

LEEDS ABBNEY DASH 10K FOR AGE UK

Your race guide
24 October 2021



We Yorkshire

Good luck Leeds Abbey Dash runners!



**Jamie Theakston
& Amanda Holden**

Weekdays from 6:30-10am

Dixie & Emma

Weekdays from 4-7pm

heart 106-108

turn up the feel good!



RADIO



globalPLAYER



"PLAY HEART"

Welcome from Age UK

We're so pleased to welcome you to the **Leeds Abbey Dash – 10k for Age UK**

We're delighted to be back with one of Leeds' favourite 10k runs. Whether it's your first time running with us, or whether you're one of the veterans taking part for their 20th consecutive year, welcome to the **Leeds Abbey Dash – 10k for Age UK!**

We know the atmosphere is going to be fantastic and we can't wait to see you. You'll find everything you need to plan your race in this booklet – and just drop us an email at **10k@ageuk.org.uk** if you have any questions.

By taking part in the **Leeds Abbey Dash – 10k for Age UK** you are supporting our vital work, helping us to be there for every older person who needs us.

Thank you – we think you're amazing.

Good Luck!

From Fiona and all of the team at Age UK

The safety of our runners, staff, crew and volunteers is paramount to Age UK, so we have put in place a number of measures to help make race day safe and fun for all involved.

- We are asking all runners to take a lateral flow test in the 48 hours before the race, and again 2 days after the race. Please do not come to the Leeds Abbey Dash if the test is positive, or if you have any symptoms of COVID-19. Refer to government guidance regarding isolation.
- Face coverings are not mandatory, however, we encourage runners to use a mask in the start and finish areas which will be the busiest areas on the day.
- Please use the hand sanitising stations available.
- We have reduced capacity of the race and extended our start pen area to allow more space for runners to spread out. Please give each other space and be respectful of your fellow runners and volunteers on the day.
- To reduce any crowds, we have decided not to host the warm up this year but will be sharing some exercises for you to do ahead of the run.
- We look forward to welcoming spectators back in 2022 but for this year there will be no designated viewing areas at the start and finish lines.
- And finally please come ready to run if you can. Minimise contact with event staff, volunteers and other runners by being as self-sufficient as possible.

Thank you for your help to make race day safe and fun for everyone.



If you have any questions in the lead up to the race, please contact **10k@ageuk.org.uk** or check our Q&A's.

Timetable



You don't need to register on the day, so simply make sure your running number is pinned to the front of your top, and make your way to your colour coded start pen in time for the start of your race.

07:45 Information and baggage tents open

09:00 Elite wheelchair race starts

09:05 Junior Dash 2km race starts

09:15 Junior runners arrive at finish line

09:30 The Leeds Abbey Dash – 10k for Age UK starts

12:30 Cut off time for all runners*



*Roads will start to re-open and any remaining runners must move to the pavement at this point.

Key race information

Welcome to the **Leeds Abbey Dash - 10k for Age UK**. Here's all you need to know about the day.

Race Start:

The **Leeds Abbey Dash - 10k for Age UK** will start on The Headrow in front of the Town Hall at 09:30. Limited baggage facilities, information and toilets will be located in Millenium Square. You do not need to register on the day of the event. *There will be strictly no on the day race entries.*

Race pack pick up:

Anyone who has not received their race pack will be able to visit the info station in Leeds Town Hall, LS1 3AD, on Saturday 23rd October from 15:00-17:00 to pick up a replacement.

Wheelchair Race:

The elite wheelchair race will start at 09:00.

Junior Dash:

The Junior Dash will start at 09:05. Juniors to meet at the start line, and to be met by parents or guardians in the finish funnel on Oxford Place after the race. *Full details on page 12.*

Race Number:

Please do not swap race numbers, or let someone else race on your behalf.

On race day please pin your number to the front of your running top, and do not cut, fold or damage it as this will mean it is void. The colour of your race number will correspond with your pen colour. Please make sure you start in the matching pen.

Timing Chip:

The timing chip is already attached to your running number. The chip will be activated as soon as you cross the start line. The code on the chip does not correspond with your race number.

Finish funnel:

Your time will only be recorded by crossing the finish line. Once you have crossed the finish line, please keep on moving to collect your post-race goodies.

Race Results:

If you provided us with a UK mobile number you will receive a text message confirming your finishing time. The full list of results and category prize winners will be found at www.ageuk.org.uk/dash on the afternoon of the race.

Continued

Key race information

Baggage:

We are asking as many runners as possible to come race ready so that we can reduce touch points on the day. We understand that this may not be possible for everyone. If you do need to leave a bag, please use the baggage tag attached to the bottom of your race number. The baggage tent will be open from 07:45 in Millenium Square.

Transport:

Roads around the city centre will be closed. For car parking we recommend using the Merrion Centre or Rose Bowl Car Park – please note that fees apply.

Water Station:

Water will be available at the 5km turn around point and at the finish line. Please empty your water bottle on the route and look for the recycling bins.

