<https://www.goodrunguide.co.uk/RouteMap/Races/14282>

You can also download a gpx version of the course at:
<http://www.kenkaiser.co.uk/races-m-z/tadcaster-10/ewExternalFiles/Tadcaster10.gpx>





Riley Smith Hall Plan



PLEASE NOTE - ALL RUNNERS MUST COLLECT THEIR RACE NUMBERS AND TIMING CHIPS FROM RACE HQ ON THE MORNING OF THE RACE.

Day Entries

Entries can be purchased on the day for an additional £2. If you are an affiliated member please have your membership number available on the day.

Refreshments

Tea and coffee and a selection of butties, cakes etc will be available in both the Riley Smith Hall (Race HQ) and the Methodist Church (on Chapel Street) before and after the event. We really appreciate them putting this on for our event - so please do support them.

Toilets

There are toilets located in Race HQ and portable toilets at the start line in the bus station. Following feedback from last year - we have brought in some additional toilets to be located near to the start line.

Changing Rooms

Although we have no specific changing rooms or shower facilities at the event. There are toilets and places to leave baggage/clothes at the Riley Smith Hall (Race HQ).



Secure Bag Storage

Please attach a baggage tag to your kit before dropping it off in the bag storage areas. There will be 3 zones based on your race number - ensure you drop it off in the right area. If you are dropping off keys - please make sure you also attach a number tag to the keys too.

Drink Stations

Again following feedback from previous years we have included an additional drink station. There will be cups of water and bottled water available at both these points.

Drink Station 1 - Located at 3 miles

Drink Station 2 - Located at 6 miles

Race Start

The Start Line is outside of the Coach and Horses Public House alongside the central bus station. Please ensure you are in the starting area 15 minutes before the race start. The actual start will be on the road - but please could you keep off the road until we announce runners to the start line. This will enable us to keep the roads open as long as possible for local traffic.

Race Finish

The Finish Line is at the end of Wighill Lane. This is a long 2 mile fairly flat run into Tadcaster from Wighill. Once you cross the finish line there will be water and hopefully some fruit available and you will also be able to collect your race T-shirt and medal.

Results

All results will be published on the Racebest website following the event and will be available on the day outside the Riley Smith Hall. Due to it being an accurate measured course - results will also be forwarded on the Power of 10 and Run Britain for inclusion in their 10 mile road race rankings.

Prize Giving

This year's prize giving will be at approximately 11.20 at the Finish Line.

We have cash prizes for the following categories.

First/Second/Third male and female – £80/£50/£30
First/Second Vet 40 male and female – £25/£10
First/Second Vet 50 male and female – £25/£10
First/Second Vet 60 male and female – £25/£10

Please Note: One prize only in the individual competition.

