

# The 32nd Yorkshireman Off Road Marathon & Half Marathon - Sunday 14th Sept 2025



# **Yorkshireman Race Brief - 14th Sept 2025**

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**THANKS TO OUR  
RACE SPONSORS,  
TIMOTHY TAYLOR'S.**



# Foreword

*Whether one of many regulars or a new face, welcome to Haworth. It's a lovely Yorkshire village with so much history associated with the Bronte family.*

*I cannot thank our team of volunteers enough and please give them all a shout out. You will see many of our Juniors who have become a feature of the race in recent years along with so many wonderful club members of Keighley & Craven AC. However, in 2024 and again this year, it's notable how many volunteers we have from further afield and other clubs as they simply love the race and want to give back to the sport - that just says it all to me about the running community.*

*I must say 'thank you' as well to our race sponsors Timothy Taylor's who will be involved on their second Yorkshireman. They are so generous as they know what we do is for the local community and they are undoubtedly our most famous local company as well as the favourite beer of the organising team.*

*In particular, the Fleece Inn, Haworth is very much our chosen venue for post race celebrations so please visit Trudy and her team. Once we close Race HQ down, we will certainly be heading there for an important post race debrief! Also, a big 'thank you' to the team serving the pizza and drinks from the local Methodist Church who pull long shifts in ensuring you are fed and watered as well as the fantastic Haworth Brass Band who will play for a few hours at the finish.*

*Our race is wholly volunteer run with all proceeds going to great local charities and good causes. If we get things wrong then please let us know as we want to provide you with the sort of day out that we would love to experience ourselves as most of us are runners. The whole team looks forward to seeing you on the day and we hope you have an enjoyable race,*

**Gary Chapman, Race Director**

## KEY CHANGES TO RACE IN 2025:

If you have done the race in recent years, there have been almost no changes at all. The only changes to note are:

1. There are now two portaloos at Feedstation 1 (this is both half and full).
2. The individual male and female winners of both the half and full marathon will get a voucher for a meal for two at the Fleece Inn, Haworth which is valid for 12 months courtesy of Timothy Taylor's.
3. Feedstation 2 on Full Marathon is now about 250 metres earlier and differs to the one shown on all race maps. It is much better spot not on main road and you cannot miss it as bang on the route.
4. If you turn up with 4 or more in car and use Event Car Park, everybody in car will go in a ballot for 50% off entries for 2026 Hobble and Yorkshireman.
5. Contactless payment facility now available for car parks, maps and T-shirts/hoodies (although cash is fine).
6. Don't forget that Half Marathon start is now also outside the Fleece Inn, Haworth since 2024.



# **1. Pre-Event Competitor Changes And Withdrawals**

Most races would not consider allowing such late changes but quite simply we are runners and we want to accommodate you as much as we reasonably can to ensure you have a great day. In particular, we know that people get to race day and usually whether it be injury, illness or hangover they make decision that they can still get round the half safely but the marathon is too much. It's in nobody's interest if you are forced to stay in a marathon or run as a pair which may result in unnecessary suffering or an incident.

## **FOR ALL CHANGES GO TO RACE REGISTRATION DESKS.**

The changes we accept on race day are as below and we **DO NOT need to know in advance of race day** as system is locked down and race numbers already printed. We get access to make changes again on race day itself.

1. If one half of a pair cannot attend for any reason, we will swap you to a 'solo' entry in either 'full' or 'half'.
2. If a pair is so mismatched, you wish to swap to two solo entries (although we really would prefer you stick as pair at this late stage to avoid hassle at registration).
3. If you are entered in the 'full' and want to drop to the 'half'.
4. And finally, if you are entered in the 'half' and make a last minute decision to try the 'full' and it has happened to our surprise before.

**IF YOU ARE UNABLE TO ATTEND THE RACE THEN THERE IS NO REQUIREMENT TO LET US KNOW. WE PLAN FOR 25% TO 28% OF YOU NOT TURNING UP BASED ON PREVIOUS RACE STATS. IF YOU ALL TURN UP THEN WE HAVE A PROBLEM SO IN THE NICEST POSSIBLE SENSE, WE HOPE 25% OF YOU ARE NOT ATTENDING !**



## **2. Car Parking, Car Sharing and Toilets**

***PLEASE DO NOT USE THE SMALL SCHOOL CAR PARK AT RACE HQ UNDER ANY CIRCUMSTANCES. THIS IS STRICTLY EVENT TEAM ONLY AND WE ARE STRUGGLING FOR ENOUGH SPACE AS IT IS - YOU WILL BE MADE TO RUN A 2ND LAP IF FOUND.***



### **Car Parking (see map below)**

***The event car parks will be open from 7.45am.***

1. We have the use of Haworth Primary School All Weather Pitch again and an overflow facility at Haworth Community Centre. The car park is off Acre Lane, Haworth, BD22 8QX. You need to turn onto Butt Lane from either direction then take Acre Lane next to Parkside Social Club. There will be car park signs and marshals to help. Click here for exact location of [car park](#).
2. There is a direct walking route from car park into back of school so it is only about 250 metres to registration.
3. There will be a £5 charge for the car park. Cash is fine and we prefer notes however we will have a contactless payment facility as well. It will cost you similar if you park elsewhere in Haworth. There is little free parking near school as it is tourist village. Yes, we know there are a few places to park for free but this upsets residents. Please



avoid parking on Acre Lane immediately before you get to all weather pitch event parking - only use if both car parks are full.

