# The TAD10
# 2026 Race Guide

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




## 22nd November 2026
## 9:30am

## Welcome

Thank you to everyone who has chosen to run with us on 22nd 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….

Big thanks to Tadcaster Harriers who have helped with the organising of the event this year and hopefully I'll be handing it over to them fully from 2027. The time seems right after 10 years of me running the event to hand it back to the club that was first involved with the race back in 1983.

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: 32161

Date of Event: SUNDAY 22nd NOVEMBER 2026

Time: 9:30am

# Race Registration

Location: The Barn, St Josephs Street, Tadcaster, LS24 8AA
Time: 08:00 - 09.15



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. If you entered before end October you should have received your race number - 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 9.25. The race will begin at 9.30am.

If you were a late entry or you didn't receive your number - call into the Race HQ before 9.00 to get a race number.

# Event Schedule

| | |
|---|---|
| 8.00am | Registration Opens |
| 8.30am | Overflow Car Parks Open (Central car park always open) |
| 9.25am | Race Briefing |
| 9.30am | Race Start |
| 10.20am | First Runners In |
| 10.40am | Prize Winners - Overall M/F (Finish Line) |
| 10.50am | Prize Winners - Age Groups (Finish Line) |
| 12.00pm | Last Runners In. All roads reopened.* |

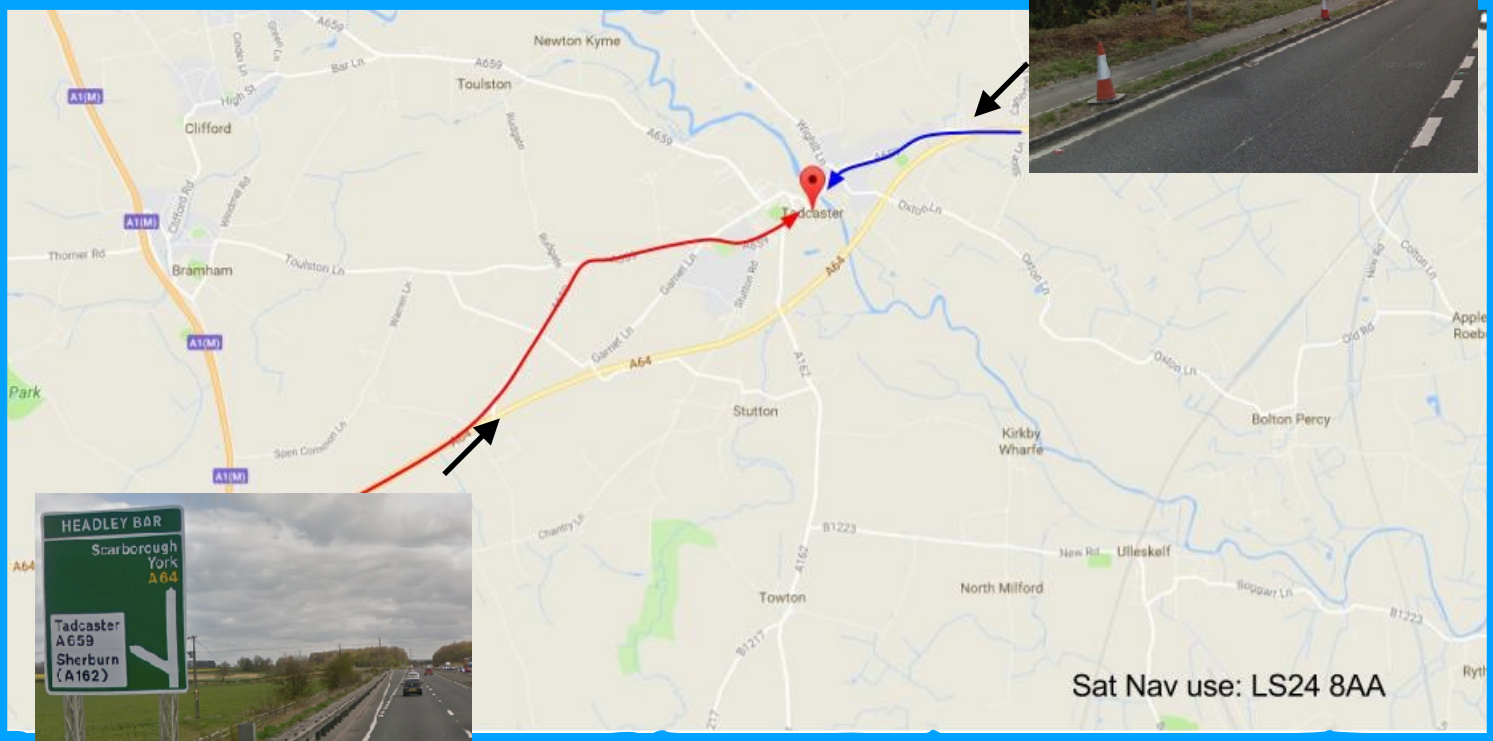
* If you are close to the cut off time of 2.5 hours you may be asked to run on the footpaths for the last mile so roads can be reopened - don't worry though you will still get an official finish time.

