



AGE UK
LEEDS
10K ABBEY
DASH

Sunday 5 November 2017

www.ageuk.org.uk/dash



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Dear all,

Welcome to the 32nd Leeds Abbey Dash.

It's great to see lots of new faces taking part this year, as well as our trusty following of Dashers.

This year we asked you why you are running the Dash and it was great to hear why. Many are remembering a loved one and at Age UK, one of the things we're doing is working hard to combat loneliness which affects over a million of people across the country. In the Leeds area alone over 10,000 older people are feeling lonely right now.

By taking part in the Dash, you are directly supporting this vital work.

Thank you for turning out, for the fancy dress, and for braving the cold at the much-loved Abbey Dash. We're extremely grateful for your support and we hope you have a great run.

Fiona, Lianne and the Age UK Events Team



#teamageuk



Follow us @TeamAgeUK



“I’m made up to be taking part in the Dash again this year. Coming home to Leeds and running such a fast course amongst lots of elite runners is a great buzz.

It’s also a great opportunity to raise money for Age UK who are helping to support vulnerable older people, who particularly need our help over the cold, winter months.

Wishing everyone good luck with their training and I'll see you at the start line in November!”

Peanut, Kaiser chiefs

Race information

Race Start

The Dash will start from Wellington Street, with runner's assembling in the start area on the site of the old International Pool. Please assemble here and not at the start line. The colour of your running number will correspond with your wave, so please make sure you start behind the correct coloured gantry.

Please be considerate to your fellow runners by not jumping barriers and by assembling in the correct part of your wave pen. This will allow more of you to enjoy a faster run.

Safety

In an emergency we will use the details given on the back of your race number. Please make sure all details provided are correct. If you feel ill during the weeks leading up to race day, please make sure you are able to participate safely and seek medical advice if necessary. It is also essential that you keep hydrated along the route.

First Aid

Medical assistance will be at the start, along the route and at the finish area. Please contact an event marshal who will alert first aid should you need any assistance.

Running Number

You are not allowed to swap numbers with any other runner. Write your name, emergency contact number and relevant medical information (including details of any medication) on the back of the running number. On race day, please pin your number on all four corners to the FRONT of your t-shirt or vest. Please note that numbers must not be folded, cut or damaged in any way, as this will result in disqualification. You will be registered under the number on the front of your bib (not the number on your timing chip).

Timing Chip

Each runner will have a timing chip device attached to the back of their running number. All you need to do is attach your running number to your t-shirt and the timing chip will activate as you cross the start and finish lines to record your time.

Race Finish

Your time will only be recorded by crossing the finishing mats. Once you have crossed the finish line, please don't stop, but continue moving through the finish funnel and into Victoria Gardens.

Race Results

If you provided us with a mobile number, you will receive a text confirming your time. The full list of results and category prize winners will also be available for viewing on www.ageuk.org.uk/dash from early afternoon on race day.

Car Parking

We recommend using the Merrion Center or Rose Bowl car parks, short walks from race finish and baggage tents. Please note that fees do apply. All roads around the start area will be closed, so please do not attempt to park near the start.

Weather

Please keep yourselves as warm and dry as possible in the event of bad weather.

Wheelchair Race

The wheelchair race will begin at 8.55am.

Water Station

The water station will be positioned at the 5km turn-around point in front of Kirkstall Abbey.

Headphones

Age UK discourage you from wearing headphones during the race as all runners need to be aware of their surroundings and stay safe.

General

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

Junior Race

Please make your way to the Junior Assembly point on Wellington Street via Lisbon Street (see map on page 11). **Juniors will not be allowed to join the race after it has started.**

For more information on the Junior race see page 20.

Age UK Leeds Abbey Dash timetable



Nuffield Health warm up on the stage at the main start area.

9.00am

Runners to congregate in their pens in the start area.

9.15am

Age UK Leeds Abbey Dash 10k starts.



9.30am



8.55am

10k wheelchair race starts.



9.00am

Juniors to congregate for a warm up at the start line on Wellington Street.

9.10am

Junior race starts.



