



# The Tad 10 Race Guide

17th November 2019

10.00am



## Welcome

It's nearly that time again - yes The Tad 10 is only 1 week away. This is only our fourth 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. Moving the date back a couple of months seems to have made a difference - and this year we have sold out - so there will be no entries on the day this year. We have listened to your feedback from last year and hope you find the race even better than last year— the race start is a bit closer to registration, 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), Tadcaster Harriers and all the other 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](mailto: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: The Barn, St Josephs Street, Tadcaster  
Time: 08:00 - 09.45

Registration will be open from 8.00am at the The Barn on St Josephs Street- follow the signs from the main car parks to Race HQ. At registration you will be given your race number (which includes your timing chip). Please ensure you have your race number visible.

## Event Schedule

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

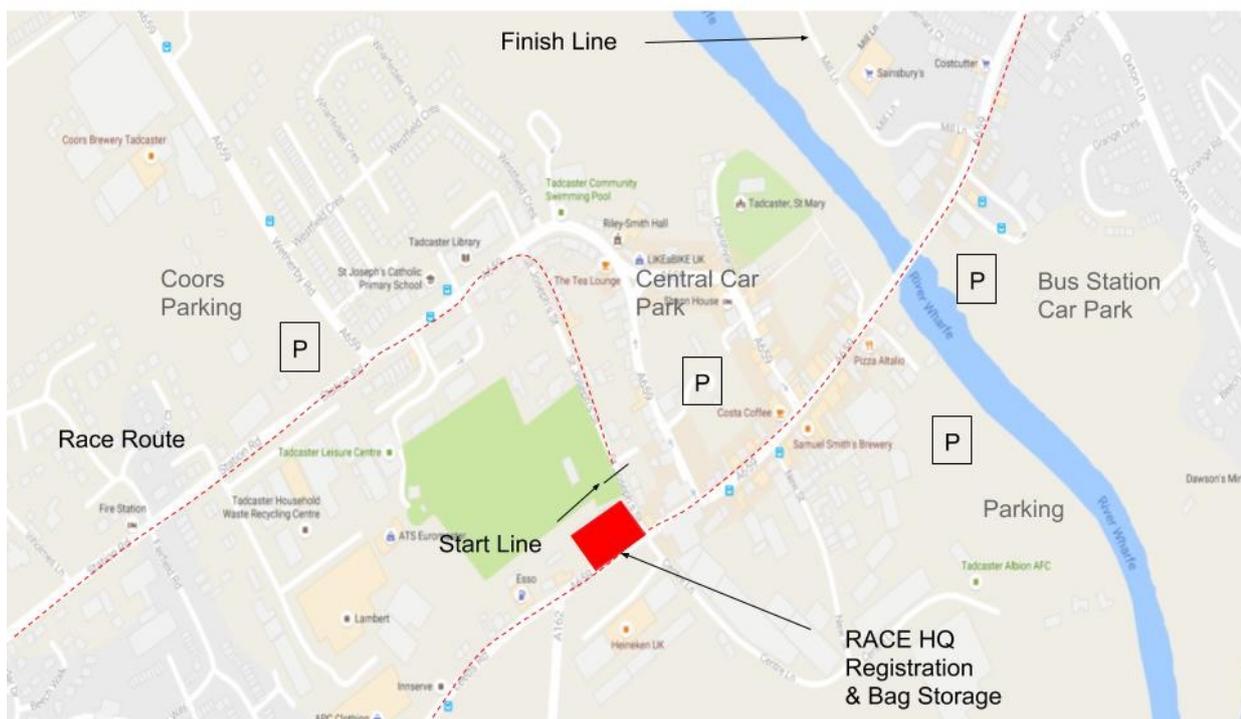


## Getting there

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

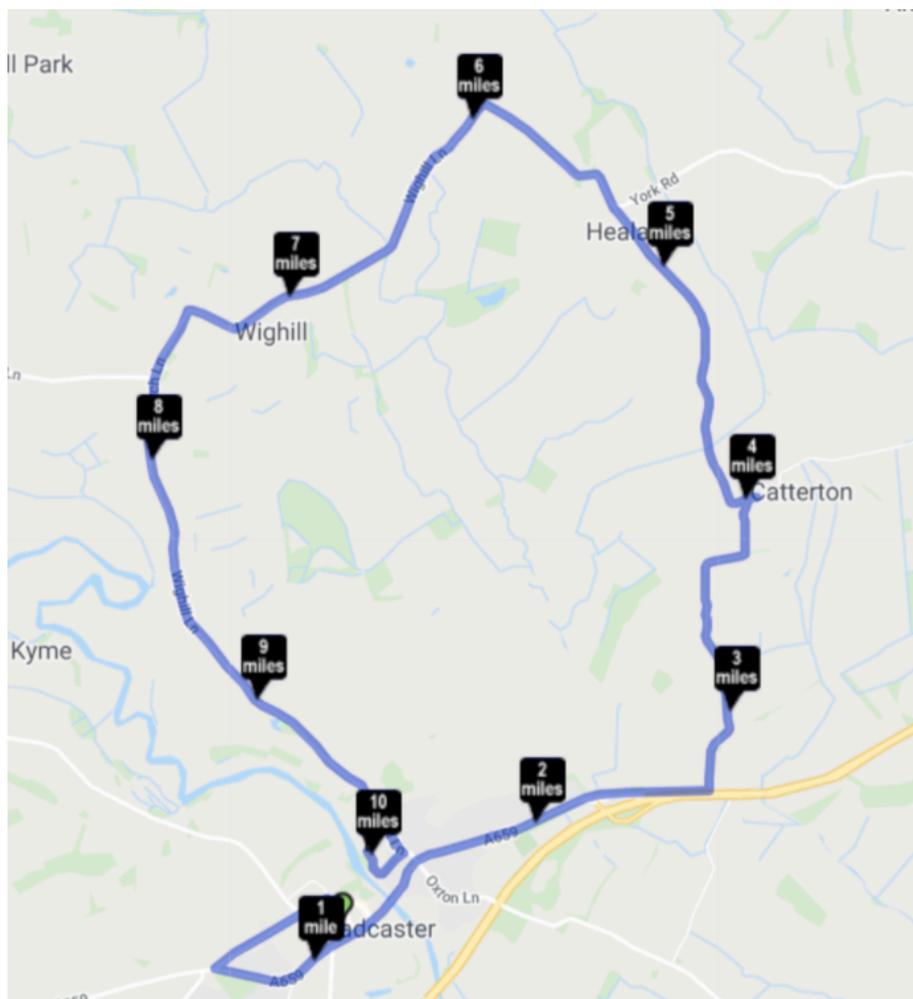
There are a number of car parks available for the event. The central car park is accessed off Chapel Street and is just a short walk to Race HQ. We have also been given use of the car park at Molson Coors Brewery. There is plenty of parking available here. Additional car parks are located behind the bus station and behind Sam Smiths brewery. They are all free car parks. Please use these allocated car parks in preference to parking on the streets - definitely no parking on St Josephs Street. See above map for details.

## The Course

The Tad 10 is an official 10 mile route - accurately measured by the IAAF (Course No: 19/536) 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 alongside the River Wharfe at the end of a long 2 mile flat road back into Tadcaster from Wighill, with a downhill section in the last 500m which should make for a fast finish.

