City Welcome

A very warm welcome to everyone involved in the 2015 Plusnet Leeds Half Marathon. Whether you are aiming for a PB, to smash a fundraising target or simply to get round, I hope you have a memorable, enjoyable and successful day.

This year marks a very special milestone for the Leeds Half Marathon. It will be the 30th running of the event, which over the past three decades has firmly established itself as a highlight on the city’s sporting calendar.

Inspired by the late Jane Tomlinson, who raised nearly £2m for charity by tackling a series of gruelling endurance events despite battling cancer, people of all abilities come from across Yorkshire and the UK to run the streets of Leeds and raise funds for good causes close to their hearts.

Organised by Run For All, in partnership with Leeds City Council, it requires a great deal of hard work to stage such a major event. A big thank you to all involved, particularly the many volunteers who selflessly give up their time to ensure the race is a success.

Good luck and enjoy your day.

Councillor Keith Wakefield
Leader, Leeds City Council

What will be included in my race pack?

Race Number

- Please note, your timing strip and baggage tag will be attached to your race number. Please take care not to damage the attached timing strip.
- Please complete the required safety details on the reverse of your race number. If you have any special medical conditions which might require attention, please mark a red cross in the top right corner on the front of your race number.
- Your race number must be securely fastened with safety pins on all four corners to the front of your T-shirt or vest and must be clearly visible.
- You will not be allowed into the participant only areas or to start unless you are wearing your number.

- At the finish, positions and times will not be given to numberless participants and they will not be permitted to cross the finish line.
- Numbers must be worn as issued and not be cut, folded, otherwise concealed or defaced in any way.
- Please DO NOT let anyone else run in your number as this could result in misidentification in a medical emergency. Anyone found to be doing so will be disqualified post-race and results will be voided.

Event Timing

- Your timing strip (attached to your race number) becomes activated and records your official time when you cross the mats at the start and finish. All participants completing the course will be given an official time (unless disqualified).

Baggage Store

- If you wish to leave baggage in the baggage store (see Event Village map for exact location), you will need to provide your own strong bag for storing your kit in during the race.
- Please ensure that the tear-off baggage tag is carefully torn from your race number and securely fastened to your bag.
- Any baggage is left at your own risk and the organisers shall not be held liable for any loss or damage.
- Only persons wearing an official race number will be allowed to deposit or collect bags.

Don’t wait until race day to ask any questions, please contact us immediately:
Email: info@theyorkshiremarathon.com
1. Race Office
The race office will be located on Victoria Gardens (close to the Art Gallery entrance) and will be open from 7.30am. Participants are not required to register on the morning.

2. Baggage Stores
Please deposit your bag in the store relevant to the colour on your race number. Please be aware belongings are left at your own risk.

- Blue Baggage
  - Victoria Gardens
- Red Baggage
  - Victoria Gardens
- Green Baggage
  - Cookridge Street
- Yellow Baggage
  - Cookridge Street

3. Toilets

4. Assembly Areas
Please assemble in the coloured zone that matches the coloured band on your race number.

- Blue Assembly
  - The Headrow
- Red Assembly
  - Calverley Street
- Green Assembly
  - Millennium Square (Cookridge Street side)
- Yellow Assembly
  - Millennium Square (Hospital Side)

5. Finish Funnel
Collect your bottled water/energy drink and goody bag as you pass through the finish funnel

6. First Aid

7. Massage

8. Food and Retail Areas

9. Charity Village

10. Public Viewing Areas

11. Crossing Points

12. Friends and Family meeting points
Coloured flags will be erected to help you meet friends/family once you have finished the race. Flags will match the colour on your race number. Please make arrangements in advance for where you will meet friends/family once you have finished.

13. Plusnet Family Funzone and Medal Engraving

Finish – Although the finish will be a welcome sight, please resist the temptation to stop once you have crossed the line. You must make sure you cross the mats at the finish for your time to be recorded.

Event Timetable:
7.30am - Assembly areas, baggage and race office open
8.50am - Participants assemble in allocated areas
9.15am - Mass warm-up in assembly areas
Race starts on The Headrow next to Victoria Gardens, outside the Library and Art Gallery

Your start time will depend on your assembly area colour:
9.30am - Blue and Red
9.43am - Green
9.55am - Yellow

Further information is available at theyorkshiremarathon.com
Drinks Stations – Competitors are advised to consider the effects of dehydration and drink plenty of fluids to compensate. Bottled water, kindly provided by the Asda Foundation, will be available just after 3 miles, then at 5.5 miles, 8 miles and 11 miles. Warning signs will be prominently sited approximately 200m before each station and bins approximately 200m after each station.

Please ensure bottles are deposited in the bins provided at each water station.

iPro Sport isotonic drinks will be available at the finish.

First Aid – Medical personnel will provide on-course assistance with first aid stations at approximately 2 mile intervals.

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On Route
- Please obey the instructions of race marshals, and police if appropriate, on the route. Most of the route will be traffic free although vehicles may at times be using the same road but separated from participants by cones.
- The use of MP3 players with headphones is strongly discouraged as this can reduce awareness of instructions being issued by race marshals and of the environment around you.

If you wish to withdraw from the race, please report to the nearest race marshal. If necessary, transport will be arranged to return you to the finish area as soon as possible.

Race Timing – Digital clocks will be mounted to the lead car and finish gantry.

Entertainment and Cheer Stations – An array of charity supporters and entertainers will be located around the route to provide support and encouragement as you pass.

Affiliations

The Leeds Half Marathon is licensed under the UK Athletics Road Race/Multi Terrain Rules for Competition and is organised in accordance with race licence requirements. The licence number for this event is 2015 – 12483.

Further information is available at theyorkshiremarathon.com
Find Out More & Get In Touch

Visit theyorkshiremarathon.com for more Plusnet Leeds Half Marathon information including: transport, spectator information, volunteering, results and photos, fundraising and more.

Send us your on the day message of support:
Facebook: The Plusnet Yorkshire Marathon
Twitter: @runyorkshire #leedshalf

Our Partners

The Plusnet Leeds Half Marathon is a not-for-profit event with all profits after the staging of the event going to charity. You can choose to raise funds for the Jane Tomlinson Appeal, any of our official partner charities or any other charity or good cause which is close to your heart.

The Jane Tomlinson Appeal
CLIC Sargent
Macmillan Cancer Support
Overgate Hospice
Martin House Children’s Hospice
Sue Ryder
Leeds Children’s Hospital
Forget Me Not Children’s Hospice
St Gemma’s Hospice
Marie Curie Cancer Care

Run For All would like to thank its official supporters and media partners:

ASDA FOUNDATION
‘Transforming Communities, Improving Lives’

Our Partners

Ready to run again? Check out our other 2015 challenges at theyorkshiremarathon.com and runforall.com

Further information is available at theyorkshiremarathon.com

Registration fees will go directly to Run For All Ltd to cover the costs of staging the event, with any profits from The Plusnet Leeds Half Marathon going directly to the Jane Tomlinson Appeal. All entrants are encouraged to fundraise for the charity of their choice. Under UKA rules: 2015 – 12483.