9.20am

Juniors must be met at the finish line by parent/guardian

Wheelchair race

Junior race

Main race



Prize presentation for first three men and women in front of the Town Hall.

10.30am

Any person running after 12 midday must move to the pavement as the road will be open to traffic at this time.

12.00pm

9.45am



Junior and wheelchair racers prize giving in front of the Town Hall.



On-site facilities

Information Tent

The main information tent will be located at the start area. Please **ONLY** visit the tent if you are picking up a replacement race number.

If you have your pack with your number, which already includes your timing chip, you do not need to visit the information tent.

Toilets

Please use the toilets located at the start area. There will be a few toilets provided at the finish area for spectators, but the majority of toilets will be at the start site.

Changing

Please note: there are no changing facilities available.

Baggage

Baggage tents will be positioned on Victoria Gardens and Cookridge Street. Please check pages 12–13 to find out what baggage tent to use. Attach the label found on the bottom of your running number to your bag. Remember to allow yourself enough time to get to the start line (10 min walk). There are **NO** baggage tents at the start area. Please don't leave bags unattended as this could cause an unnecessary security alert.

Lost property

Any valuable lost property handed in at the start area will be taken to the information tent in front of the Town Hall. We cannot accept responsibility for the collection and safe keeping of runners' personal items. Clothes left at the start site will be collected immediately after the race has begun and cleared from the site. Where possible we give these clothes to charity.





Lost children

Please report any lost children to the Age UK information tents. See maps on pages 11 and 13 for locations and these will be clearly signed.

Runners-only area

Please note that there will be no access for spectators along Little Queen Street. Please follow signs down Lisbon Street or Queen Street to the start line.

Catering









There will be a food and drinks van outside the Town Hall for runners and spectators on race day.







KEY

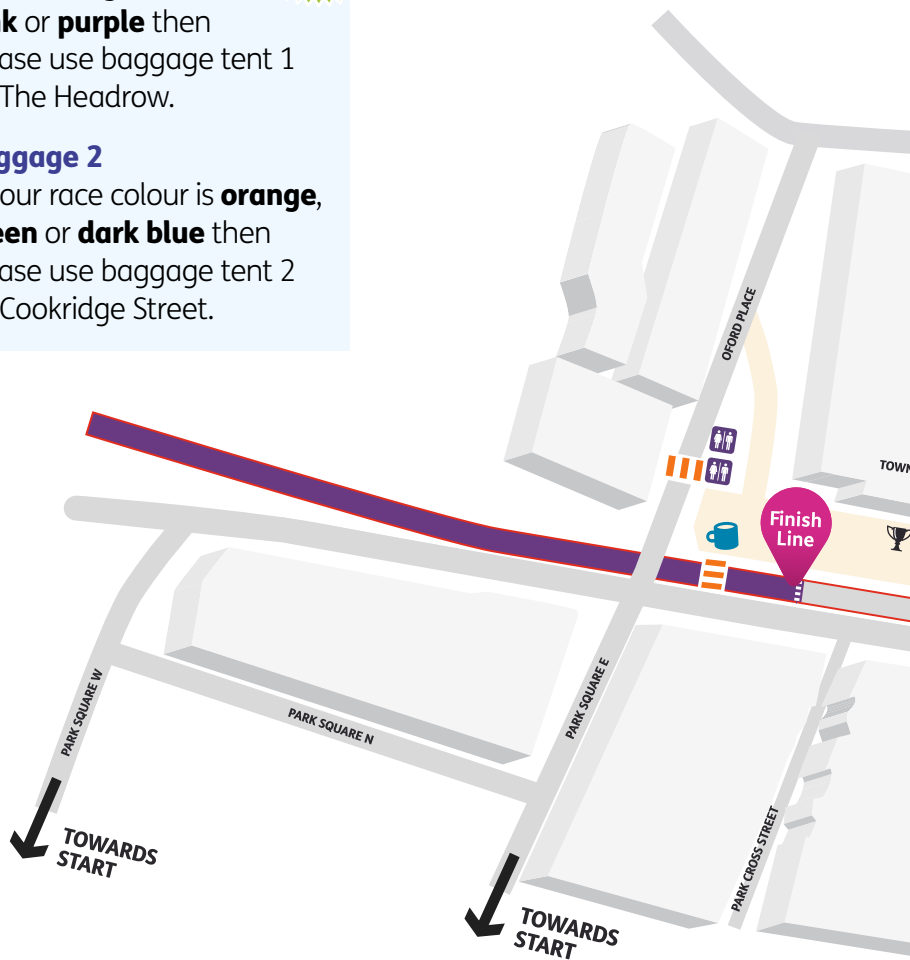
-  Race route
-  Participant-only area
-  Age UK Race Information Desk
-  Toilets
-  Warm-up stage
-  Medical
-  Refreshments
-  Starbucks