Full course details can be found on the Good Run Guide at:  
<https://www.goodrunguide.co.uk/RaceDetails.asp?RaceID=23320>

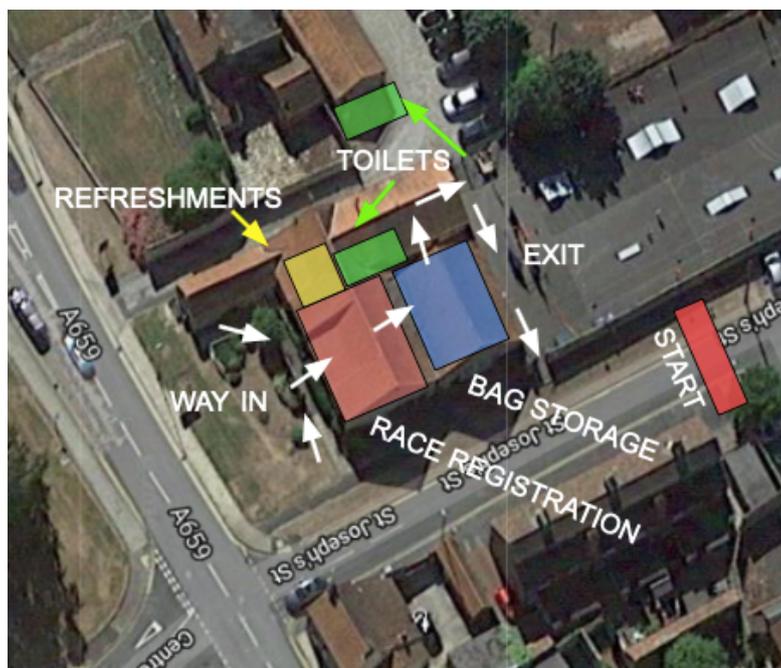
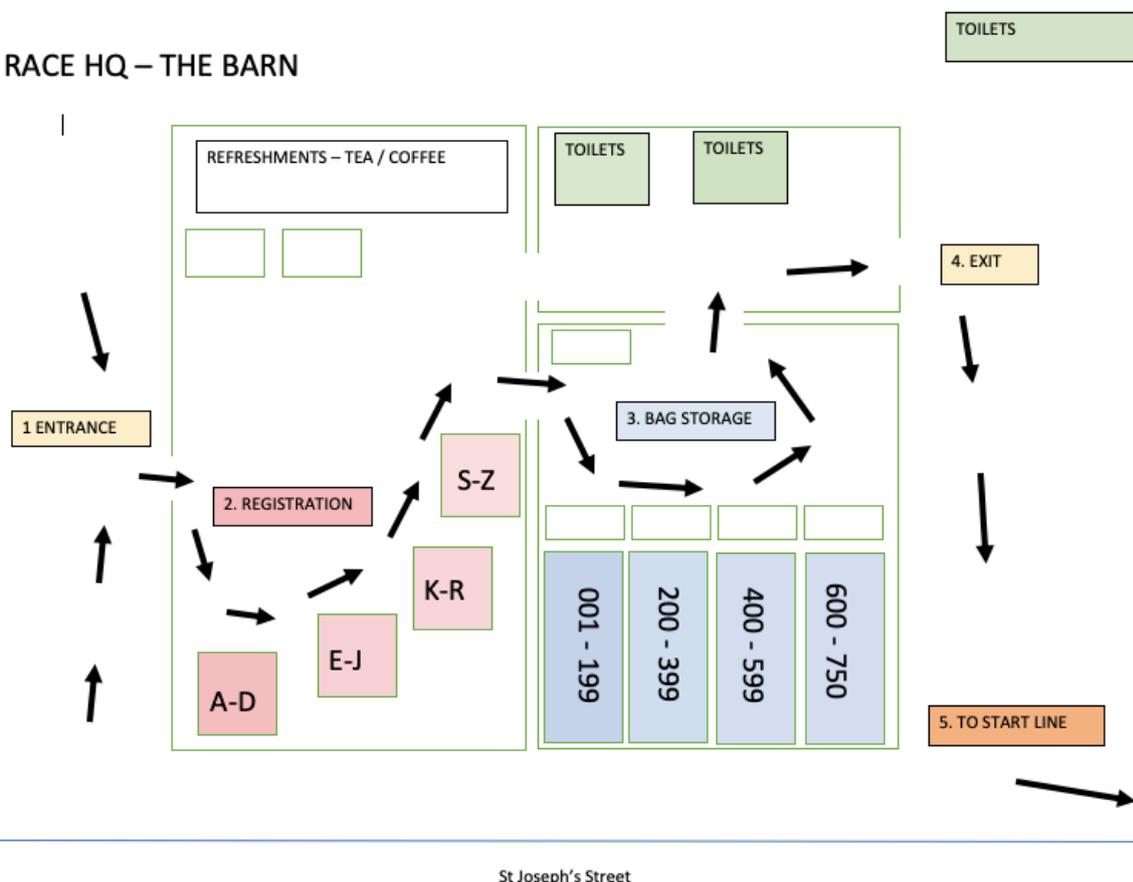
You can also download a gpx version of the course at:  
<http://www.kenkaiser.co.uk/races-t-z/tadcaster-10/ewExternalFiles/Tad10-2019.gpx>