- 100% of proceeds from car parking go to Haworth Primary School where the Head Teacher uses it for special treats for kids. From the Haworth Hobble and Yorkshireman events, we have paid for whole school to go to the pantomime on 4 separate occasions as well as other treats.

If you choose to leave your car here overnight as you retire to pub, that's fine but please move car by 7.30am on Monday morning as the car park will be locked then.

- The car park is about 4 minutes walk from race start.
- Please don't take chances with Haworth car parking if you go elsewhere and do not have enough money on your ticket - parking fines are a regular hazard here.



## Car Sharing

- We are doing our best to make the event more sustainable and address areas where we can improve. Please try to car share wherever possible to both do our bit to reduce carbon footprint and to ensure enough space for others.
- As an incentive to those cars with 4 or more competitors in who use the event car park, please register your car/ names at race registration (car park team will give you a slip of paper) and we will conduct a ballot and offer 50% off your entry for each of you to either the 2026 Haworth Hobble or Yorkshireman

## Toilets

1. There will be 10 Portaloos at the event HQ of which 5 for male use only and 5 for female use only (that's based on number of entrants with proportionately more female toilets). These toilets will be in the school car park next to race registration and not the Event car park.
2. In addition, the Fleece Inn toilets (next to race start line) will be open to all competitors from 8am until 10.30am. For the men who want a Urinal only then we would recommend that you wait until the Fleece Inn at the start line as this frees up the main portaloos.
3. The portaloos are about 3 to 4 minutes walk to race start.
4. **For the first time, we will have 2 x Portaloos at the first feedstation (approx 8.2 miles into race) which is with the kind agreement of the homeowners who allow us to use their land as feedstation. This will be available for both full and half marathon.**
5. There are no other guaranteed toilets on either race route. However, immediately after Ogden Water dam wall on the right hand side on the full marathon at approx 14 miles, there is a public toilet which was open on all of our Sunday morning reccy runs. However, we cannot guarantee this will be open although it is likely.



## **3. Registration including Kit Requirements, Race Maps and Bag Drop**

### **Registration**

**Registration is open from 7.45am. Priority will be given to early starters until 8.15am.**

1. Registration is inside [Haworth Primary School](#). It will be well signposted from all directions.
2. You will be given a Race Number and **SIAC** (SPORTident Contactless Timing Chip) which you wear on lanyard provided. Race numbers must not be folded and must be attached to your front. **YOU MUST COLLECT YOUR SPORTident CONTACTLESS TIMING CHIP AFTER COLLECTING YOUR RACE NUMBER - THIS WILL BE IN A SEPARATE AREA THAT WILL BE SIGNPOSTED.**
3. **Marathon runners will be prioritised until their race starts.**
4. Waterproof maps for both courses will be available for £2.50 at registration. Cash or contactless payment available.

### **Kit Requirements**

1. This race is licensed by the FRA and their rules apply. Due to a quirk based on the height ascent per mile, the half marathon is classed as a 'BL' category and the full marathon is a 'CL' category. This means that on the half marathon, FRA mandatory kit is compulsory whereas on the full marathon it is organisers discretion. The decision is that both races will have the same and FRA mandatory kit is required.
2. I have had a number of queries over years regards why mandatory kit is needed and I appreciate that for some who are perhaps trying their first fell race that it is not what they would normally do.
  - I. Firstly, it is mandatory under FRA guidelines (for half marathon anyway as explained above) so to comply with their guidelines and to be insured, we must impose it.
  - II. Secondly, many of you will not be aware as to why we have to carry some extra kit and why it is mandatory. Guidelines were toughened after the death of a competitor on a summer event and having followed the coroners enquiry with great interest, it's clear how an unexpected chain of events can lead to a dangerous situation.
  - III. Thirdly, one of our Keighley & Craven runners had to be helicoptered from a course in a summer race in 2021 and they suffered severe hypothermia amongst other issues staying 6 days in hospital . The unpredictable chain of events that unfolded showed the value of compulsory kit even on summer races.
  - IV. In the 2023 Yorkshireman, we had a few significant heat related incidents including one competitor hospitalised. Some sacrificed their race to help poorly competitor and got cold despite heat. Then the last 30 marathon competitors got caught in exceptional downpours and some got very cold indeed just as we had somebody in hospital being treated for heat related issues.
3. The following video link is well worth watching however experienced you are as a reminder as to why we need to carry spare kit - it really makes you think: [Trail running safety video](#)

