

The TAD10 2025 Race Guide

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



23rd November 2025
10.00am

Welcome

Thank you to everyone who has chosen to run with us on 23rd 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

No changes to the course this year - I usually have a small change somewhere - but it worked well for runners and spectators last year - so I'll keep it as it is... There is a full description of the course in the guide and you can also view it online at www.tad10.com.

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

Thanks to our sponsors this year - Erdinger Alkoholfrei and Tadcaster Physio and of course a huge thank you to all our volunteers who help out on the day to make the event a success.

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. Licence No: 30310.

Date of Event: SUNDAY 23rd NOVEMBER 2025

Time: 10:00am

Race Registration

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

Time: 08:30 - 09.45



Registration will be open from 8.30am at the The Barn on St Josephs Street- follow the signs from the main car parks to Race HQ. Everyone has had their numbers sent out in the post this year - so no need to actually come to registration if you have your number - just make sure you are at the start line for the race briefing at 9.55. The race will begin at 10.00am.

If for some reason you didn't receive your number - call into the Race HQ before 9.30 to get a replacement.

Event Schedule

8.30am	Registration Opens
9.00am	Overflow Car Parks Open (Central car park always 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.*

* If you are close to the cut off time of 2.5 hours you may be asked to run on the footpaths for the last mile so roads can be reopened - don't worry though you will still get an official finish time.



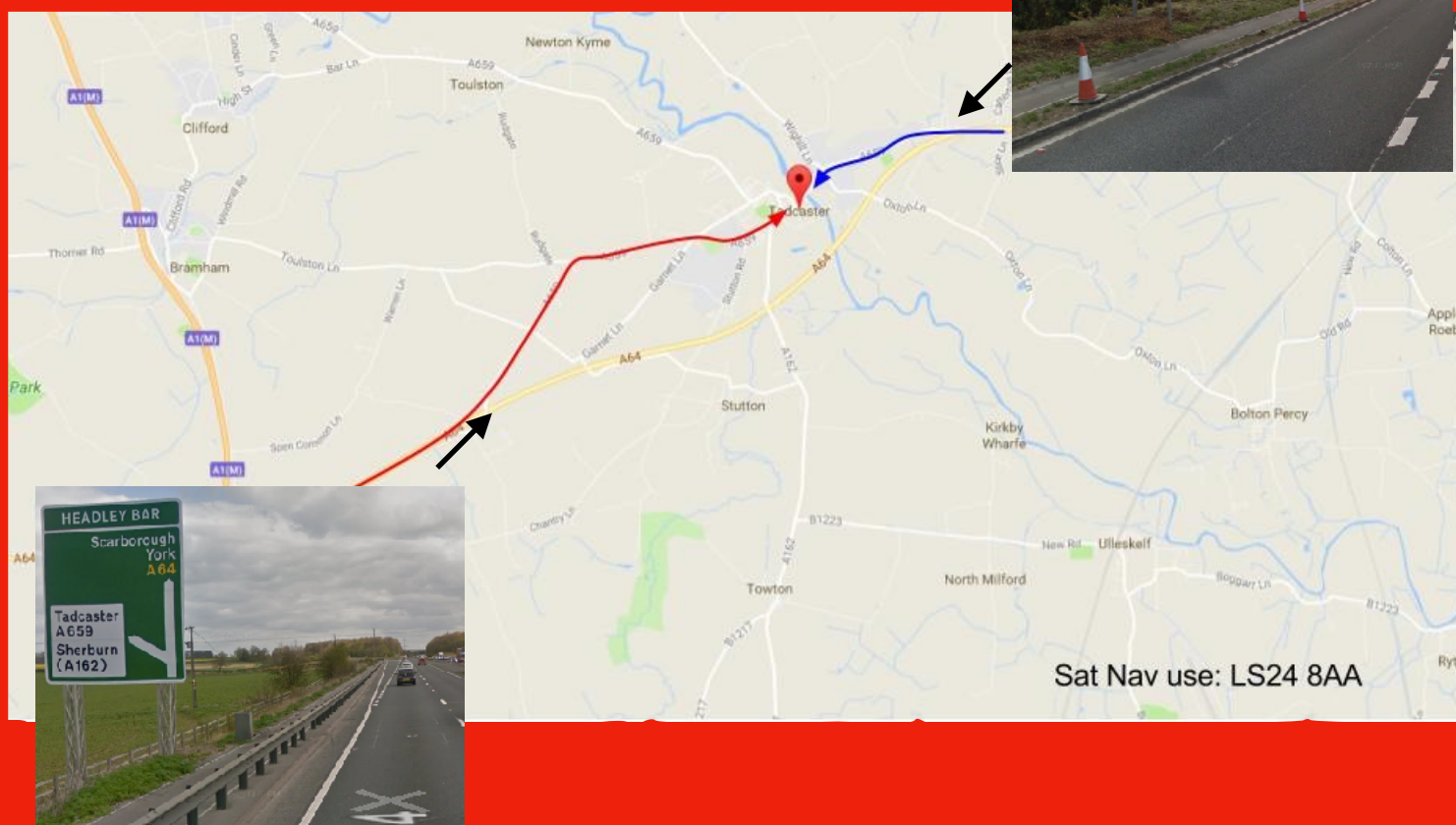
Getting there

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.