# Race HQ / The Barn Layout

## RACE HQ – THE BARN



### PLEASE NOTE:

ALL RUNNERS MUST COLLECT THEIR RACE NUMBERS FROM RACE HQ ON THE MORNING OF THE RACE.

NOTE THIS YEAR THERE IS NO TIMING CHIP AS THIS IS INCORPORATED INTO YOUR RACE NUMBER

UKA RULES - SO NO RUNNING UNDER SOMEONE ELSE'S RACE NUMBER.



## Day Entries

The Race is now full so there will be NO entries on the day. We have set a limit of 750 runners this year and have now reached our limit.

## Refreshments

Tea and coffee and a selection of cakes etc will be available in the The Barn (Race HQ) prior to the race and a selection of water, bananas and flapjack at the finish line after the event.

## Toilets

There are toilets located in Race HQ and portable toilets near the start line. 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 The Barn (Race HQ).

## Secure Bag Storage

Please attach a baggage label to your kit (this will be with your race number) before dropping it off in the bag storage areas. There will be 4 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.

## Finishers Drinks

\*\*\* NEW FOR 2019 \*\*\* Although we have still got plastic bottles at the finish line, in an attempt to become more environmentally friendly - we are trialling a bottle drop off at this year's event. If you want your own recovery drink or just water at the end of the race - then you can drop off your drinks bottle at the bag drop off point (please label it with your race number) and we'll deliver it to the finish line where it will be ready for you when you cross the line.

## Drink Stations

There will be cups of water and bottled water available at both of the drink stations.

Drink Station 1 - Located at 2.5 miles

Drink Station 2 - Located at 7 miles



## Race Start

The Start Line is on St Josephs Street right outside the Race HQ, where you will need to register and pick up your number before the event. There is plenty of space to the rear of the HQ to gather before the race and the whole road will be closed from 9.00am. Please ensure you are in the starting area 15 minutes before the race start. We are hoping to have a Warm Up before the race followed by a race briefing.

## Race Finish

The Finish Line is at the end of Mill Lane (near Sainsburys) There is a long 2 mile fairly flat run into Tadcaster from Wighill followed by a left turn onto Rosemary Row and a downhill run to the finish. The road does narrow to a pathway at the bottom of the hill so please be careful on the descent. We will try to keep this area free from pedestrians. The finish arch is alongside the River Wharfe where you will be able to collect your Race Medal, your special post race treat from Yorkshire Flapjack. Water and bananas will also be available and if you left one at the bag drop off point - your own finishers drinks...

## Results

All results will be published on the Racebest website following the event. 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 increased the number and amount of cash prizes this year for the following categories.

1st-5th Male and Female – £100/£75/£50/£30/£20

1st/2nd Vet 40 Male and Female – £25/£10

1st/2nd Vet 50 Male and Female – £25/£10

1st/2nd Vet 60 Male and Female – £25/£10

Please Note: One prize only in the individual competition.

## Feedback

Following the race we would love to get your feedback about the race. We are trying to improve the race each year and do listen to your feedback - so if you have any comments then please send them to [sportyorkshireltd@gmail.com](mailto:sportyorkshireltd@gmail.com).

That's it. Hopefully that's everything you need to know before the race. See you next Sunday.