#### **4. . FRA mandatory kit as follows:**

- Waterproof whole body cover with taped seams and attached hood



5. There is no formal kit check process on this race.
6. If we can clearly see you are carrying kit, we will not be looking to challenge you but if you are clearly running without it then you will be challenged and disqualified if appropriate. For category winners, random checks will be carried out to ensure FRA guidelines complied with. Please be aware that if you do our other race, the Haworth Hobble, on edge of winter, we do carry out strict kit checks due to likelihood of far more challenging conditions.
7. Irrespective of the above, you should always consider if more than the minimum is best for you despite positive weather forecast. It does no harm to review the following documents regularly as we find them very useful. [FRA Requirements For Runners](#) and the [FRA Hyperthermia Guidance \(too hot\)](#) or [FRA Hypothermia Guidance \(too cold\)](#)

## Race Maps

Waterproof race maps for both races will be available at registration for £2.50 each. Pay by cash or contactless payment. They show the route and all feed stations. They also have cut off times for each checkpoint.

[illegible]

## Bag Drop

You may leave your bag inside the Primary School at your own risk. Place it at rear of school canteen behind registration desks. We cannot take any responsibility for any bags left as so many people enter the building. The event car park is so close that ideally, you should leave bags locked in your car. **DO NOT LEAVE BAGS IN MAIN CANTEEN AREA.** There is plenty of room at the rear of canteen.

## **4. Mass Start Information (Full and Half) & Early Starts**

### **Mass Start Times**

1. The full marathon starts at **9.30am** outside the Fleece Inn in the middle of Haworth Main Street (3 minute walk from registration).
2. The half marathon starts at **10.30am** at Fleece Inn, Haworth as per the full (new start position since 2024).



### **Early Start Times**

1. Early starts increase people's chances of finishing within cut offs and reduces the time that we have volunteers on course. We encourage this for the slowest runners only as mass starts are part of racing and this is not available just so a faster runner can go home early.
2. Full Marathon - anytime between **8am to 9am (from Fleece Inn, Haworth)**
3. Half Marathon - anytime between **9.35am to 10am (from Fleece Inn, Haworth)**

### **Early Start Process**

1. Register as normal - you do not need to advise us that you want an early start.
2. Turn up to the Fleece Inn, between the above times. There will be a Race Marshall in a High Viz jacket who will start you individually using the Timing Chip that you collected at registration so you will get an exact race time.

### **Important Information Regards Early Starts**

1. You will not be considered for a prize if starting early other than V70.
2. In past years, approx 60 or so people will do an early start for marathon and about 20 for half marathon.

3. The first checkpoint/feedstation on the full marathon opens at 10am and so you must not pass it until it is open. You will be disqualified if you do. There is no opening time for half marathon runners as it will already be open for the full marathon.
4. The second checkpoint/feedstation on **half marathon** opens at 11.55am and you will be disqualified if you pass it before this time.
5. Always stay aware for faster runners approaching from behind especially on narrow sections - please try to give them the best racing line.
6. The reason for feed station opening times is to prevent sneaky faster runners using an early start as it causes us plenty of issues. This option is intended to give people every chance to complete the race within the very generous cut off times and not facilitate fast runners having course to themselves and getting home early. Disqualification will occur if pass the feed stations shown above before opening times.





## **5. Feedstation Information & Race Cut Offs**

### **RACE CHECKPOINTS AND FEED STATIONS ARE THE SAME THING.**

There will be 5 on full marathon and 2 on the half marathon. At each one a race marshal will direct you to ensure that your timing chip records you going through and updates the live timing on internet.

#### **Feed Station Drinks (half and full marathon)**

1. All feed stations will have water, squash and flat cola available. Please use your water container for them as we do not provide cups (except feedstation 4 on full marathon). The team will help you refill your flasks as quickly as possible.
2. On Feed Station 4 on full marathon, there will also be tea and coffee available (cups will be provided).

#### **Feed Station Food (half and full marathon)**

1. Banana, oranges and honey dew melon (all cut to appropriate size) - all feedstations.
2. Jaffa cakes, chocolate bars, jelly babies, salted peanuts - all feedstations.
3. Feedstation 2 on half marathon and Feedstation 4 on full marathon will also have Timothy Taylor's Landlord fruitcake and cheese.
4. Feedstation 3 and 5 on full marathon will also have small boiled new potatoes with salt.
5. Gluten Free - There will be small supply of gluten free Jaffa cakes available at all feed stations. Please ask team as will be readily available but kept away from main feed station food.