First Aid:

Medical assistance can be found at the start site, along the route, and at the finish line. If you need support, please contact an event marshal for further assistance.

Lost Children:

Please report any lost children to the Age UK information tent in Millenium Square - see map on page 8.

Weather:

In the event of bad weather please keep as warm and dry as possible.

General:

We reserve the right to postpone or cancel the race owing to adverse weather conditions or circumstances beyond our control. Please check www.ageuk.org.uk/dash for the latest information.

Safety:

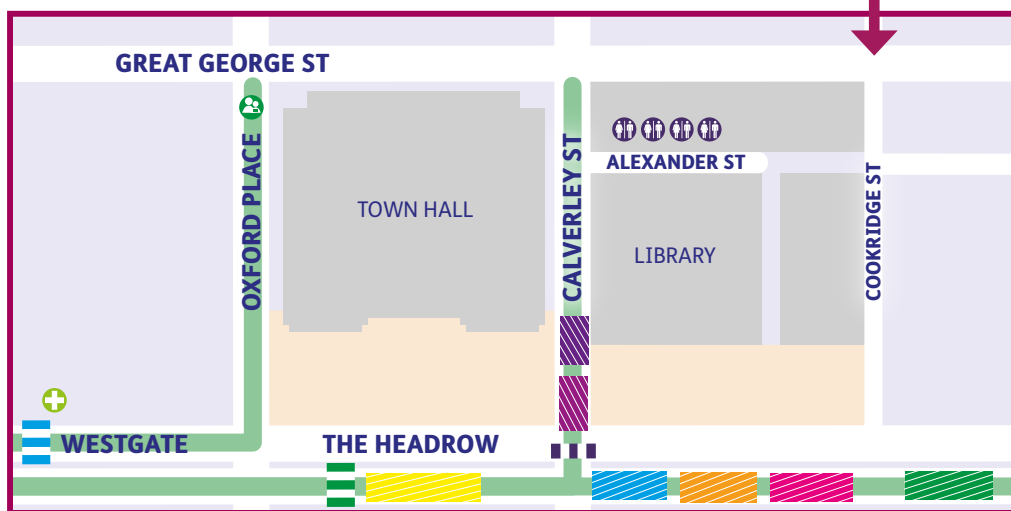
To keep you safe on race day, please remember the following points:

- Fill out the emergency contact details on the back of your race number
- Follow instructions of stewards and marshals
- Avoid running with headphones
- Don't leave any bags unattended



If you have any questions in the lead up to the race, please contact 10k@ageuk.org.uk or check our Q&A's.

Start site map



Key

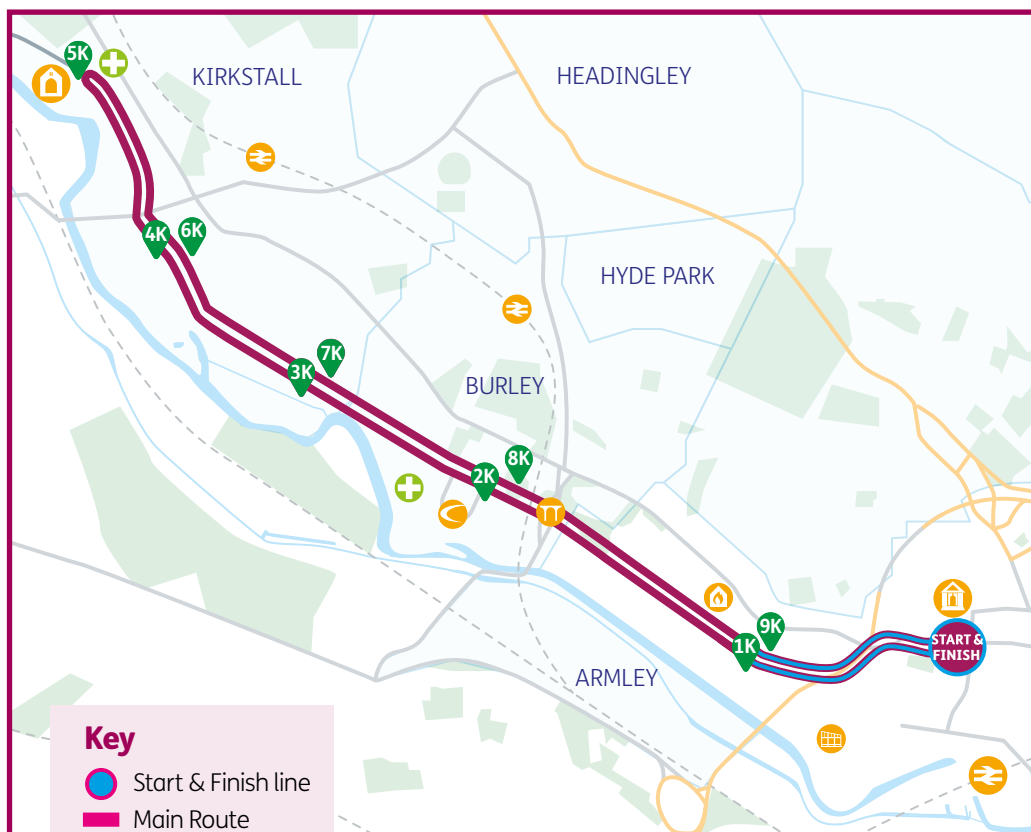
- Starting pens
- Start line
- Finishing line
- Crossing point

