



# SHEFFIELD HALF MARATHON



# YOUR

# RACE GUIDE

COURSE INFO | FIND YOUR NEXT CHALLENGE | DAY TIMETABLE & MORE!

All profits from Run For All will go directly to the Jane Tomlinson Appeal.  
All entrants are encouraged to fundraise for the charity of their choice.

# WELCOME TO THE 2023 SHEFFIELD HALF MARATHON

Race day is fast approaching and we want to make sure you have all the details you need ahead of the big day.

We can't wait to see you on the start line, with stunning views of the Peak District and the crowds cheering you along the way, it's sure to be an event to remember.

In the meantime, don't forget to tag us in your training pictures on social media using #SheffieldHalf

In partnership with Sheffield City Council.



## A BIG THANK YOU!

The Sheffield Half Marathon means race day buzz, roars from the crowds, countless inspiring stories, and thousands of pounds raised for charity. We can't thank you enough for being part of this amazing event.

### TO OUR EVENTEERS

Without the support of our amazing volunteers, this event would simply not be possible. All the finish line smiles and money raised are the product of their hard work. Some of our fantastic volunteer groups include All Saints Ecclesall C of E, Sheffield Tigers, Girl Guiding Sheffield and South Yorkshire Federation of Women's Institutes.

### TO OUR RUNNERS

We are expecting to raise a huge sum of money for local charities, big and small thanks to the incredible support of runners like you. On behalf of all the charities involved, THANK YOU.

Whatever your reason for running with us, whether it's for fun, for charity or to smash a PB thank you for choosing to run with us.

## Jane Tomlinson's Run For All

Run For All is part of the lasting legacy of the late amateur athlete and fundraiser Jane Tomlinson CBE.

At Run for All, we continue Jane's vision to provide a fundraising vehicle for a huge number of local and national charities.

Find out more [here](#).





# READY TO TACKLE ONE OF YORKSHIRE'S MOST CHALLENGING AND REWARDING HALF MARATHONS?

The wait is nearly over and in just a few short weeks you'll be at the start line ready to tackle one of Yorkshire's most fun and popular half marathons.

Here's some key information that will help you prepare for the big day.



## WHAT TO EXPECT?

### FOR ALL ATMOSPHERE

At Run For All we pride our events on being FOR ALL and this event is no different. So, whatever your own personal goals, please remember that we want to create an inclusive, supportive environment for everyone.

### EVENTEERS VOLUNTEER PROGRAMME

Need a hand? Our friendly Eventeer team will be on-course and around the venue in their fluorescent yellow hi-vis to help you out and provide support.



## KEY TIMINGS

### 07:30AM

Race Office and Baggage store opens in the Event Village

### 09:15AM

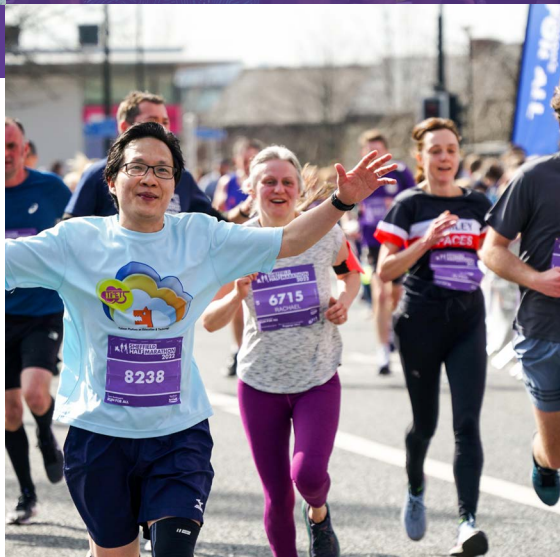
Sheffield Half Marathon official warm up