Baggage 1













If your race colour is **yellow, light blue, pink** or **purple** then please use baggage tent 1 on The Headrow.

Baggage 2

If your race colour is **orange, green** or **dark blue** then please use baggage tent 2 on Cookridge Street.



KEY

- | | | | |
|---|---|---|-------------------------|
|  | Race route |  | Toilets |
|  | Participant-only area |  | Prize presentations |
|  | Crossing
NB some crossings will close
15 mins before race start |  | Refreshments |
|  | Medical |  | Finishers drink station |
|  | Baggage tent |  | Finishers t-shirts |
|  | Information |  | Junior collection point |





Route map



Race start at **Wellington Street**, LS1 4BA



Race finish at **The Headrow**, LS1 3AD



Toilets



Warm up area



Water station



Music point



Information point



Town Hall

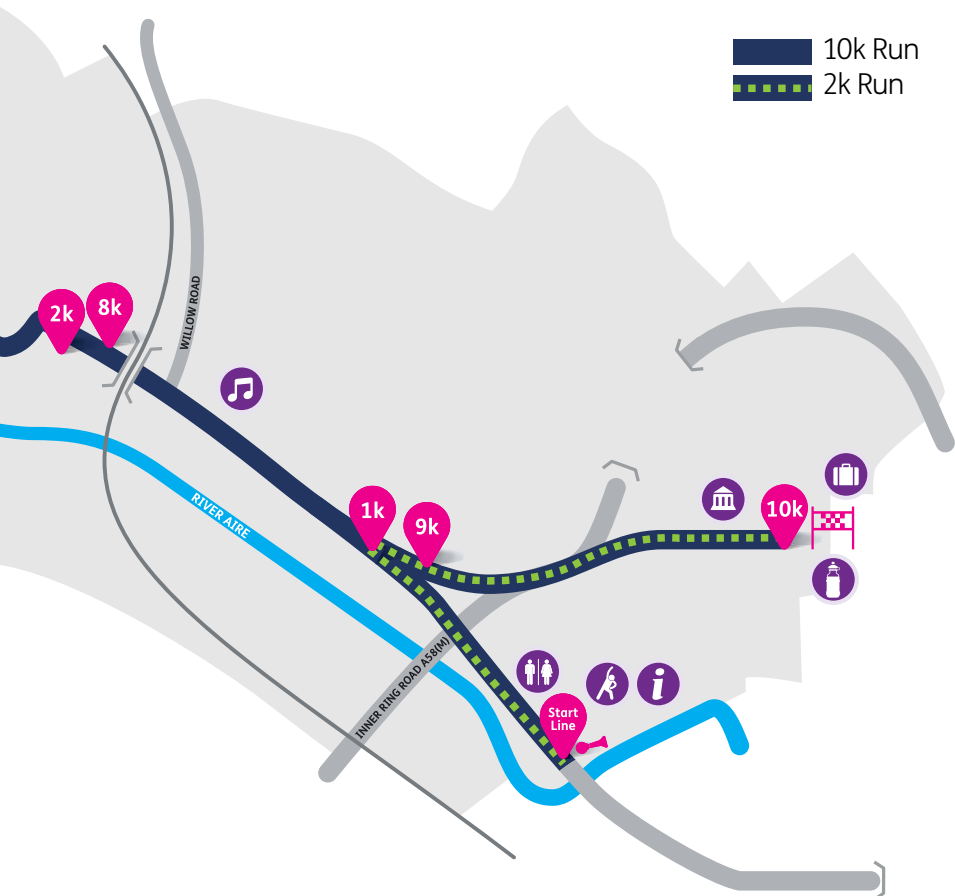


Baggage stores



Kirkstall Abbey

 10k Run
 2k Run





Do the Dash
and raise
some cash!

