

The TAD10 2023 Race Guide

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



19th November 2023
10.00am

Welcome

This year marks the 27th year of the Tad 10, and this year it is also the YVAA 10 mile championship race. Thank you to everyone who has chosen to run with us on 19th 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

There is a slight change to the start of the course this year - to make it easier getting to the start line and also to bring the finish line a bit earlier so you can see it as you approach Tadcaster. There is a full description of the course in the guide and you can also view it online.

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 19th NOVEMBER 2023

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
10.50am	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.



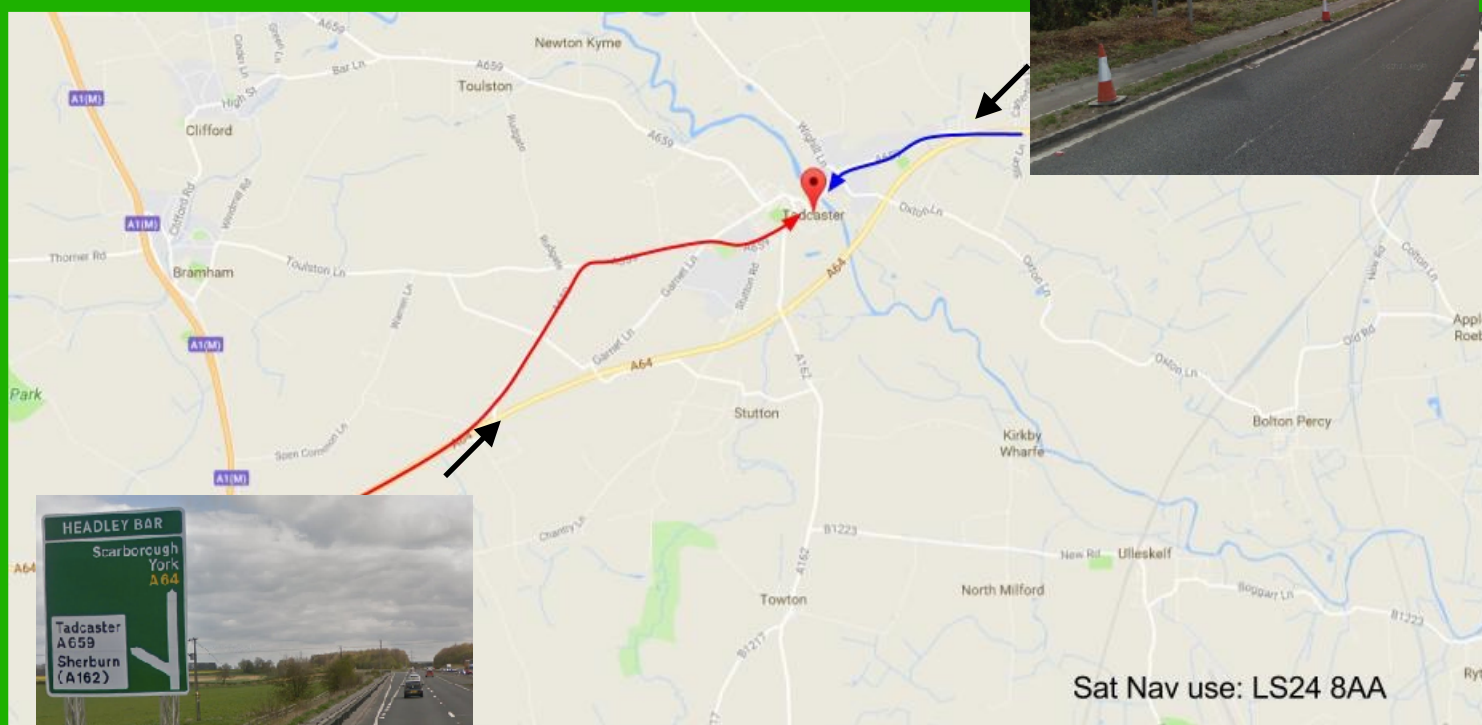
Getting there

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.