- Repatriation
- First Aid
- Information tent
- Toilets

- Refreshments
- Nelson Mandela gardens

Over 65?
Enjoy free
tea at the
refreshment
vans

Route map



Key

- Start & Finish line
- Main Route
- Junior Route
- Route Markers
- First Aid
- Cardigan Fields
- Fire Station
- Kirkstall Abbey
- Town Hall
- Train Station
- Viaduct
- Wellington Place

Why taking part matters

By running The Leeds Abbey Dash - 10k for Age UK, you're helping to raise money to support some of the UK's most vulnerable older people.

Age UK is the leading charity for older people. We offer services like our free, confidential Advice Line, a dedicated helpline providing expert information and advice that's open 365 days a year. Or our Telephone Friendship Service that provides regular friendship calls to thousands of older people and is often the only friendly voice or meaningful conversation a lonely older person will have all week.

Charlotte is 29 and from Adel in Leeds. She regularly calls Gwen who will be turning 92 this October.

"I volunteered as a befriender because the thought of anyone being lonely is terrible. I truly hope that if I was ever lonely, someone would do the same for me. It's so easy to stay connected through technology, and just 30 minutes a week can make a huge difference to someone.



Two years ago when I joined Age UK as a telephone befriender, I never imagined just how much joy and fun it would bring, let alone a friend who I always look forward to having a natter with.

Age UK for me means friendship, caring, empowerment and community, and I've also enjoyed running the Leeds Abbey Dash for the past 10 years. I've always enjoyed running and knowing that I'm doing my little bit to help too makes the experience even better."

Your support can make a life-changing difference.

Thank you for running the **Leeds Abbey Dash - 10k for Age UK**. To make a donation to help us continue our vital work for older people, visit **www.ageuk.org.uk/donate**

Raise money for Age UK

Your fundraising page was created for you when you signed up. To access it, simply log in [here](#) with your email address and confirmation number.

Top tips to see the donations roll in on your fundraising page:

1. Tell your story

Let everyone know on your fundraising page why you're running the **Leeds Abbey Dash - 10k for Age UK** and why raising money for Age UK matters to you. Inspire people to support you.

media, email your contacts and send the link to all your WhatsApp groups.

2. Add your photo

It's proven to generate more donations!

4. Share the impact

The money you raise by taking part in the **Leeds Abbey Dash - 10k for Age UK** will help older people get the support they need, when they need it most. Take a look [here](#) for inspirational stories of how your money helps.

3. Keep sharing your page

Don't be afraid to ask everyone you know. Share your story on your social



Donate to Age UK

1 Donate on our **Leeds Abbey Dash - 10k for Age UK** 2021 fundraising page [here](#)

2 Please **text LEEDS to 70800** to give £5 to Age UK*

*You will be charged £5, plus your standard network rate. 100% of your donation will go to Age UK. By texting LEEDS to 70800 you are agreeing to us contacting you by SMS to tell you more about our work and how you can support it.

Text LEEDS NO to 70800 to give £5 to Age UK and receive no further marketing. Age UK provides a range of services and your gift will go wherever the need is the greatest. You will be charged £5 plus one message at your standard network rate. 16+ users only. Age UK receive 100% of your donation. For more information call 0800 169 8787.

Junior Leeds Abbey Dash - 2k for Age UK

LEEDS
ABBAY
DASH
10K FOR
AGE UK



Welcome to the Junior Leeds Abbey Dash - 2k for Age UK!
Here's all you need to know for race day.

Start Area:

The race will start at 09:05.
Please make your way to the start
line by 09:00.

Route:

See Page 9.

Race Number:

Please fill in the emergency contact
details on the back of your race
number and attach it to the front of
your running top.

Baggage:

There are no baggage or changing
facilities for junior runners.

Finish Area:

Once you have finished you will pick up
your goodies in the finish funnel and
your parent/guardian must meet you
in the finish area on Oxford Place. They
will need to bring the baggage slip
from the bottom of your race number,
so make sure they take it before you
start the race.



It is not possible to accommodate late arrivals and no Junior
runners will be allowed to start once the race has begun.

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Thank you to everyone who has supported Age UK this year. You are helping us to be there for more older people when we're needed most.

Thanks also to our race director Alex Grant for his dedication and commitment to the race. Rob Cameron, our elite race manager who secures a top class field every year, and to Rob Tudor for sponsoring the inter club competition.

Thanks to Leeds City Council and all our sponsors and suppliers for supporting the event.

And finally, special thanks goes out to all of our fantastic volunteers who give up their time to come and make the race such a special day. We couldn't do it without you – thank you.