### 09:30AM

Sheffield Half Marathon official start time

### 10:35AM

First finisher expected



# ROUTE MAP



## PEAKS CHALLENGE

**CLICK TO ZOOM**

### KEY

- 1 Mile markers
- First Aid
- Toilets
- Water station
- Gels & Tabs

**OUTDOOR CITY  
TIMED 10K**





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# TRIPLE TIMES CHALLENGE



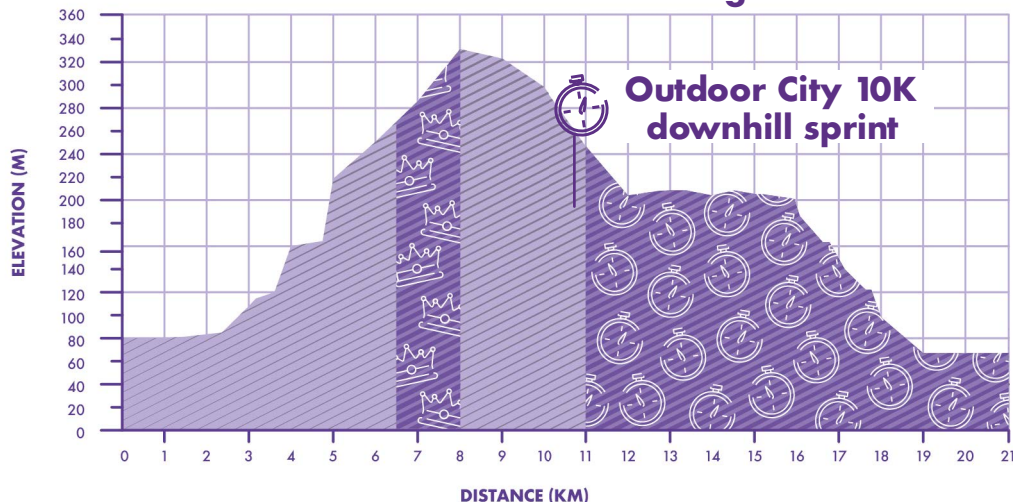
## A TRULY UNIQUE EVENT



With the support of event partners The Outdoor City Sheffield, we are not only challenging you to take on the Half Marathon but are offering you two additional challenges.

See who can be crowned champions of the Outdoor City Peaks Challenge, as you climb Ringinglow Road before the timed 10K sprint to the finish.

## Outdoor City Peaks Challenge



## Complete Sheffield Half Marathon



# YOUR RACE PACK



## IMPORTANT

If you entered before Monday 13th March, you will receive your race number in the post starting from Saturday 18th March.

If you entered after Monday 13th March or you don't seem to receive your race number in the post, you will need to collect your race number from the Race Office on event day. The race office will be open from 07.30am and will be located in the Event Village.

## GOOD TO KNOW

### What do I do with my number if I can't take part?

If for any reason you can't take part on race day, it is vital that you do not let someone else use your race number. Your race number is registered specifically to you and used to identify runners when there is a medical emergency.

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Keep your race number dry and safe. To be extra prepared, pin your race number to your race top or vest. Then there is no way you could possibly lose it.



### WHAT WILL I NEED MY RACE NUMBER FOR?

You will need your number to access the start line and to use the Baggage Store.

### BAGGAGE TAG

You will need your number to use the Baggage Store.

Your bib and timing chip does not need to be collected in after the event. It can be kept as a memento of your race day.

### TIMING CHIP

Your timing chip is affixed to your race number, please do not remove, fold the chip or pierce your physical timing chip with safety pins.



# PACERS



Our team of pacers, sponsored by Arla Protein are from Northern Pacing Volunteers and will be on-hand to support you on your run.

Each pacer will have a flag attached to them with finish times and will run at a steady pace. If you keep up with them, you'll be able to achieve the time on the flag.

Our pacers will be pacing at 5 minute intervals between sub 1 hour 30 minutes through to 2 hours 30 minutes.

They are all very friendly, so feel free to go have a chat with them before the event, and be sure to say thanks once you have crossed the finish line.



## VISIT THE UP & RUNNING EVENT SHOP

at the Sheffield Half Marathon,  
Tudor Square

From 8am – 26<sup>th</sup> March 2023



Hydration &  
Nutrition



Super Sock  
Deals



Altra Demo  
Shoes



Last Minute  
Race Day  
Essentials



UP TO  
50%  
OFF

Half Price  
Clothing







# GET YOUR OFFICIAL PERSONALISED RACE MEMENTO ON THE DAY AT THE EVENT

Celebrate that finish line feeling with a Sheffield Half Marathon print marking your achievement in style

With a range of sizes available for you to personalise with your **name** and choice of **finishing time** or **bib number**

**Start your collection today!**  
[personalbestvests.com](http://personalbestvests.com)  
@ [personalbestvests](https://www.instagram.com/personalbestvests)



