



The Tad 10 Race Guide

21st November 2021

10.00am



Welcome

It's nearly that time again - yes The Tad 10 is nearly here. This is now the 25th time the event has been run in Tadcaster and we are hoping it'll be another great event this year. There are a couple of changes to the route since it was last run and the drink station has moved to the half way mark in Healaugh. We have also made a few changes due to Covid, but something which I find, as a runner, makes for an easier morning, in that most race numbers have been sent out in the post to avoid big crowds gathering in the Race HQ, so no need to go to the Race HQ, you can just turn up and run.

Many thanks to all those that have helped so far to get us to this point, particularly all the volunteers from Tadcaster Harriers and T3 (Tadcaster Triathlon Team) and all the other teams involved 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.



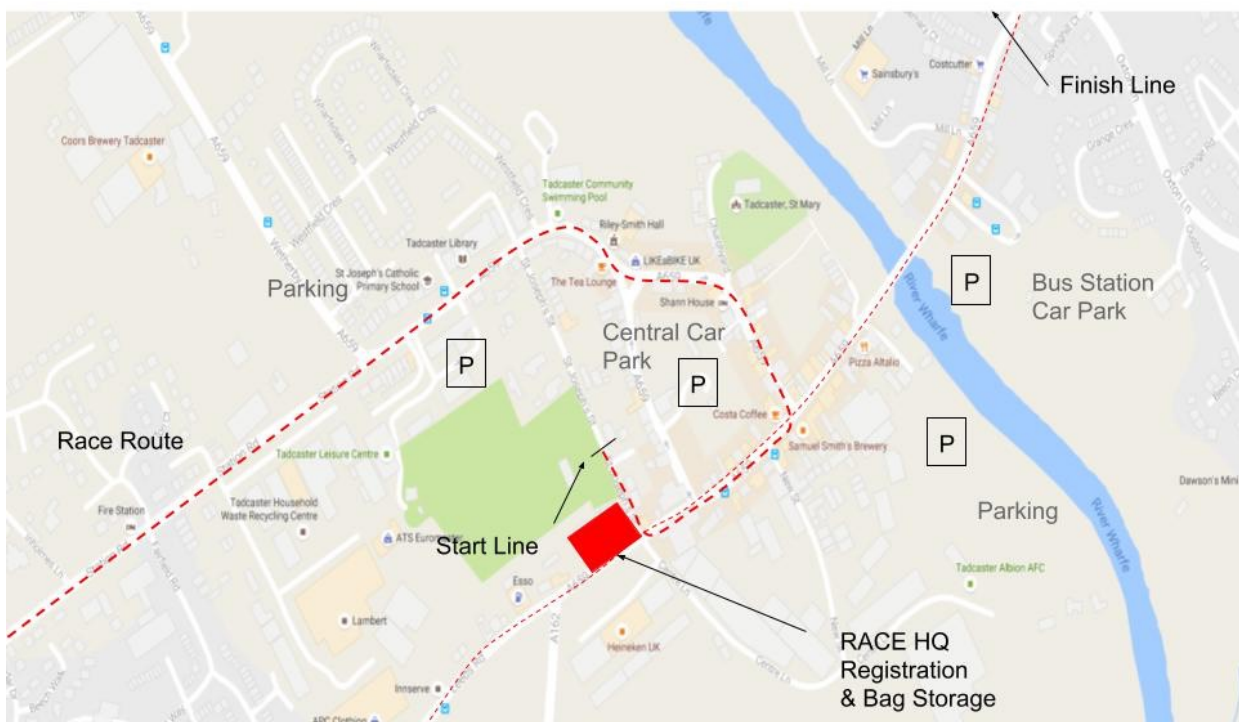
Race Registration

Location: 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. This is mainly for runners who have entered in the last 2 weeks - everyone else should be receiving their race number in the post - so if you have your number - there is no need to come into the registration hall - just make sure you are at the start line for the race briefing at 9.55. The race will begin at 10.00am.

Event Schedule

8.00am	Registration Opens
9.45am	Race Warm Up (located in the warm up area behind the Race HQ)
9.55am	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.





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. Additional car parks are located behind the bus station and behind Sam Smiths brewery next to the Tadcaster Albion ground. 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

