

The TAD10 2022 Race Guide

Please read the whole race guide, which contains all your essential race information.



20th November 2022
10.00am

Welcome

This year marks the 26th year of the Tad 10, thank you to everyone who has chosen to run with us on 20th November and hope you all have a great day. I know there are so many races for you to choose - so thank you for choosing this event and we will do everything we can to make it an enjoyable, safe and successful race

For the first time in a few years we are not making any changes to the course - we've been improving it over the years and I think last year we got it right. Its always great to get feedback from you after the event - positive or negative, so if you feel there is any way we can improve the event please email sportyorkshireltd@gmail.com as we strive to improve the event every year and your feedback will be much appreciated.

We hope you enjoy your day as much as we enjoy organising it for you and seeing you cross the finish line to receive your well deserved medal and much needed refreshments....

Good luck and have a great run

Glenn Armstrong
Race Director
Sport Yorkshire

**GOOD LUCK TO
EVERYONE TAKING PART**



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.

Date of Event: SUNDAY 20th NOVEMBER 2022

Time: 10:00am

Race Registration

Location: The Barn, St Josephs Street, Tadcaster, LS24 8AA

Time: 08:15 - 09.45



Registration will be open from 8.15am 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

8.15am	Registration Opens
8.30am	Car Parks Open
9.55am	Race Briefing
10.00am	Race Start
10.55am	First Runners In
11.10am	Prize Winners - Overall M/F (Finish Line)
11.20am	Prize Winners - Age Groups (Finish Line)
12.30pm	Last Runners In. All roads reopened.

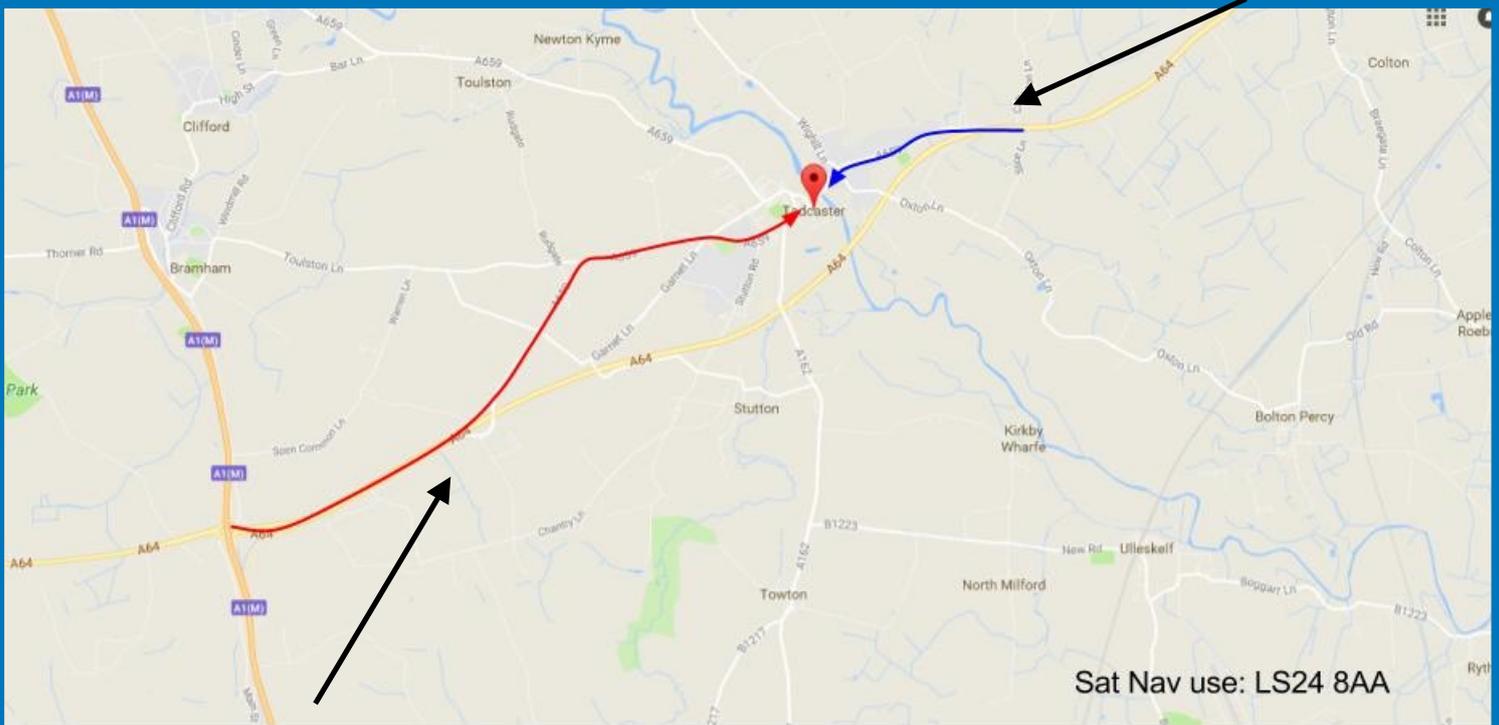
Getting there

Tadcaster is located just off the A64 between York and Leeds. Coming from the North or 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.