### **Feedstation Locations (can be found by clicking on links below):**

1. [Feed Station 1](#) - 8.2 miles - BOTH RACES - This is the usual spot and as per race maps.
2. [Feed Station 2](#) - 12.3 miles - **HALF MARATHON ONLY** - We moved to spot at Parsons Yard in 2021 which is about 0.7 miles earlier than previous spot. Older race maps (pre 2022) may show the original feed station.
3. [Feed Station 2](#) 15.2 miles - MARATHON ONLY - This is about 250 metres before old feed station and is new spot from 2025.
4. [Feed Station 3](#) - 18.4 miles - MARATHON ONLY - This is at end of Hewenden Viaduct exactly as per race maps.
5. [Feed Station 4](#) - 21.7 miles - MARATHON ONLY - This is about 250 metres before the feed station marked on older race maps (pre 2022 maps) and it is on Back Shaw Lane. It is feed station used since 2020. You cannot miss it.
6. [Feed Station 5](#) - 23.9 miles - MARATHON ONLY - This is at the usual spot as per race map where you cross the main road at Cross Roads.

### **RACE CUT OFFS**

#### **Full marathon:**

1. Feed Station 1 - Opens at 10am and closes at 12.45pm (late closure due to half marathon).
2. Feed Station 2 - Closes at 1.30pm
3. Feed Station 3 - Closes at 2.15pm
4. Feed Station 4 - Closes at 3.00pm
5. Feed Station 5 - Closes at 3.45pm

#### **Half marathon:**

1. Feed Station 1 - Closes at 12.45pm
2. Feed Station 2 - Half Marathon - Opens at 11.55am and Closes at 2pm.

#### **Cut Off Information - Both Races**

1. The cut offs are very generous indeed. However, we must respect that volunteers will be out there a long time so they are essential.
2. If you are advised you have failed to meet cut off, we will collect your timing chip, race number and discuss arrangements to get you back to finish.
3. Don't forget that you have the option of starting both races early. For the avoidance of doubt, there is no leeway on cut offs - one second late means that you will be withdrawn - no exceptions.

## **6. Race Route, Course Tips, Race Rules, Overtaking Etiquette and Navigation**

### **Race Route**

[Click here for half marathon route.](#)

[Click here for full marathon route.](#)

[Click here for whizz round video of half marathon route \(please note that start is now at Fleece Inn\)](#)

[Click here for whizz round video of full marathon route](#)

### **Course Tips**

1. There are no changes from 2024 with exception of full marathon feedstation 2 being 250 metres earlier on route.
2. Don't forget that the half marathon start is now permanently outside Fleece Inn since 2024.
3. 1.6 miles into route for both races, inexplicably the gate that we always opened with permission of tenant farmer as he removed sheep from field for us has had an enormous boulder and immovable piece of wood across it so blocking it. The tenant farmer knows nothing about it and is kindly trying to sort but my assumption is that you will have to use the stile so a small queue may start to form after mass starts only. There will be a Race Marshall there to help.
4. The very overgrown path at 11.6 miles into the full marathon has been cut back thanks to two kind competitors making it easy.
5. There are several places where farmers will have removed cows for race day. There should be no cows on the half marathon route to best of our knowledge. There will be several places on the full marathon route where there may be cows although they have often been removed by September in previous years. Having run the whole route multiple times in recent weeks accompanied by a dog, all the cows have been very docile and we have had zero issues. However, please take care and always err on side of caution.
6. We know there are quite a few doing the course for the first time coming from around the UK to tick off another marathon. In terms of footwear, a personal opinion is that unless exceptional and sustained rainfall in coming weeks, a decent trail shoe would be the better option on both courses not least as a few road sections and a lot of easy track. However, if you are comfortable in a fell shoe over longer distances then certain parts of the course it would work better on as some areas have very uneven ground and slippery grass. We would not recommend a road shoe.



### **Race Rules**

1. All rules as per Fell Runners Association.
2. Please note that strictly no dogs are allowed on the route.
3. Please note that we do have dispensation to allow poles but we would prefer that they are not used for the half marathon unless you have a clear medical reason. We know that a few will use them on the full and we simply ask that you exercise great care particularly at stiles, gates and narrow openings.



## Overtaking Etiquette

There are early starts on both races - this means faster runners will come past some slower runners. Most of the time there will be lots of room but there are some narrow areas. If you have had an early start, please keep checking behind you and try to step to the side so the faster runner can come straight through.

For the faster runners, please just shout 'fast runner approaching on left/right' - then give each other some encouragement. Alternatively shouts of 'Get out the way' and 'elite runner coming through' equally acceptable as they will have no chance of catching you to complain.