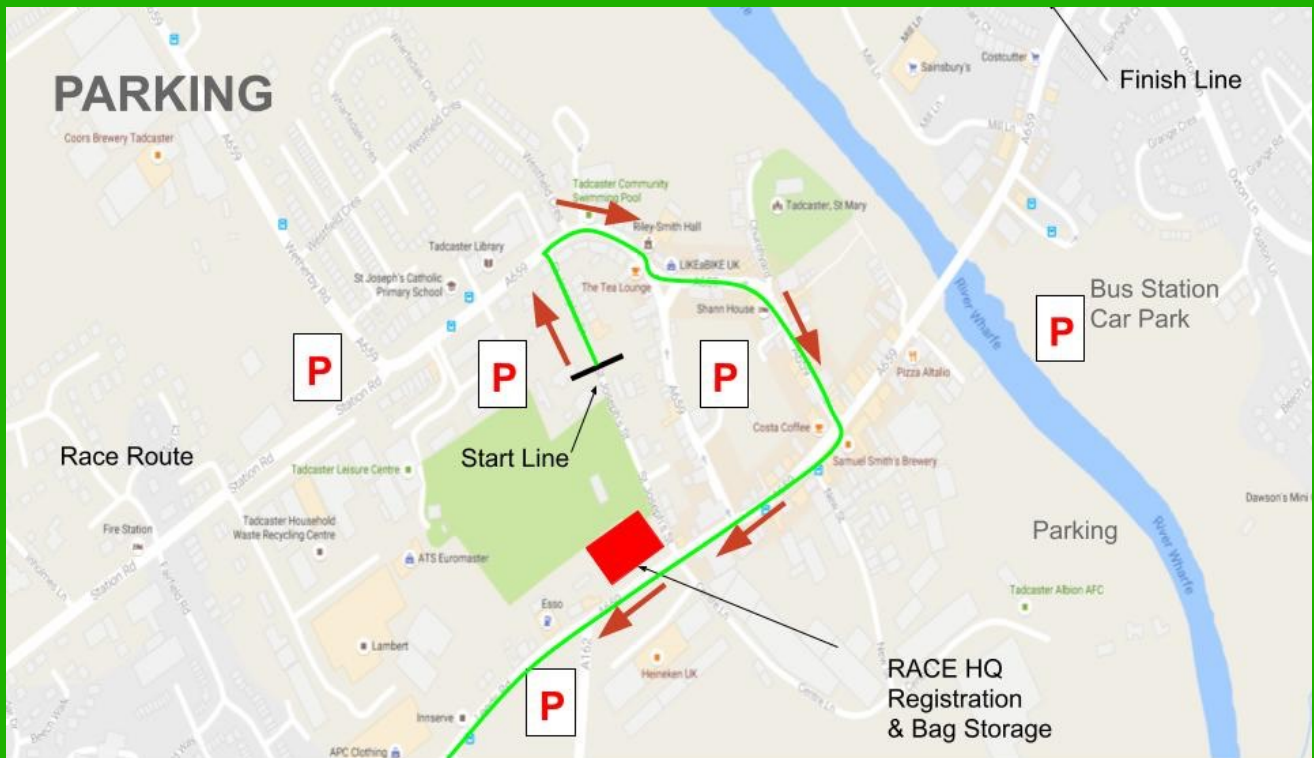
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Parking