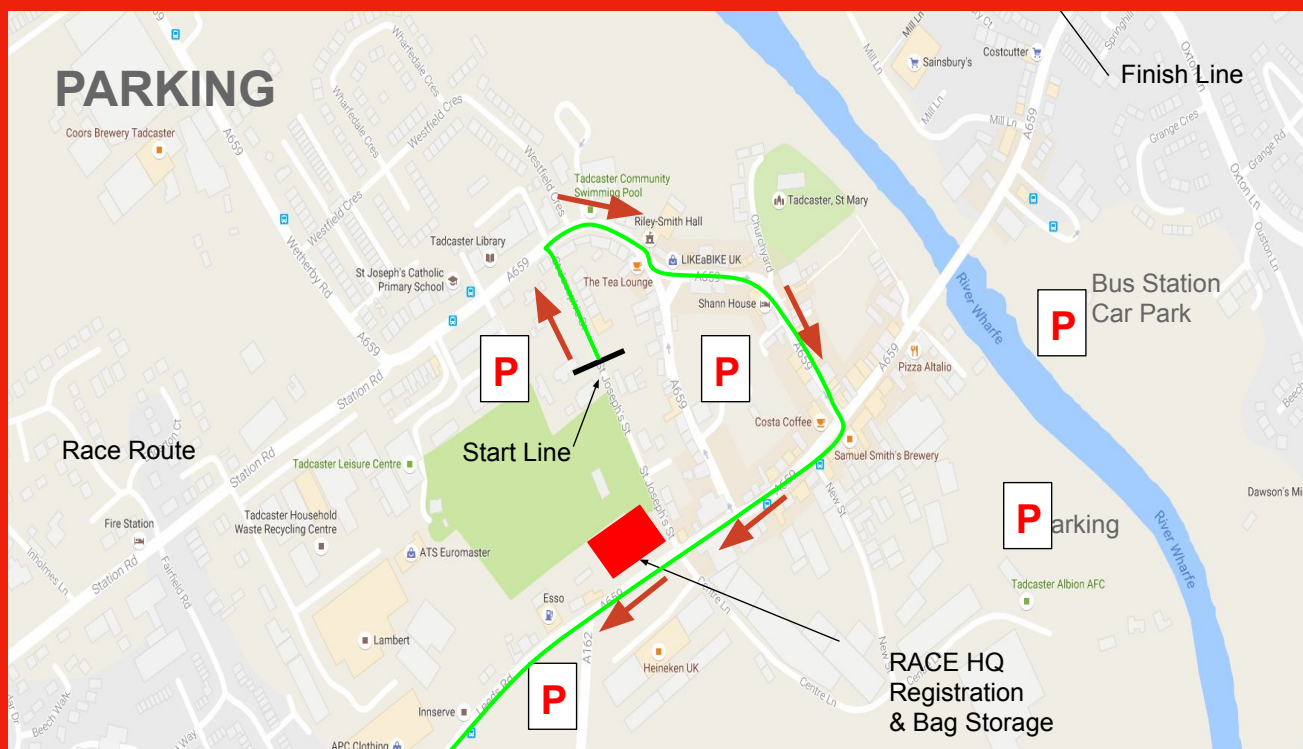
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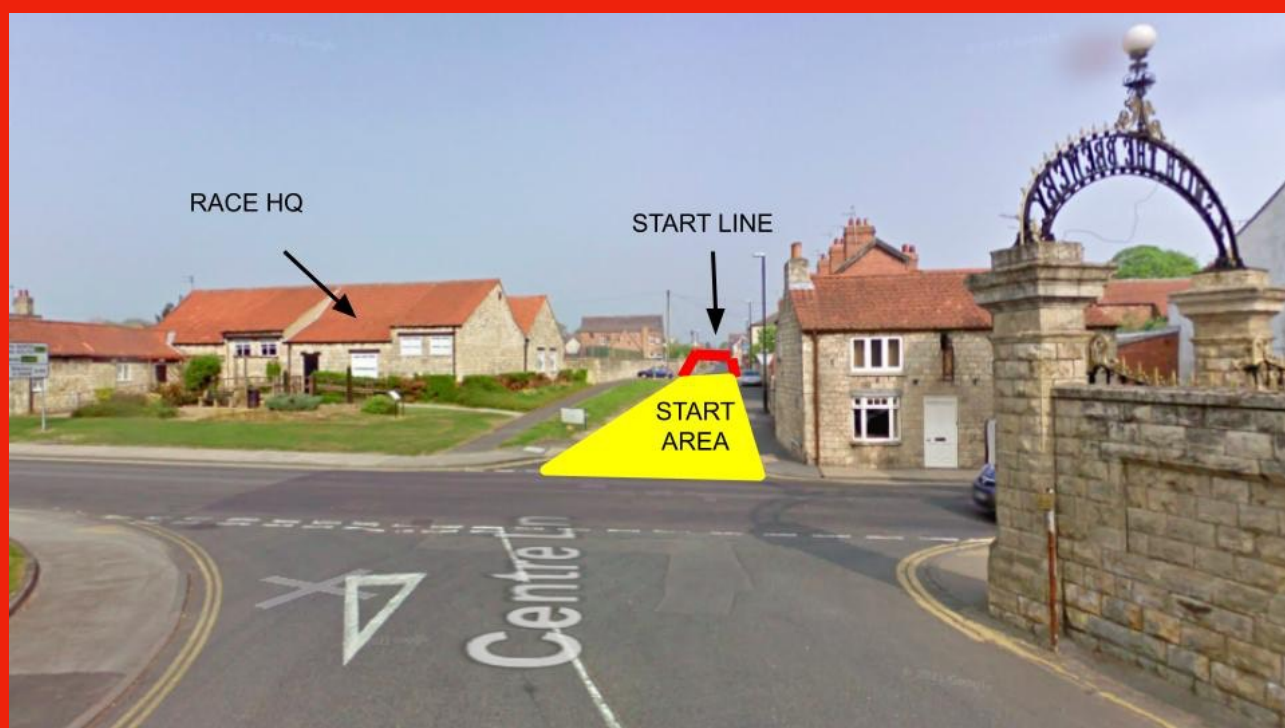
Parking