# 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.

**SAT NAV: USE LS24 8AA**
**WHAT3WORDS: SWAY.HORN.POLYGRAPH**



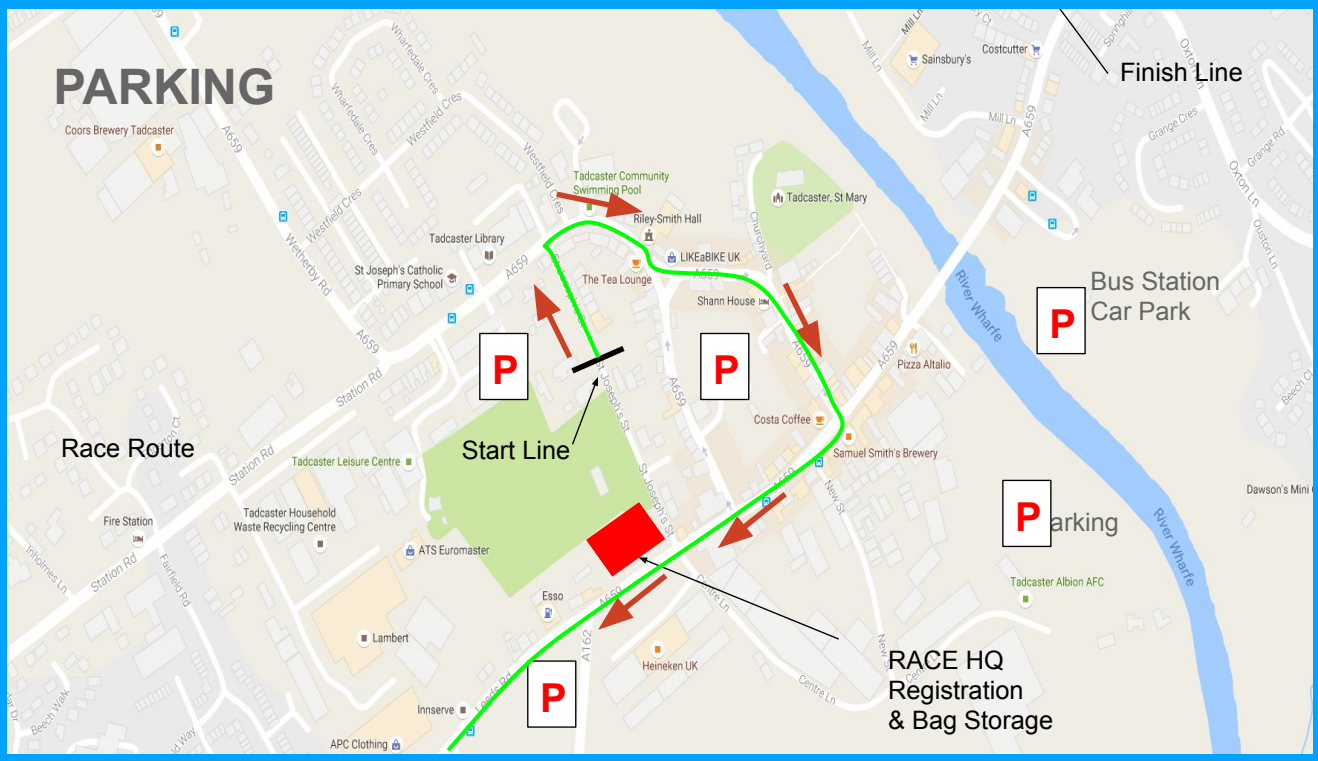




# Parking

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 8.30am and 11.30am. 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.