With your help we can reach more lonely older people across the UK. Follow these steps to get started with your fundraising.



Shout it out

Tell your friends, family and work colleagues that you're running the Age UK Leeds Abbey Dash on behalf of Age UK.



Set up a fundraising page

Through JustGiving and ask for donations online www.justgiving.co.uk/ageuk



Collect sponsorship

Take the sponsor form included in your race pack into work.

Donate to Age UK

17

There are 3 different ways you can make a donation to Age UK.

1

Go to the Age UK website and make a one-off donation www.ageuk.org.uk/giving

2

Donate to our just giving page www.justgiving.com/campaigns/charity/ageuk/dash17

3

Text **DASH20 £5** to **70070** to donate to Age UK

Did you know?

£5

could help us answer the phone to a vulnerable older person on our advice line.

£10

could help us campaign for older people's rights for equal and fair treatment.

£20

could pay for one month's worth of regular friendship calls to a lonely older person





Meet your Pacers

This year's pacers will be coming from St Theresa's Athletics club. St Theresa's is a friendly running club



Terry Midgley 40min

Hi my name is Terry and I run for St Theresa's Athletic Club. I have been running for nearly 6 years now, I have done many pacing jobs at 10k distance , so you should be in safe hands. Come over and say 'hi', and I hope to help you to a new PB. See you on the day.

Nathan Vaughan 45min

Hi, my names Nathan and I run for St Theresa's Athletic Club in Leeds. I've paced at many events from 5ks up to full marathons so don't be worrying about that PB it's in the bag. See you on the start line.



Nick Wealleans 50min

Hi, I'm Nick, I've run numerous races & toured all over the country. If I can help someone hit their target, happy days! If you want any advice, don't change your routine, eat the same stuff, wear the same clothes/trainers and don't forget to enjoy it!

Wayne Butler 55min

Hi my name is Wayne and I run for St Theresa's Athletic Club. I have paced in many 5k events and this will be my first time pacing a 10k. I have full confidence that you guys will be able to stay with me and get that well deserved PB. See you all at the start line. BRING ON THE DASH!



based in East Leeds. They are well established, celebrating their 25th Anniversary next year. www.sttheresasac.org.uk

Annie Roddy 60min

Hello my name is Annie. I run for St Theresa's Athletic Club. I've paced many of my friends to achieve their running goals over different distances from 5k to a marathon! I'm looking forward to meeting you all at the start line. Let's do this.



Shaun Loftus 65min

Hi I'm Shaun. I'm a member of St Theresa's Athletic Club. I have run most distances including a couple of marathons. I discovered a love for parkrun and pacing these last few years. If you fancy aiming for a PB and leaving the pressure of pacing to me, see you there!



Adele Wilson 70min

Hi, I'm Adele. I took up running after I had my son in 2012 for a bit of me time and to lose weight! 86 parkruns later, numerous 10ks, 12 half marathons and I'm hooked! I then joined St Theresa's running club and have never looked back! I love being a running buddy so let's do this!



Paula Watson 80min

Hi I'm Paula. I started to feel the run buzz in 2016 and now I never look back only forwards. It's helped me overcome post natal depression & given me a new lease of life - now I want to help other people achieve their goals too, so join me at the start of our journey & bring that zing!





Important information for Junior Dashers

Good luck to all our mini dashers who'll be taking on the 2k course!

Start area

Please arrive at the junior starting assembly point in front of Starbucks in good time. There will be a ten minute warm up at 9am on the start line before juniors set off at 9.10am. See page 10 for directions.

For health and safety reasons juniors will not be allowed to start if they arrive late.