Many early starters remarked to us in 2023 what a privilege it was to see Tom Adams glide past them on his way to obliterating the 30 year old course record. The interaction between faster runners and early starters is a real positive of the race and it's great to hear about all the mutual support so let's all play our part.



## Navigation

FRA rules do not allow any electronic navigational devices and in signing up, you acknowledged you had the skills to navigate.

However, our event is different to many fell races and as we are allowed to partially mark the course, we choose to do so in a way that removes most navigational challenges. Whilst we make no promises as the great British public have been known to remove course markings along with the fact that heavy rainfall may cause a few issues, in recent years competitors have generally found the course to be fairly easy to follow even if you have never been here before.

Course markings will show in two ways:

- A) YORM red stickers - These will not be as prevalent as past years as they fall off and can only be placed on certain surfaces. They will be removed on day of event after last runner - if any local competitors see them after the race as inadvertently missed, please take down.
- B) Red chalk marks - This is an environmentally friendly red chalk which disappears within days so the course will be marked at last minute. Last year, it even survived heavy rain for a day so is reliable. These will be fairly frequent especially at key junctions. They will always be just off the running line. If you are on a long path with no turns off it then no need for us to put every few metres so you may not see one for 250 metres. However, we will endeavour to ensure all key areas have some marking. However, remember we do not promise fully marked course - have your map ready and keep concentrating.



## **7. On Course Safety, Medical Information and Race Withdrawals**

### **On Course Safety Team**

1. There will be a small race safety team in key locations around course. They will be identified with orange hi-viz. Say 'hello' to them - they are all experienced runners.
2. They are no substitute for mountain/fell rescue or proper medical help if a serious incident. If so, call 999, ask for police and then mountain rescue - however, also please call emergency contact number on rear of your race number. We will direct safety team immediately as we may be able to stabilise situation whilst awaiting MRT as we have warm clothing, bothy bags and basic first aid.
3. For less serious incidents, our safety team may be able to help keep you warm and walk you off. If you are aware of a struggling competitor then let us know as we will try to help them.
4. By having an experienced field safety team, our ethos is that we will try to prevent any unnecessary mountain rescue/NHS ambulance call out.

### **Withdrawals**

1. If you have to withdraw at any point from registration onwards, it is absolutely essential that you contact a race official and get it confirmed that your withdrawal and name/race number are formally recorded by race control.
2. We have a formal process in place as we cannot have a situation where somebody could be left on the course injured with nobody knowing.
3. If you just decide to go home and we cannot contact you, our working assumption is that you are laying injured having got lost and we will implement an escalation process that could lead to police and Mountain Rescue being called. Please don't do this to us as diverts so much resource and it is not pleasant to deal with. We wasted 90 minutes and multiple resources on previous Yorkshireman race as somebody gave up and just went home without telling us.
4. If wanting to withdraw during race, please do everything you can to get to a feedstation and report to them as they will help.
5. We will do everything we reasonably can to look after you and get you back to Race HQ/finish as quickly as we can.
6. If returning to Race HQ, please ensure that you hand your Timing Chip back in there. If being collected from feedstation and going straight home, once you have formally confirmed your withdrawal and that going home then please hand tracker to feedstation team.
7. Any non-returned or lost timing equipment will incur a significant fee payable by you.

### **Medical Information - On Course and Finish**

1. We engage an external Event Medical Services Provider with trained staff.
2. There will be a double crewed ambulance on the course until about 12.15pm and then it will return to Race Finish line although we can deploy at any point.
3. At every feedstation there is a first aid box with key items for cleaning/treating cuts and grazes. The team at most checkpoints will not be first aid qualified so we will help provide the equipment so you can treat yourself.

4. The first aid boxes all contain female sanitary products as well - just ask for First Aid box.
5. There will be a defibrillator at the finish line.
6. Our Safety Team and Medics are no substitute for Mountain Rescue/NHS ambulance if serious incident - if this needs to be escalated to them then don't hesitate but always let us know as we may be able to get resource to you more quickly to provide initial help



## **8. Race Finish Including Timing Chip Collection, Food, Presentations and Post Race Massage**

### **Finish Location And Procedure**

1. The race will finish directly outside main school gate to Haworth Primary School.
2. There will be multiple Race Marshalls to ensure that you use your Timing Chip to record your exact finish time.
3. Please move directly from finish line to inside school hall where you must hand in your Timing Chip. You will be given a print out of your race time and checkpoint splits.
4. Don't forget that lost/unreturned Timing Chips will incur you a significant charge.