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. Heineken Brewery has kindly allowed us to their car parks during the morning of the event. This car park is very close to the start line - approx 5 minute walk but please note the 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, behind Sam Smiths brewery next to the Tadcaster Albion ground and also behind the Tadcaster Business Centre on Station Road. 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.



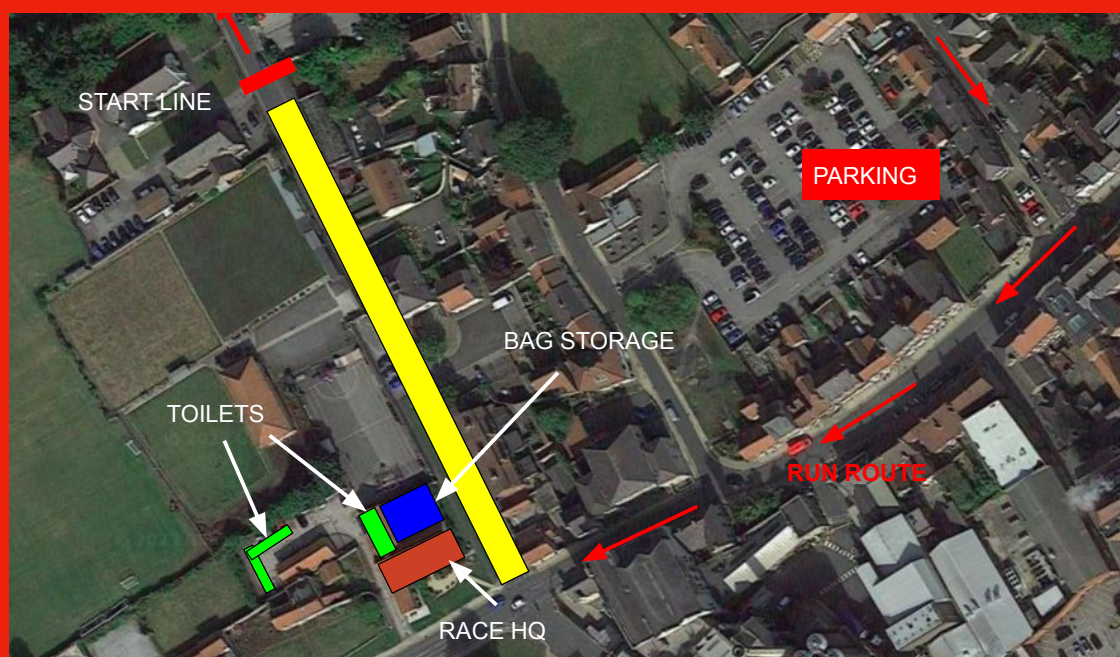
Start Area

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