Please Note - there is NO parking for the event at the Swimming Pool or Leisure Centre - please use the recommended car parks.

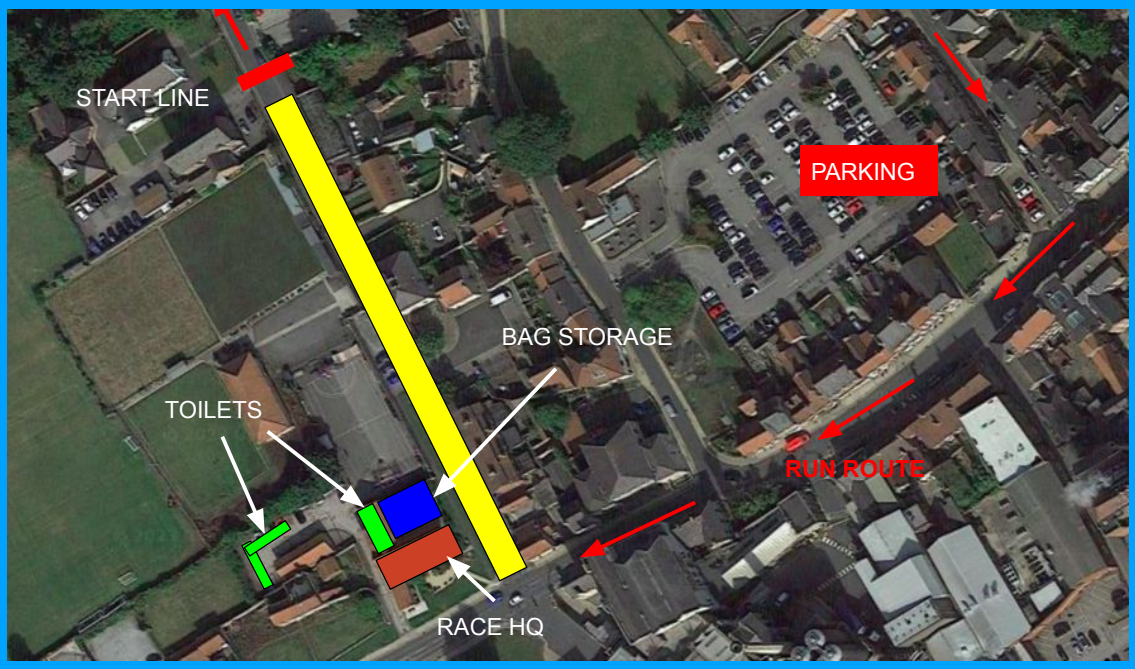



## Start Area

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



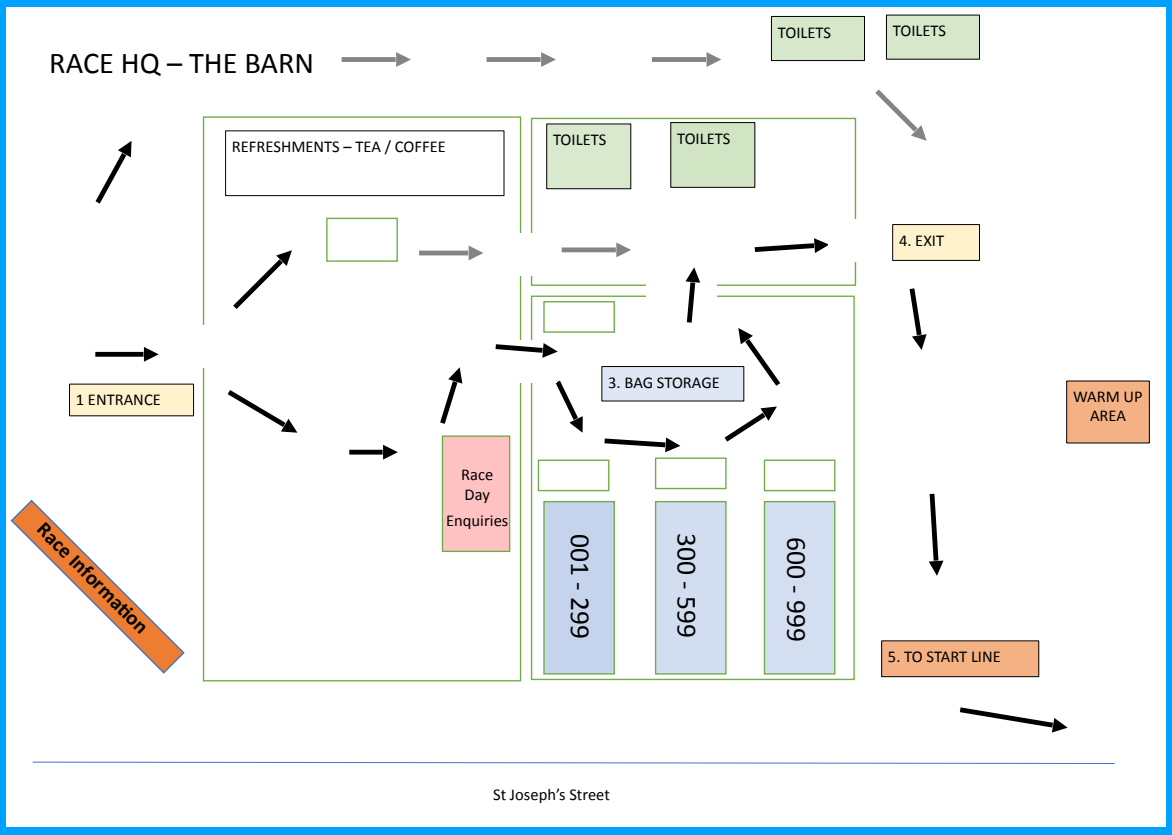