### **Post Race Food and Drinks (inc vegan/vegetarian/gluten free)**

1. After the race, the school canteen will have tea, coffee, squash and ice cold drinks available .
2. There will be freshly cooked hot pizza available which will be continuously supplied all afternoon by local takeaway. There will be a vegetarian pizza option as well.
3. For vegan/gluten free runners only, we will be using Sainsbury's 'Free From' pasta along with Sacla Pesto sauces and appropriate pasta sauces - you can check packaging if you need but all is indicated as vegan/gluten free. Please identify yourself to canteen team and be aware they may have to cook to order so could be a minor delay.
4. The drinks/food are all included within race fee. However, the simple fact is that if you are an FRA member who entered early then you have paid £18 for a race with live timing, well stocked feed stations, expensive event medical services etc. We pride ourselves on keeping our race entry fee low but if you eat lots of pizza then a hungry competitor could eat up half their entry fee.
5. We won't be policing this but if you are going to eat more than 2 large slices then please consider bringing some money and popping it in the donations box at the kitchens or making a contactless payment. We will be spending around £1500 on pizza so this really adds up for us and takes away from what we have left for charity/good causes if somebody scoffs a whole pizza. It costs us about £1.25 per slice.

### **Presentation Ceremony**

1. All winners will get a Timothy Taylor's bag with some ales in. The winners of the overall male and overall female race (both half and full) will receive a voucher for a Meal for 2 at the Fleece Inn, Haworth including drinks valid for 12 months.
2. There will be engraved trophies for the overall male and female winner of both half/full marathon.
3. There will be engraved glass trophies for winners of male/female/mixed pairs in full marathon, first V40/V50/V60/V70 for both male/female in full and half marathon.
4. All trophies are to keep permanently.
5. Presentations will be in school playground during afternoon. It is not the intention to keep winners waiting for hours and the intention is to do multiple prize giving within 75 minutes at most of prize winners finishing. If you have to go let us know and we will try to bring forward.

6. All trophy winners must be in mass start with exception of V70 Men/Ladies.



## Post Race Massage

We are so lucky as Haworth has two superb physios and multiple Keighley & Craven AC members will happily give testimonies for both of them to say that they are two of the best sports physios you will ever come across. They both kindly offer their services for free for post event massage - just wander over and they will give you a gentle working over. If you are local, please click on links below and support the guys:

1. [Dave Hanson of Haworth Physio - formerly Huddersfield Town 1st Team Physio.](#)
2. [Jack Holder - Body Smart - formerly Keighley RUFC 1st Team Physio](#)



## **9. T-Shirts (Pre-Paid and Race Day Sales)**

**T-Shirts will be available to collect or buy both before and after the race in the school canteen next to race registration. There is no need to collect before the race.**

**We hope that we will have maintained our reputation for quality race t-shirts at a very low price point compared to other races.**

### **Pre-Purchased T-Shirts and Hoodies**

1. The T-shirt team will check off your details against your race number which you must present. If your T-shirt is unclaimed within 10 minutes of the last competitor finishing, then as per race terms and conditions, it will be sold off and we will not post them out. 100% of the sale of unclaimed T-shirts will be going to charity/good causes - look on it as a charity donation.
2. The only exception to the above is the people who have ordered race hoodies as they are a lot more expensive. If you are unable to attend, then please email us at [kcacraces@gmail.com](mailto:kcacraces@gmail.com) within 72 hours of the event and title email 'Race Hoodie - Uncollected'. We will be happy to post out if required subject to a postage fee.

### **Sales on Day of T-Shirts and Hoodies**

1. We will have a small supply of extra short sleeved t-shirts, long sleeved leisure shirts and hoodies.
2. However, we do not want any waste so we cannot promise there will be enough to meet demand. You may be better purchasing one before race if absolutely want one although some will be available until late afternoon whilst we wait to see how many uncollected by racers.

These will be priced as:

- £10 for short sleeved
- £15 for long sleeved
- £35 for hoodies.

**Payment via cash or contactless card/phone will be available.**

**Sneak preview of this year's T-shirt's and hoodie - they look great.**





## 10. Recycling and Rubbish Disposal



We don't have to tell you it is a disqualification offence if anybody is seen littering deliberately. However, gel wrappers and other items get dropped without realising. If you see dropped waste items, please could you consider picking up and disposing of at next feed station.

Behind the scenes over recent years, we have actively tried to separate and recycle every piece of plastic, soft drink cans, cardboard and recyclable cups. You would be amazed at how much we collect and dispose of in proper recycling facilities.

Please help us by using the new bins sponsored by Timothy Taylor's that will be at Race HQ and at every feedstation. Please try to keep the recycling clean and we will do the rest.

If we know you are a local resident, don't be surprised if we ask you to take a full bag home to dispose of in your mixed household recycling - this spreads the load easily rather than the organisers ending up with car loads of recycling at their houses from 500 competitors as we cannot leave it at the school.