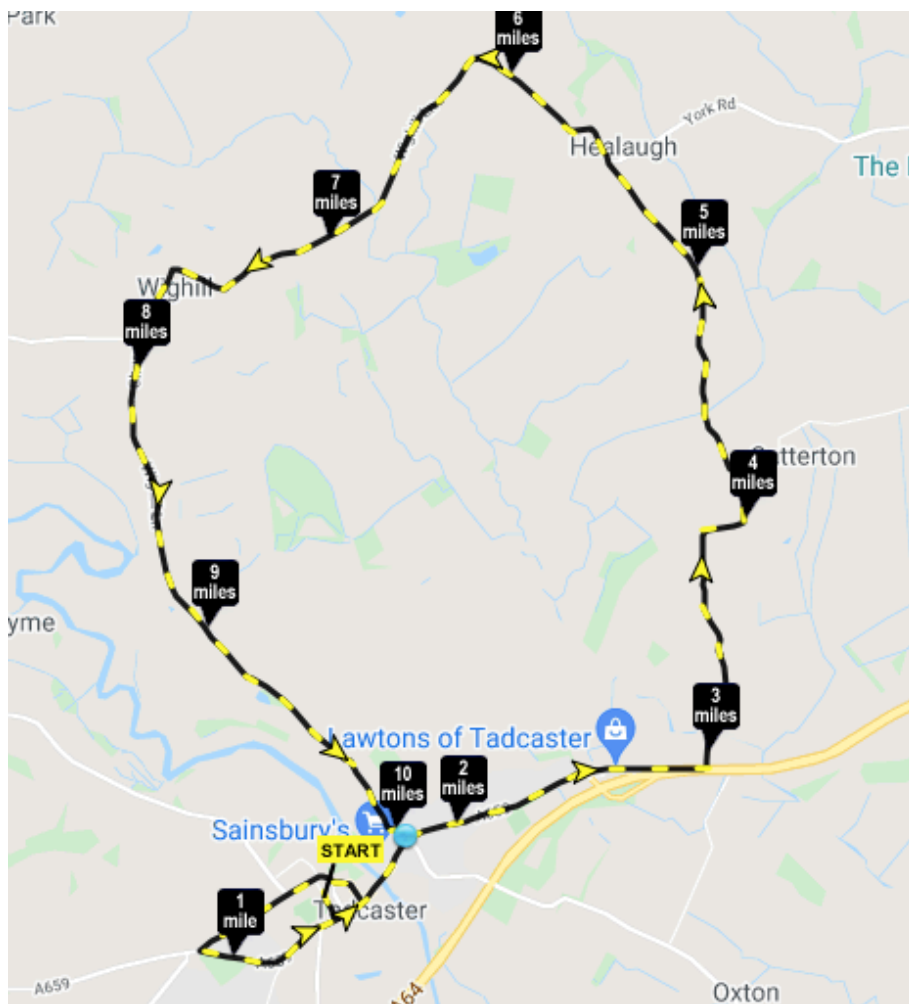
The Tad 10 is an official 10 mile route - accurately measured by the IAAF (Course No: 21/341) The 10 mile course starts with a 2 mile loop around the centre of Tadcaster before heading out East towards Healaugh and Wighill. This should make for a much more spectator friendly course seeing all the runners pass by the start line twice. The finish line is at the end Wighill Lane, so once you pass the church in Wighill its a long straight 2 mile flat road back into Tadcaster.

Full course details can be found on the Good Run Guide at:
<https://www.goodrunguide.co.uk/RouteMap/Races/29548>

You can also download a gpx version of the course at:
<https://www.goodrunguide.co.uk/DownloadRoute.asp?RouteID=29548&RouteType=A>

or Strava at <https://www.strava.com/routes/2896379628305367776>

or Garmin Connect at: <https://connect.garmin.com/modern/course/83810899>





Start Area



The start line is just a short walk from the Race HQ, please follow the one way signs