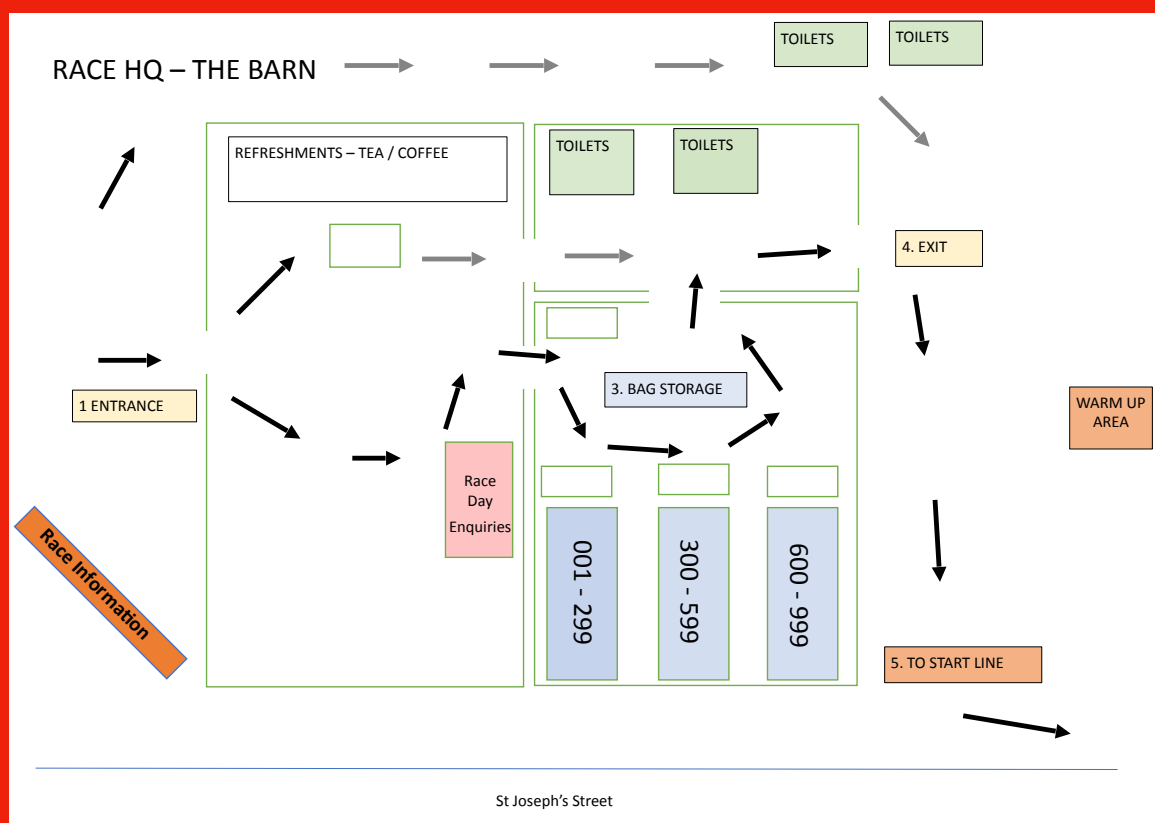
Race HQ / The Barn Layout



PLEASE NOTE:

EVERYONE SHOULD HAVE RECEIVED THEIR RACE NO IN THE POST. NO LATE ENTRIES AND NO ENTRIES ON THE DAY. 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

The finish line is located towards the end of Wighill Lane. From Wighill you have almost 2 miles of a slight downhill finish. 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

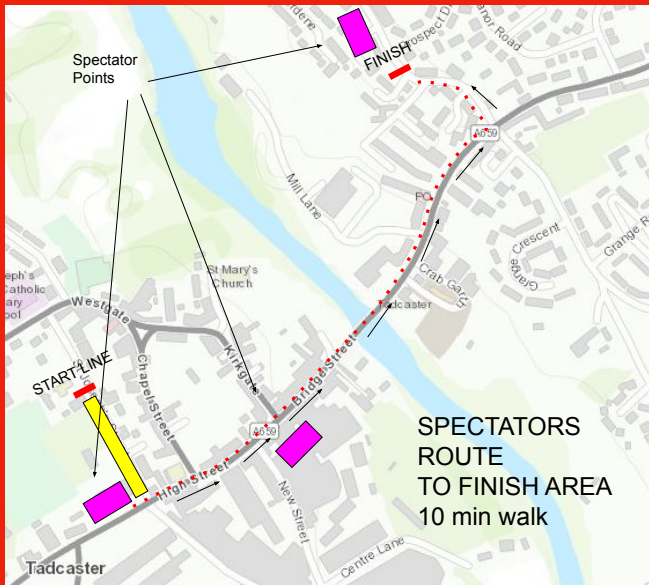
You should now have received your race number in the post. Please make sure you securely attach the race number for the race as it includes the timing chip.