## FIND US AT THE TENT IN THE EVENT VILLAGE



Visit  
The  
Outdoor  
City  


Where nature and culture intertwine

[welcometoSheffield.co.uk](http://welcometoSheffield.co.uk)  
@VisitSheffield @TheOutdoorCity



**SHEFFIELD HALF MARATHON**  
**SUNDAY 26TH MARCH**  
**KOMMUNE**



**OFFICIAL RUNNER OFFERS**

A FREE PINT OF FREEDOM LAGER FOR THE FIRST 100 RUNNERS // 15% OFF THE BAR FOR EVERYONE WHO HAS TAKEN PART IN THE MARATHON //  
 2-4-1 OFFER ON HOUSE BEERS (FREEDOM) // 15% OFF ANY MAIN MEAL FROM THE MONKEY JAR //



# GETTING THERE

Travelling to Sheffield is easier and quicker than you might think, so we encourage all entrants to use public transport or car share with family and friends if possible.



## CLEAN AIR ZONE

Please note that Sheffield has recently introduced a clean air zone. This is a class C chargeable zone for the most polluting heavy goods vehicles (HGVs), light goods vehicles (LGVs), vans, buses, coaches and taxis that drive within the inner ring road and city centre. Private cars and motorbikes will not be charged.



## SHEFFIELD PARK & RIDE

Sheffield has a number of park and ride sites across the city. For more information, click [here](#).



## SUPERTRAM

Sheffield has four tram routes, which give you easy access to the most popular places in and around Sheffield, and also Rotherham. For more information and to book your ticket click [here](#).



## BY TRAIN

Regular services will be running at Sheffield Railway Station.



## BY BUS

With a number of services running across the City why not consider utilising the local bus service. There may be a minimal number of diversions in place due to the events road closures but buses will still be running throughout the day. For local bus times and to plan your journey please click [here](#)



## BY BIKE

Bike racks are available around Sheffield City Centre.



## BY CAR

Arriving from the north

M1 Southbound and take Junction 36 onto the A61 towards Sheffield City Centre.

Arriving from the south

Approach Sheffield from the South on the A61 and continue on the A61 towards the City Centre. Follow signs for the train station or alternatively head towards St Mary's Gate roundabout.



# RACE DAY

## PRE RACE



### BAGGAGE STORE

Please leave time to drop your baggage at the Baggage Store, which will open in Peace Gardens at 7:30am. You will be able to retrieve your baggage from the same store after your run.

If you're planning to use the event Baggage Store, please ensure that your baggage tag is removed from your race number and securely attached to your bag ready for race day. This must be attached prior to handing your bag over on race day to our Eventeers.



### HEADPHONES

You are welcome to wear headphones, but please make sure that you are aware of your surroundings all around the course. If you wish to listen to music on your run, please make sure that you're able to hear the marshals' instructions, emergency vehicles and fellow competitors.



### WARM UP

Make sure you get to the start line by 9:15am to take part in the official warm up. This is a great way to get moving and ready to run.



### TOILETS

Toilets in the Event Village will be located on Surrey Street.



### APPROVED HEADPHONES FOR RUN FOR ALL EVENTS

Using bone conduction technology, award-winning SHOKZ (formerly AfterShokz) deliver stereophonic sound through your cheekbones to your inner ear.

This means you can enjoy your music and still hear everything around you including traffic, emergency vehicles and other warning noises as well as race instructions from marshals and fellow competitors.

For your exclusive Run For All 15% discount, use the code: RFASHOKZ on the Up & Running [website](#).

### STARTING ZONES

At the start there will be flags to mark timing zones and it will be up to you to find the appropriate zone to start in according to your predicted time. In your zone, you'll be surrounded by runners with a similar finish time and pace, which will help ease congestion and make for a safer start to the race.

### CLOTHING



It is important to note that all clothing discarded at the start of the race will be collected and donated to an appropriate charity. Unfortunately, we are unable to keep any clothing that has been left in the starting area, unless dropped in the baggage store prior to the race.



## DURING THE RACE



### TOILETS

Please only use the allocated toilets for this event located in the Event Village and on course. There will be toilets located at the 5th, 7th, 10th and 11th mile markers. Run For All operate a zero tolerance policy and any runners seen urinating anywhere other than the facilities provided will be disqualified.