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





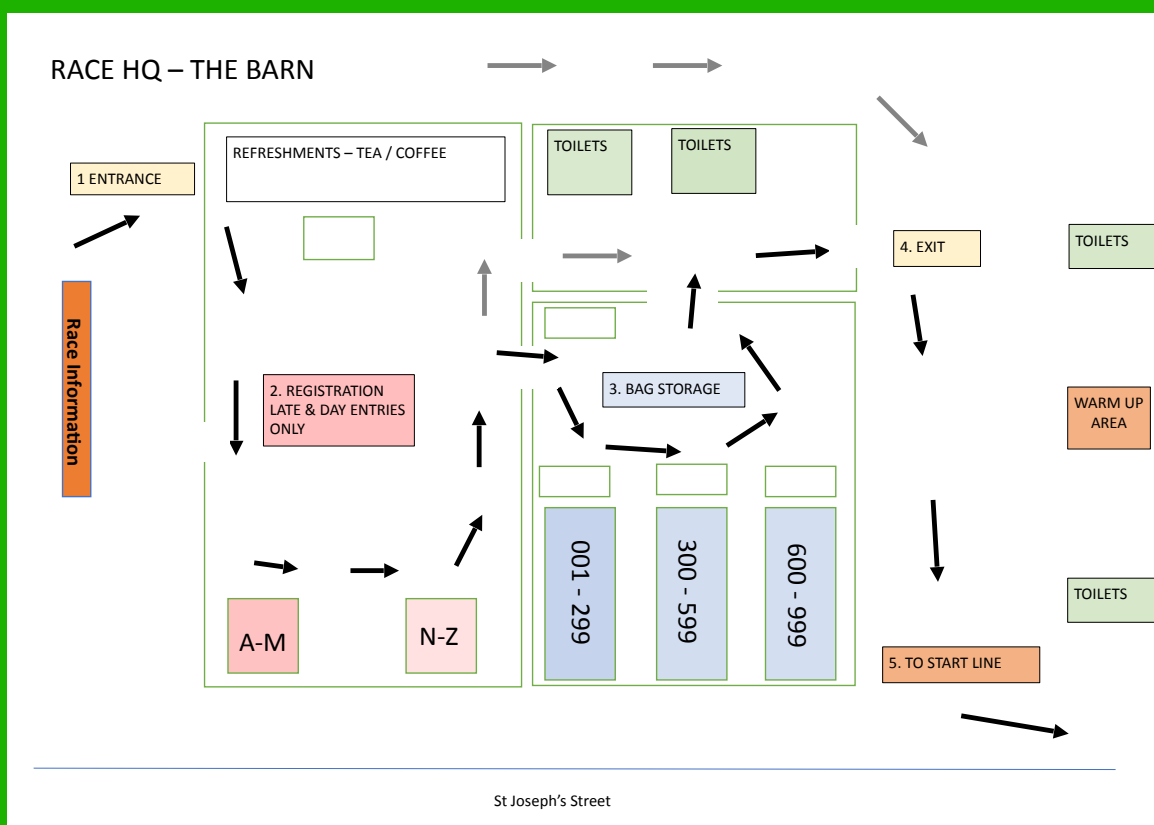
Race HQ / The Barn Layout



PLEASE NOTE:

ONLY LATE ENTRIES (AFTER 5TH 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.