Day Entries

There will be no entries available on the day.

Refreshments

Hot drinks will be available courtesy of Bean Around outside The Barn (Race HQ) before the race and at the finish line. There will also be water, fruit, chocolate and Erdinger Alkoholfrei for everyone at the finish line after the event.



Spectators

We have tried to make the route of the TAD 10 a very spectator friendly course - with multiple opportunities to see your runners on the course. We have marked below some of the best areas for your family and friends to view the race from...

There are also plenty of coffee shops along the route to the finish line.

Toilets

There are limited toilets located in Race HQ but lots more portable toilets and urinal units located behind the building. Just don't leave it last minute!!

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.

PLEASE NOTE: The bag drop and help desk will close at 9.45 to facilitate a prompt race start.

Drink Stations

There will be bottled water available at the half way drink station in Healaugh (approx 5.5 miles) and also at the finish line.

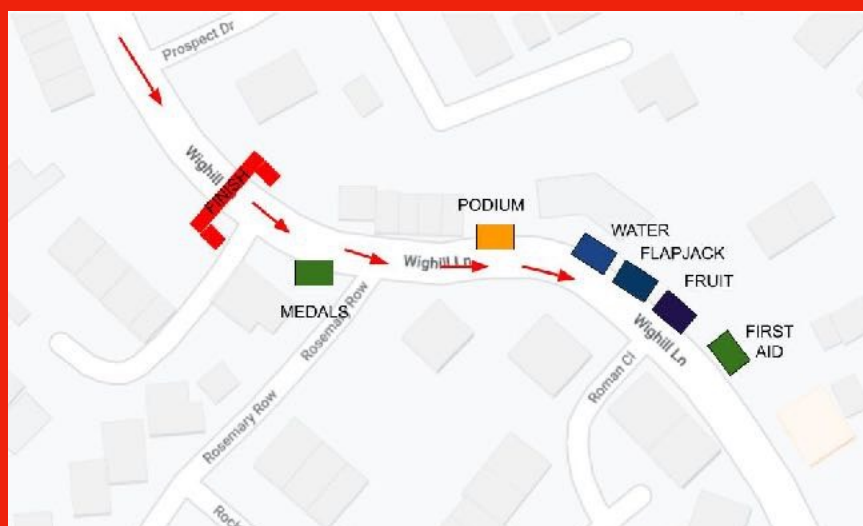


Race Start

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, chocolate, water and a special can of Erdinger's Alkoholfrei beer...



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.

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...

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.

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 £150.

The current course records are:

Male - Graham Rush (2022) - 50:04

Female - Sarah Potter (2022) - 57:14

OUR SPONSORS



Once you cross the finish line you can enjoy a can of naturally brewed Erdinger Alkoholfrei. Providing a perfect balance of B-Vitamins and minerals, this great tasting isotonic recovery drink is free from fat and cholesterol, making it the perfect way to refuel and recover as you celebrate finishing the TAD 10 with family and friends.



Tadcaster Physio are proud and excited to be an official sponsor of the legendary Tad10 Road Race. We have been involved since the rebirth with marshalling, running and providing sports massage and think that the race quite rightly has a special spot in the running calendar.

We at Tadcaster Physio are all about running; getting runners back out there, keeping them out there and helping push them on to their next challenge. Being runners ourselves we have a raft of specialist services ranging from sports massage and MSK physio right through to Enhanced Runners Injury Sessions and Load Management and Training Load Planning <https://tadcasterphysio.co.uk/services/the-running-clinic/> . As a Tad10 runner you can take advantage of our service with an additional 10% off (Ts&Cs apply*) by simply quoting Tad10 at time of booking or by bringing along your race number or medal. Click here to book today <https://tadcaster-physio-and-sports-injuries-clinic.uk1.cliniko.com/bookings/#service>

*One use per person. Subject to availability. Applies to sports massage, physio assessment, and The Running Clinic services only. Offer expires end of 2025. 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. Have a good race.

Glenn
Race Director