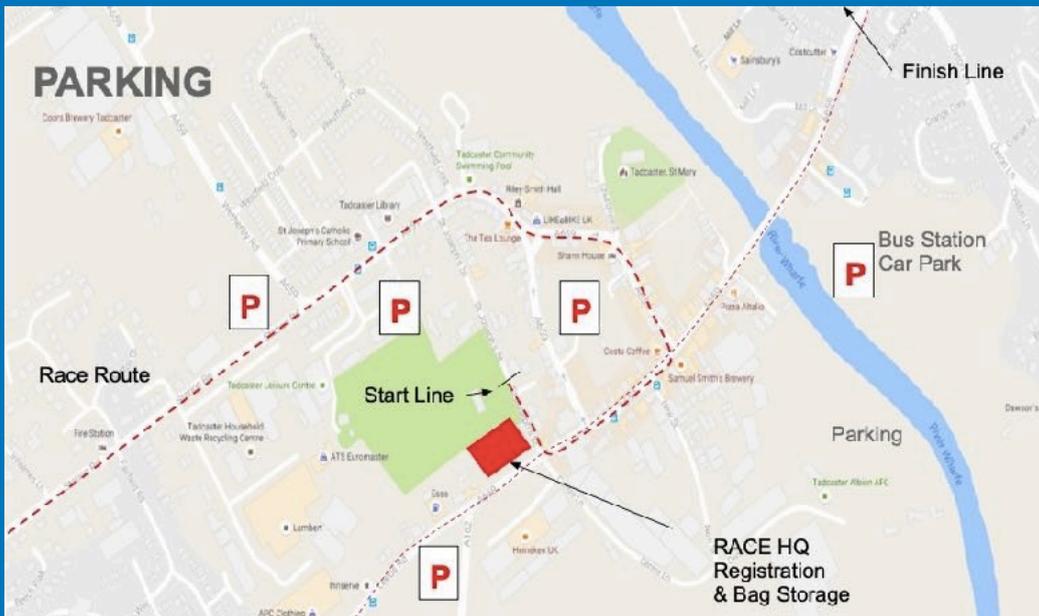
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Parking

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. Coors Brewery and Heineken Brewery have kindly allowed us to their car parks during the morning of the event. Both of these car parks are very close to the start line - approx 5 minute walk. Note: Heineken Car Park is only open between 9.00am and 12.00pm. Please adhere to the signs. 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 map below for details.