### KEEPING SHEFFIELD GREEN

Run For All are committed to keeping Sheffield green and we understand the importance of doing our bit for the environment. Recycling bins will be provided across the event site and we urge people to use the facilities.

Bins will also be provided over the 100 metres following the drinks station and we request that runners use these to help our clean-up crews to leave the city the way that we found it! Should runners wish to carry their drinks/gels beyond the provided bins, please pass any litter to your nearest marshal.

Please drain bottles before binning them across all recycling bins on course.

Let's work together to keep Sheffield green and encourage other runners to do the same.



### FUEL & HYDRATION

It is very important to stay hydrated. You'll find your water station on course opposite the Norfolk Arms at the 5 mile mark. As well as on course, all runners will receive water at the finish.

### CROSSING THE FINISH

One last push towards the finish! Please respect others when finishing and be aware of those around you. Many are keen to finish with a flurry - please move to one side if you are not looking for that big finish. We know that you will be keen to take a well-deserved rest but please continue past the finish line to collect your water as stopping immediately after the race can cause a danger to those behind you!



### ERDINGER ALKOHOLFREI

At the finish, you'll be offered a chilled cup of naturally brewed Erdinger Alkoholfrei as you make your way along the finish chute. This great tasting isotonic recovery drink is free from fat and cholesterol, whilst also having a perfect balance of B-vitamins and minerals. It's the ideal way to recover and refuel as you celebrate your victory with family and friends.



### GOODY BAG

Make sure you pick up your goody bag after you finish. There'll be plenty of tasty treats, as well as your medal. Pre-requested Finisher T-shirts can also be collected from this point.



### MEETING FAMILY & FRIENDS

Got fans? Please arrange to meet your friends and family in the Event Village. This will help us keep the finish area clear and safe.

# EVENT VILLAGE MAP



## KEY

- 1** Race Office
- 2** Charities
- 3** Goody bags
- Baggage store
- First Aid
- Toilets
- Water Station

**ERDINGER**  
ALKOHOLFREI

Finisher drinks





# AFTER THE EVENT



## FOOD & DRINK

In the Event Village, there will be a selection of food and drink choices to purchase.

Sheffield has a variety of restaurants and bars to satisfy your refuelling needs. Check out the vibrant city centre after the event.



## PARTNER CHARITIES

You will be able to find our wonderful partner charities in the Event Village. You'll find our very own Jane Tomlinson Appeal, Sheffield Hospitals Charity, Age UK, Cavendish Cancer Care, MacMillan, Paces, St Lukes, Snowdrop Project, The Children's Hospital Charity and Sheffield Futures. Make sure you head into the Event Village before or after the event to say hi!



## MASSAGE

Thanks to Regen Physio massage will be available in the Event Village. Soothe your tired legs with a FREE post-run rub-down!



**REGEN  
PHYSIO**



## MEDICAL FACILITIES

As well as the medical staff on course, there will be a combination of first aid points and roaming first aiders around the Event Village. Please see the Event Village map for the locations of first aid and make yourself familiar with the whereabouts of these facilities.



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## RECLAIMING BAGGAGE

You are advised to make your way to the Baggage Store to reclaim your property before meeting up with your loved ones. Please collect your bags as soon as possible so that you can avoid the queues.



## RESULTS

All results will be available on our [website](#) soon after the end of the event. However, keep in mind that it's not all about times – you should be proud of yourself just for getting out there and getting active!



## MARATHON PHOTOS

Smile! The Marathon Photos team will be on course throughout the event to snap your picture. Photographs can be purchased online [here](#).



# SPONSORS & PARTNERS

A BIG THANK YOU TO ALL OUR SPONSORS AND PARTNERS



# PARTNER CHARITIES

A BIG THANK YOU TO ALL OUR CHARITY PARTNERS



Sheffield Hospitals Charity



Sheffield's Hospice







# WHAT'S NEXT?

**HULL**  
**HALF MARATHON**  
11.06.23

**ENTER**

**SHEFFIELD 10K**

24.09.23

**ENTER**

**YORK 10K**

06.08.23

**ENTER**



**DERBION**  
**10 MATHON**

04.06.23

**DERBION**  
**RAM 5 MILE**

**ENTER**

**ENTER**



**10<sup>TH</sup>**  
**ANNIVERSARY**

**YORKSHIRE**  
**MARATHON**  
**FESTIVAL**

15.10.23

**ENTER**