## **11. Keeping The School Clean and Safety Pins**

After the Yorkshireman in 2021, we found 47 safety pins discarded on floor in playground. We searched carefully but school staff found more the following week. Clearly, nobody did this intentionally but please remember this is a Primary School.

**Please take extra care to take all your safety pins away and if you see any on the ground, please help us and pick them up. The school are fantastic to this race so let's look after the kids.**

**In addition, the volunteer organisers have to clean up every area of the school - please do everything you can to keep it clean and clear up any mess you see.**

## **12. Race Photos and Race Videos**

1. Race Photos - As ever, Dave and Eileen Woodhead will be around taking photos and these will all be posted on the race Facebook site and links will be forwarded to everyone in a post race wrap up email. These are free and always excellent. Alternatively, click here some days after the race as they will start appearing on their website.
2. Race Video - Again, we have a young man who has now completed his film making Masters Degree at Bradford University doing a short video for us to remind us of the day. This will be posted on the Facebook site and a link sent via email to competitors. He may approach you for a few words for the video - don't be shy !
3. If anybody has family and friends taking photos on the course, please put them on the race Facebook site for others to view.





## **13. Mountain Rescue Competitors & Charity/Good Causes Donations**

At the time of writing, we only have a small number of mountain rescue competitors entered which is unusual. We welcome all of you. We provide up to 15 free places on the Haworth Hobble and 10 free places on the Yorkshireman as a 'thank you' for those who volunteer so much time and any of us could one day need them. If you are in a mountain rescue team and would like a free entry in a future Yorkshireman or Haworth Hobble, please email [kcacraces@gmail.com](mailto:kcacraces@gmail.com) with details confirming you are an active member and which team. Ideally, we would prefer applications prior to 1st October when race entries go live for following year as they sell out quickly.

### **Mountain Rescue Donations**

Between 2019 and 2025, the Yorkshireman and Haworth Hobble along with another event organised by the Yorkshireman team have raised around £15,000 for various mountain rescue teams. The photo below shows some mountain rescue volunteers with two KCAC runners who they helped look after following serious accidents whilst running on the fells.



### **Other Charitable and Good Causes Donations**

The race distributes significant amounts each year to local charities, good causes and our own Keighley & Craven AC which does so much to encourage running in our local community along with one of the best Junior sections in the UK.

The main beneficiaries are KCAC Charity of the Year (Airedale Hospital Charity in 2025), event helpers such as Oakworth Methodist Church who do work in local community, Haworth Brass Band and importantly Haworth Primary School and Eastwood Community Primary School. Indeed the donations to the schools have been very sizeable from our races enabling some amazing activities. Haworth Primary School have taken the kids to the pantomime for free using our donations. Eastwood School has bought sleeping bags, sleeping mats, head torches, tents and started taking kids on regular outward bounds type trips in the Lake District and Yorkshire Dales. This is a school in an area which has its issues and where most kids have never experienced camping or the countryside so it makes a significant difference.





## **14. Post Race Drinks and Supporting The Local Economy (UK City of Culture)**

### **Visiting Haworth**

1. Haworth is a fantastic tourist village with lots of wonderful shops, pubs and restaurants. Please arrange to meet up with fellow competitors and club mates for a pint afterwards as that would be great for local economy.
2. It's also a great area for your family and friends to join you. If possible, try to clear the finish area reasonably quickly as we will be very busy - enjoy your pizza then continue with the stories on the cobbled Main Street so we can squeeze in more runners.
3. Don't forget that Bradford is now UK City of Culture and Haworth is fundamental part of this with the links to the Brontes and the Bronte Parsonage Museum. [Click here for more details about Bradford - City of Culture.](#)

### **Fleece Inn Post Race Drinks**

1. We have a superb relationship with Fleece Inn, Haworth. It's the main gathering place after the race for that important post race pint. Our sponsors are Timothy Taylor's and we absolutely recommend the Fleece Inn to everybody.
2. The Race Event Team will always be there on Sunday evening once the school is cleaned and closed down. We may well be enjoying rather too much Timothy Taylor's but if we are still talking sense, come and join us for a drink. The Race Organising/Management Team will certainly be around this bar all evening - Simon, Peter and Gary in photo below have overall responsibility for all aspects of the race.



## **15. SheRaces Accreditation & Encouraging Greater Female Participation**

SheRACES, the campaign and platform to make running races more female-friendly, was launched on Global Running Day in June 2022. SheRACES calls for races of all distances to adopt a set of guidelines to create a more inclusive environment for women runners. [Click here for more information on SheRaces.](#)

Our races fully support this campaign and we take great pride in the fact that we had identified and implemented many of the changes prior to SheRaces coming into existence.

The one thing that we have in addition to items shown in SheRaces checklist is our reccy runs. They have been going for well over 10 years now and apart from being very enjoyable, they are an important gateway for many to feel comfortable with running off road and with the race navigation.