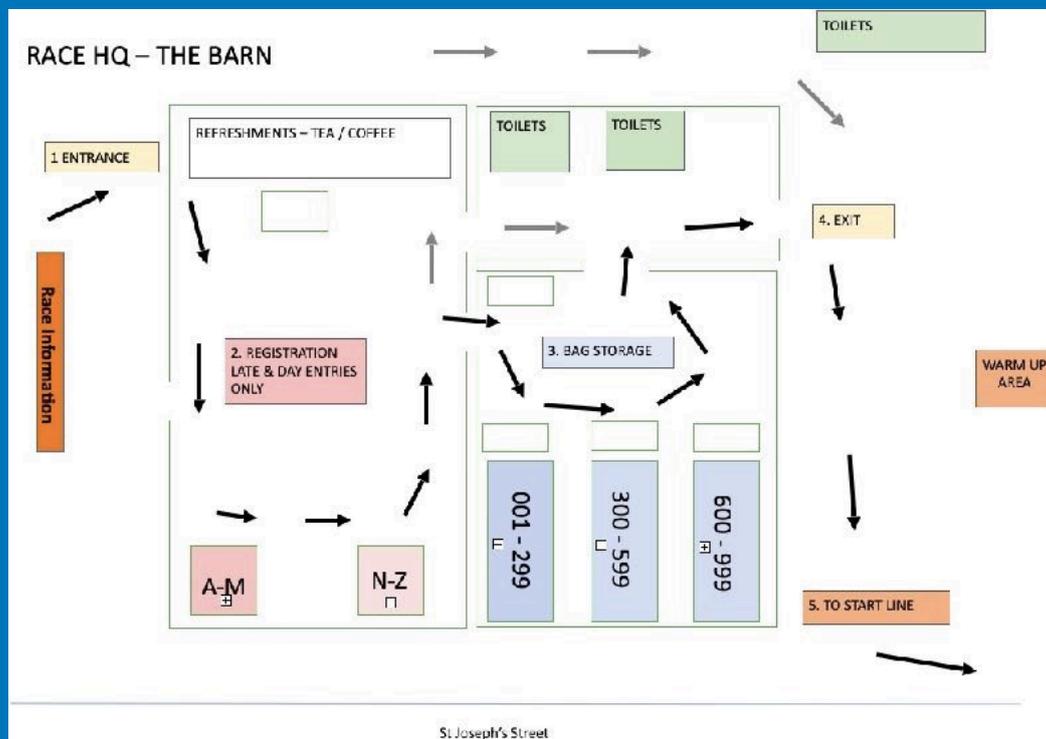


Start Area

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



Race HQ / The Barn Layout



PLEASE NOTE:

ONLY LATE ENTRIES (AFTER 7TH NOV) AND DAY ENTRIES NEED 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.

The Course

The Tad 10 is an official 10 mile route - accurately measured by the IAAF (Course No: 21/341)

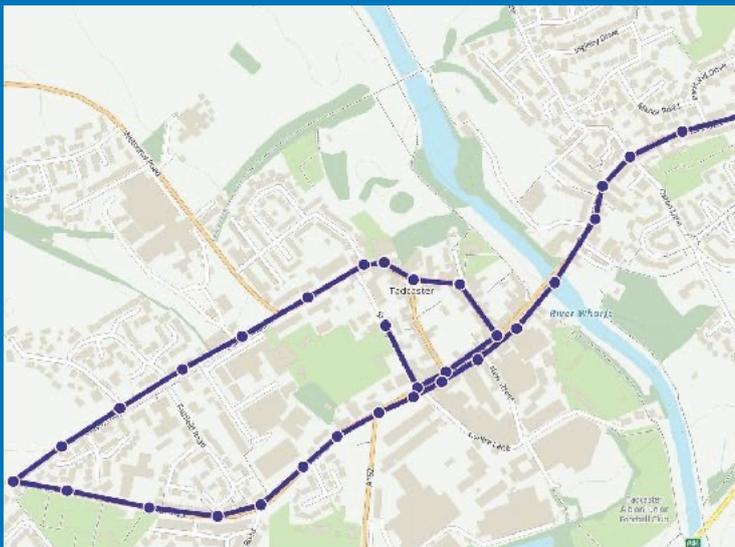
The 10 mile course starts with a 2 mile loop around the centre of Tadcaster before heading out East towards Healaugh and Wighill. This makes for a much more spectator friendly course seeing all the runners pass by the start line twice. The finish line is at the end Wighill Lane, so once you pass the church in Wighill it's 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>



Drink Station located in Healaugh at 5.5 miles



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 Numbers

You should now have received your race number in the post. Please make sure you securely attach the race number for the race as it includes the timing chip. If you entered in the 2 weeks leading up to the race - you won't have received a number in the post - so please allow some additional time to collect your number from 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 bottled water available at the half way drink station in Healaugh (approx 5.5 miles)

Race Start

The Start Line is on St Josephs Street right outside the Race HQ and only a few minutes walk from most of the car parks. There is plenty of space to the rear of the HQ to gather and warm up 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. 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 two 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, flapjack and chocolate.

Timing

Your race number will record two times, your chip time and your gun time. Your chip time starts when you cross over the start line, whilst your gun time will start when the race starts. All competition results are based on **GUN TIME** not chip time, so if you are hoping for an age group prize or overall prize - don't start too far back.. Your timing device is attached to your race bib therefore please do not remove or tamper with it.

NOTE: If you entered the race after midday on Monday 7th November - your race number will not be posted out - so please collect from Race HQ prior to the race.

Results

All results will be published on the Racebest website following the event and due to it being an accurate measured course the results will also be forwarded onto 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 **11.10 and 11.20 at the Finish Line.**
We will do the Top 5 overall Male and Female and Top Teams at 11.10am
All the Age Group Prizes will be presented from 11.20 onwards...

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.
All prizes are based on Gun Times not Chip Times

We are awarding **team prizes** again 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.

From this year we are going to start rolling over the Course Record Prize if it's not broken
- so this year the prize for breaking the course record (Male or Female) is now £100.

The current course records are:
Male - Graham Rush (2017) - 52:48
Female - Caroline Lambert (2019) - 57:40

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.