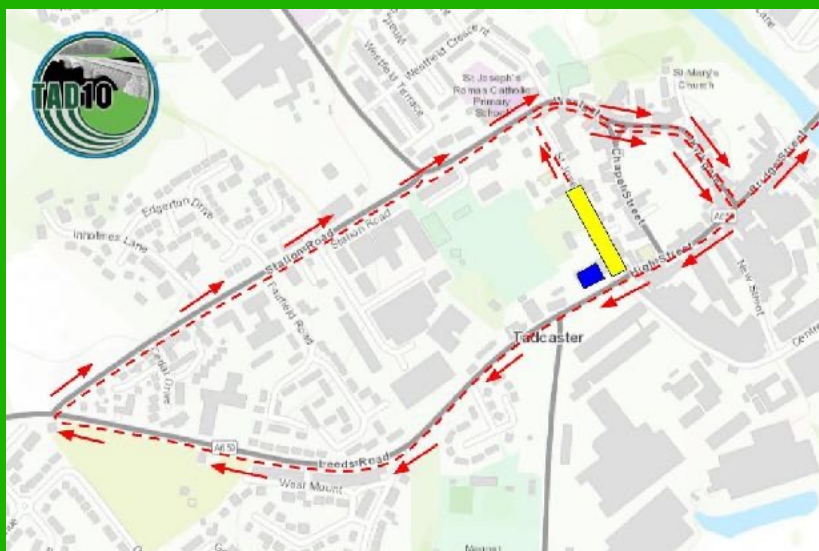
The Course

The Tad 10 is an official 10 mile route - accurately measured by the IAAF. 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 of Wighill Lane, so once you pass the church in Wighill it's a long straight 2 mile flat road back into Tadcaster.

To view the route in more detail or to download the gps file visit:

Strava at <https://www.strava.com/routes/3159088180065598598>

or Garmin Connect at: <https://connect.garmin.com/modern/course/238548278>



Drink Station located in Healaugh at 5.5 miles





Finish Area

Due to the slight improvement we've made to the course - you'll now be able to see the finish arch a lot sooner on your return into Tadcaster. There will also be 500m to go signs just to remind you that you're nearly there... To avoid congestion on the finish line - please keep moving through the finish area - drinks and refreshments are located just round the corner. Prize giving will also be located just behind the finish line - look out for the TAD 10 photo wall.



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 unto 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 now full so there will be no entries on the day. We have set a limit of 1000 runners this year



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.

In addition this year Walkers Kitchen will have their coffee van in the finish area - for those needing a hot drink after the race.

Toilets

There are toilets located in Race HQ and portable toilets located behind the building. Following feedback from last year - we have brought in even 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)

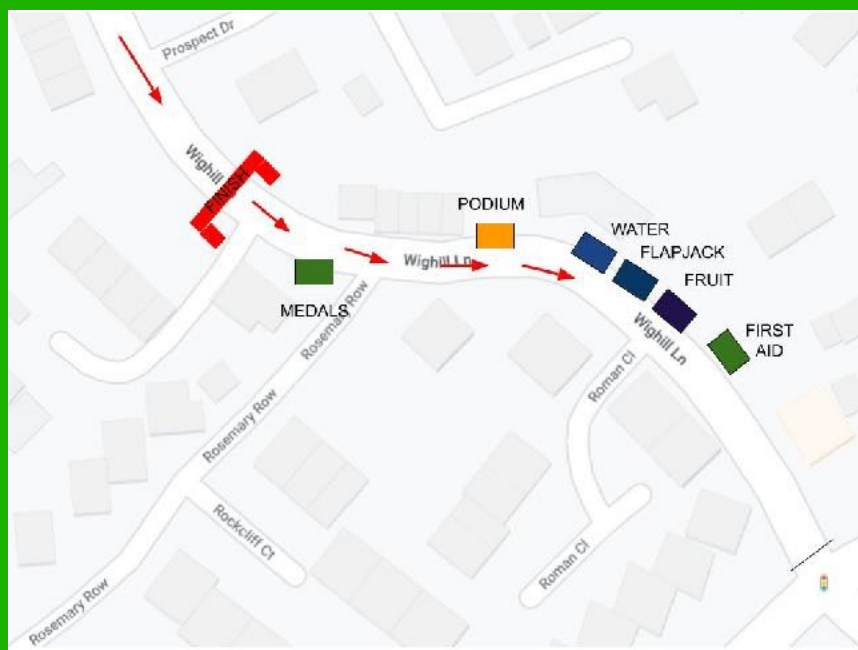
Race Start

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 towards 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 midnight on Sunday 5th 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 and YVAA 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 2 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 (2022) - 50:04
Female - Sarah Potter (2022) - 57:14

NEW for this year - the SUB 1 Medal - if you can break the 1 hour for 10 miles - you will receive a gold ribbon version of the TAD 10 medal.

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.