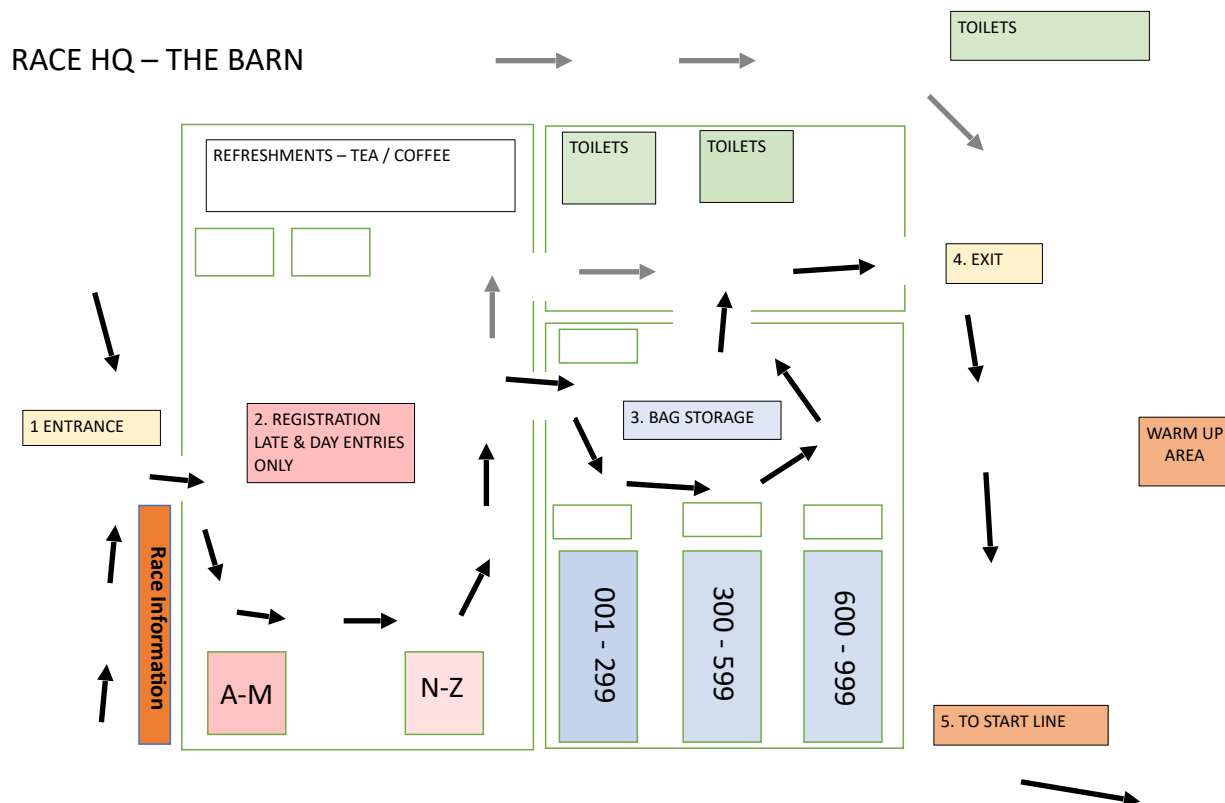
Finish Area



Don't leave your sprint finish too late - the finish line is round a corner - look out for the 500m to go signs... Medals, drinks and Prize giving are all located just behind the finish line...



Race HQ / The Barn Layout



St Joseph's Street



PLEASE NOTE:

ONLY LATE ENTRIES AND DAY ENTRIES TO COLLECT THEIR RACE NUMBERS FROM RACE HQ ON THE MORNING OF THE RACE. EVERYONE ELSE SHOULD HAVE RECEIVED THEIR RACE NO IN THE POST.

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

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



COVID

Whilst it's great to have the event back on again this year, it just wouldn't be the same if Covid didn't get a mention somewhere in the guide and I have been advised to still keep everything as compliant as possible. So I would ask that if you need to go inside, you stick to the one way system in operation through the Race HQ. Only go into the main building if you need to. If you have your race number and don't have any bags to drop off then you can just make your way straight to the start line. There will be lots of toilets outside of the main building - so again if you need to go - then you don't need to go into the building as the toilets can be accessed from the back of the race HQ.

Day Entries

The Race is nearly full so there will be limited entries on the day. We have set a limit of 1000 runners this year and have almost reached our limit. Contactless payment is available on the day too.

Refreshments

Tea and coffee and a selection of cakes and chocolate will be available in the The Barn (Race HQ) before and after race and there will also be water, bananas and chocolate at the finish line after the event.

Toilets

There are toilets located in Race HQ and portable toilets located behind the building. Following feedback from last year - we have brought in more toilets to help with the last minute rush!!

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 complete and attach a baggage label to your kit before dropping it off in the bag storage areas. There will be a table with tags and pens as you arrive into the storage area. There will be 3 bag 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. The room will be locked between 10.00am and 11.00am.

Drink Stations

There will be cups of water and bottled water available at the half way drink station in Healaugh (approx 5.5 miles)

Finishers Drinks

Although we have still got plastic bottles at the finish line, in an attempt to become more environmentally friendly - we do offer 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.

Race Start

The Start Line is on St Josephs Street right outside the Race HQ. 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. There will also be a race warm up 15 minutes prior to the race start in the warm up area. Please ensure you are in the starting area 15 minutes before the race start. The race briefing will be at 9.55 and the race will start at 10.00am.

Race Finish

The Finish Line is at the end of Wighill Lane (near the Royal Oak pub) There is a long 2 mile fairly flat run into Tadcaster from Wighill. Once you have crossed the finish line you will be able to collect your Race Medal, water and there will also be a selection of fruit and chocolate. If you left a finishers bottle at the baggage drop off - these will also be available to collect at the finish line.

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 Open Male and Female – £100/£75/£50/£30/£20
1st/2nd Vet 40 Male and Female – £20/£10
1st/2nd Vet 45 Male and Female – £20/£10
1st/2nd Vet 50 Male and Female – £20/£10
1st/2nd Vet 55 Male and Female – £20/£10
1st/2nd Vet 60 Male and Female – £20/£10
1st/2nd Vet 65 Male and Female – £20/£10
1st/2nd Vet 70 Male and Female – £20/£10

Please Note: One prize only in the individual competition.

**** NEW FOR 2021 **** - We are awarding **team prizes** this year at the TAD 10. First four runners to count. Prizes for the Top 3 teams. Prizes courtesy of our race sponsors - Priory Vodka.

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.

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