# Race HQ / The Barn Layout




**PLEASE NOTE:**

ONLY LATE ENTRIES (AFTER 1ST NOVEMBER) NEED TO COME AND COLLECT THEIR RACE NUMBERS _ EVERYONE ELSE SHOULD RECEIVE THEIRS 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.



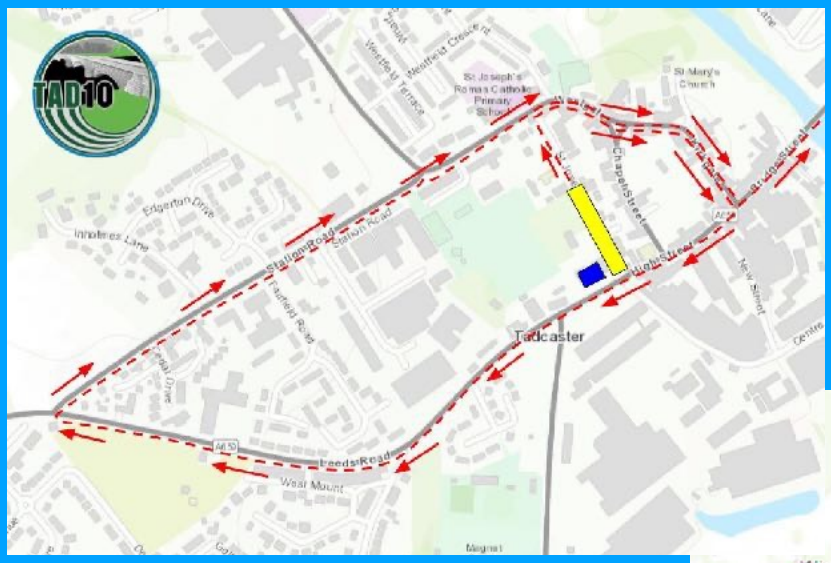
# The Course

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.