### **Race Checklist**

- ☐ Show a diversity of athletes in marketing imagery.
- ☐ Ensure all prizes and rewards for women are of at least of equal value to those for men. This includes prize money, number of categories and a choice of female fit or unisex t-shirt.
- ☐ Review toilet and changing facilities to ensure they are sufficient and well communicated. Having period products available at start and finish lines, and where possible on course.
- ☐ Ensure the women's race is given equal prominence in celebrations, social media posts, interviews and other communications.
- ☐ Allow women who fall pregnant before the race to transfer their place to a future event within 2years (for non-ballot races, refunds or athlete transfers are also permissible).
- ☐ Communicate and enforce a no-tolerance policy for harassment of any kind (to include runners, all event volunteers and staff).
- ☐ Actively seek feedback from participants after each race and making best efforts to make changes to support them better.
- ☐ Make these commitments easy to find on my website or in participant information.
- ☐ Review compliance with the guidelines on a regular basis (annually as a minimum).

We actively monitor our race numbers to ensure that progress is being made. The table attached shows the last 14 races and the progression made. Throughout this period, we have always had a much higher female entry than most (all?) comparable races. For the first time in 2024, on the half marathon, 52% of starters on race day were female which we were very proud of.

If you enjoy the race then please spread the word. However, with the best will in the world, things happen or we make mistakes - we are all volunteers. If you spot anything we could do better, please drop us an email at [kcacraces@gmail.com](mailto:kcacraces@gmail.com). We have had some superb feedback in past years leading to changes being made.

### **Yorkshireman Male/Female Participation - Based on Race Starters**

|               | FULL         | FULL         | HALF         | HALF         | COMBINED     | COMBINED     |
|---------------|--------------|--------------|--------------|--------------|--------------|--------------|
|               | % Male       | % Female     | % Male       | % Female     | % Male       | % Female     |
| 2024          | 68.0%        | 32.0%        | 47.8%        | 52.1%        | 56.6%        | 43.4%        |
| 2023          | 68.6%        | 31.4%        | 53.7%        | 46.3%        | 59.9%        | 40.1%        |
| 2022          | 67.6%        | 32.4%        | 54.1%        | 45.9%        | 60.5%        | 39.5%        |
| 2021          | 59.9%        | 40.1%        | 57.4%        | 42.6%        | 58.5%        | 41.5%        |
| 2020          | 62.4%        | 37.6%        | 53.7%        | 46.3%        | 57.8%        | 42.2%        |
| 2019          | 67.1%        | 32.9%        | 54.3%        | 45.7%        | 59.4%        | 40.6%        |
| 2018          | 70.2%        | 29.8%        | 57.8%        | 42.2%        | 63.5%        | 36.5%        |
| 2017          | 65.3%        | 34.7%        | 62.2%        | 37.8%        | 63.8%        | 36.4%        |
| 2016          | 70.8%        | 29.2%        | 62.8%        | 37.4%        | 66.2%        | 33.8%        |
| 2015          | 67.9%        | 32.1%        | 57.8%        | 42.2%        | 62.2%        | 37.8%        |
| 2014          | 76.0%        | 22.0%        | 55.5%        | 44.5%        | 65.3%        | 34.7%        |
| 2013          | 73.6%        | 26.4%        | 58.1%        | 41.9%        | 65.7%        | 34.3%        |
| 2012          | 72.0%        | 28.0%        | 65.8%        | 34.1%        | 68.8%        | 31.1%        |
| 2011          | 72.0%        | 28.0%        | 62.8%        | 47.4%        | 61.5%        | 38.5%        |
|               |              |              |              |              |              |              |
| <b>Totals</b> | <b>69.1%</b> | <b>30.9%</b> | <b>56.5%</b> | <b>43.5%</b> | <b>62.1%</b> | <b>37.9%</b> |



## **16. Queries & Feedback**

### **Pre-Event Queries**

If you are 100% sure it isn't mentioned above and it is not on the race website at <https://kcac.co.uk/yorkshireman/> please consider whether it really is essential to ask.

The event is big and we also work full time so it's tough to deal with all the queries especially just before the race. Certainly if comes in from 8th September onwards, it may not even get read until after.

Emails only: [kcacraces@gmail.com](mailto:kcacraces@gmail.com) with clear email title (and not Messenger/WhatsApp/Text/Facebook as simply can't manage all these)

### **Post Event Feedback**

Yes, we are volunteers so please set your expectations lower than if you were paying £70 for an equivalent commercial race however:

- If we get something wrong or something we could improve in future, we would love to know so we can try to address.
- If we get something right or particular volunteers are outstanding then let us know as there is nothing better than sharing this with the whole event team.

**All emails to [kcacraces@gmail.com](mailto:kcacraces@gmail.com) .**