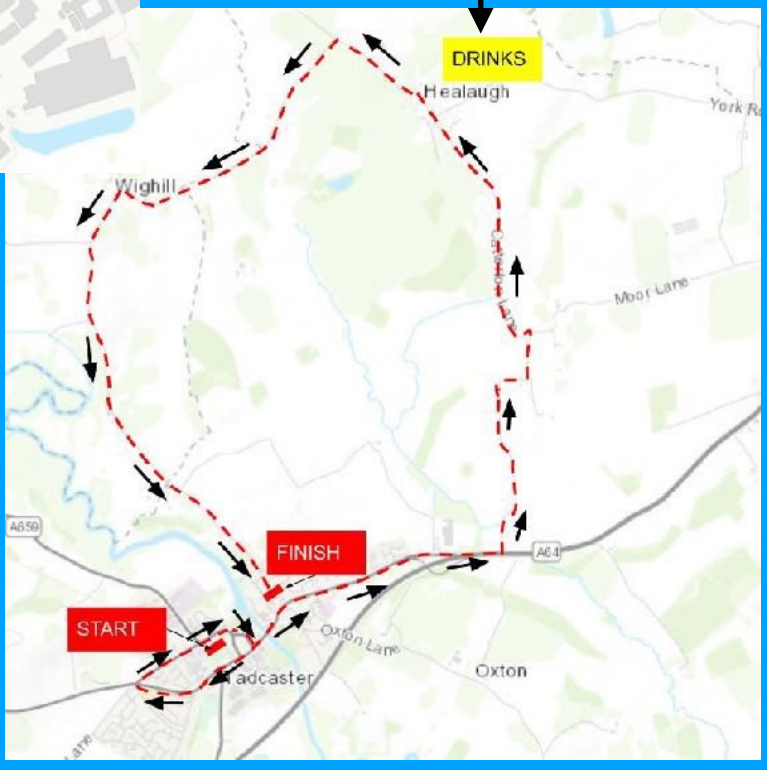
To view the route in more detail or to download the gps file visit:

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 5.5miles



## 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

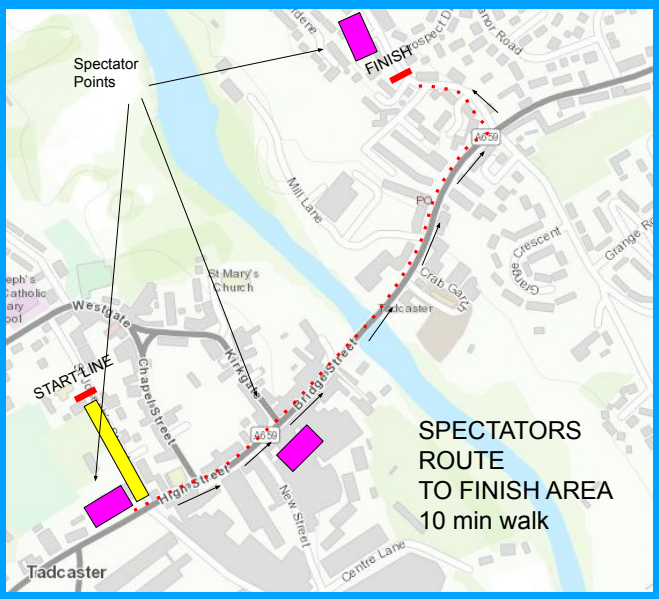
Most of you should now have received your race number in the post.  Please make sure you securely attach the race number for the race as it includes the timing chip.

## 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 and chocolate 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 9.30am and 10.30am.

PLEASE NOTE: The bag drop and help desk will close at 9.15 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 8.30am. Please ensure you are in the starting area 15 minutes before the race start. The race briefing will be at 9.25 and the race will start at 9.30am.

## 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 and water.




## 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 10.40 **and 10.50 at the Finish Line.**
We will do the Top 5 overall Male and Female and Top Teams at 10.40am
All the Age Group Prizes will be presented from 10.50 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

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