AGE UK 2K JUNIOR DASH

Route

See page 15 for the 2k route map

Finish area

The finish line is on the Headrow which is a ten minute walk from the start. See page 13 for directions. A parent or guardian must pick up their child from the finish area from 9:20. They must bring identification and the wristband, which should be detached from the bottom of your junior's running number before the race starts. Juniors not met will be taken to the Information point.



Running number

Please complete the safety information on the back of the running number and pin to the junior's t-shirt. The timing chip device will be activated on the start and finish line to record their time.

Prize giving

The top three male and female junior dashers are invited to a prize presentation in front of the Town Hall steps at 9.45am.

Baggage

There are no baggage or changing facilities for Juniors.

Sign up

If you haven't registered your junior dasher already, head to: www.ageuk.org.uk/juniordash

The 2k dash is open to 8–14 year olds and costs £8. For any queries please contact the team on:

t: 0800 169 87 87

e: 10k@ageuk.org.uk

Prizes

Category/position	Prize
Male/female open – 1st	£200
Male/female open – 2nd	£150
Male/female open – 3rd	£120
Male/female open – 4th	£80
Male/female open – 5th	£70
Male/female open – 6th	£60
Male/female open – 7th	£50
Male/female open – 8th	£40
Male/female open – 9th	£30
Male/female open – 10th	£20
VET Male/female over 35 – 1st	£80
VET Male/female over 35 – 2nd	£60
VET Male/female over 35 – 3rd	£40
VET Male/female over 40 – 1st	£80
VET Male/female over 40 – 2nd	£60
VET Male/female over 40 – 3rd	£40
VET Male/female over 45 – 1st	£80
VET Male/female over 45 – 2nd	£60
VET Male/female over 75 – 1st	£40
VET Male/female over 45 – 2nd	£80
VET Male/female over 45 – 3rd	£60
VET Male/female over 50 – 1st	£80
VET Male/female over 50 – 2nd	£60
VET Male/female over 55 – 1st	£80
VET Male/female over 55 – 2nd	£60
VET Male/female over 60 – 1st	£80
VET Male/female over 65 – 1st	£80
VET Male/female over 70 – 1st	£80
VET Male/female over 75 – 1st	£80

Category/position	Prize
Running club Male/ female team – 1st	£150
Running club Male/ female team – 2nd	£120
Corporate challenge Male/ female/mixed team – 1st	3 bottles of champagne
Corporate challenge top fundraising corporate team	3 bottles of champagne

Rules for determining the allocation of prizes

An individual will receive the highest-value award to which she or he is entitled. An individual will only be entitled to one prize, other than as part of a winning team. All prizes will be posted to winners after the race results have been confirmed. There will be a prize of £250 for anyone breaking a course record.

Male course record:

Mike Openshaw
with a time of 28.45

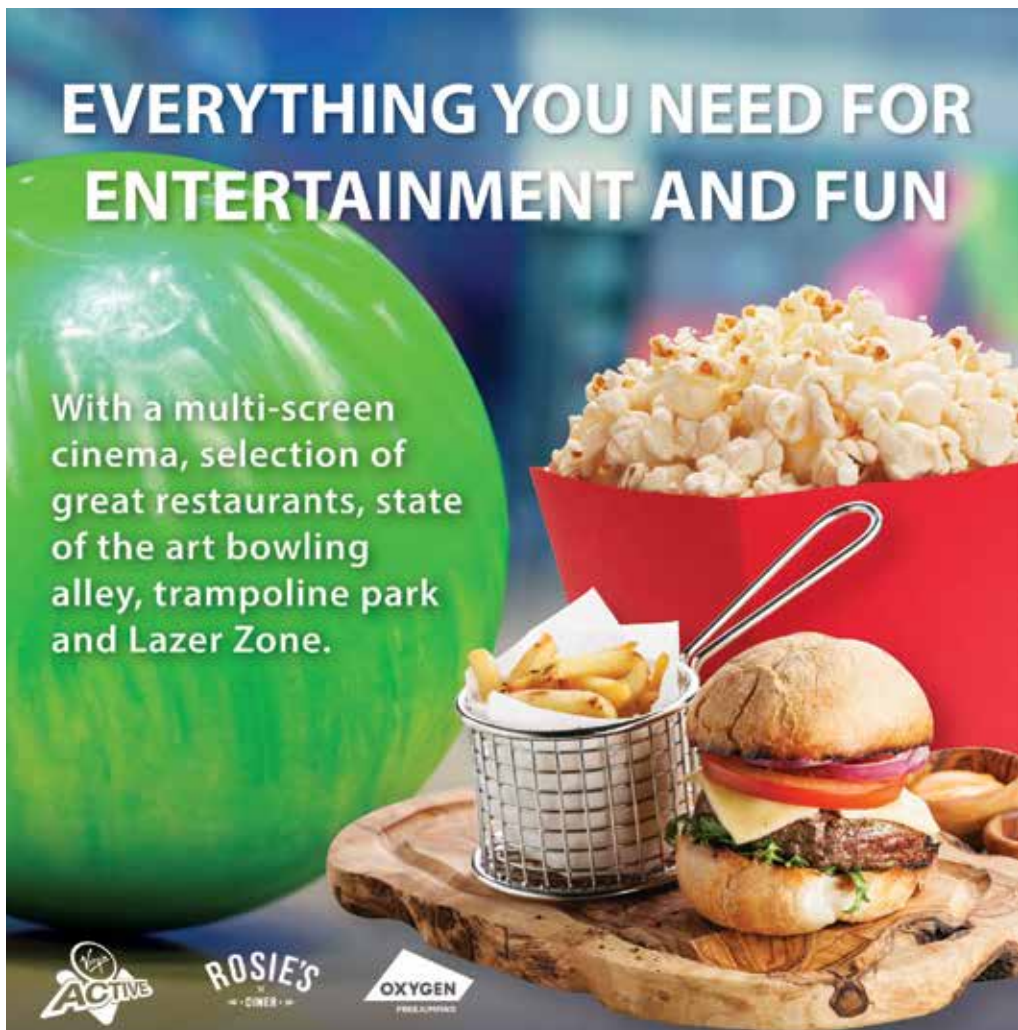


Female course record:

Jill Hunter with a time
of 32.15

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FIVE GUYS

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**Help us to make
a difference to
older isolated
people in Leeds!!**

If you would like to support Age UK Leeds to help more people like Gerald please visit our website www.ageukleeds.org.uk to view all our current volunteering opportunities.

We need volunteers to assist us in supporting older people with befriending and digital support along with supporting our fundraising activities!



Age UK Leeds is a charitable company limited by guarantee and registered in England and Wales.

Registered Charity Number: 504899 Company Number: 1236909

Registered office is Bradbury Building, Mark Lane, Leeds LS2 8JA Telephone: 0113 389 3000

Gerald's story

1.2 million older people in England are chronically lonely.

Gerald 83, lives in Leeds. Without any family, living alone and with deteriorating health, he had become increasingly isolated and cut off from the world around him.

His days felt desperately long, with no one to turn to.

Age UK Leeds stepped in to help and with their support Gerald has been able to rebuild his life. They installed grab rails enabling him to become more independent and feel confident at home again. He has made friends through the weekly Men's Group and rather than spending Christmas day alone, will be enjoying lunch amongst friendly faces.

'Before I got involved with Age UK Leeds I was really low. They've helped me to feel like life's worth living again and I'm so thankful for their support'

By taking part in the Leeds Abbey Dash for Age UK you are helping to improve the lives of people like Gerald, who now has someone to talk to.

Thank you for your support.





WELL DONE

WOWR RADIOAIRE

ALL THE **BIGGEST HITS**
ALL DAY LONG

FM | DAB | ONLINE | APP

Please support our challenge by donating unwanted items to your local Age UK shop



EACH BAG YOU DONATE IS WORTH £20*

£20 could pay for a month of weekly good day calls to lonely older people in the UK



We need 100,000 bags in the next fortnight to help older people to love later life

Visit www.ageuk.org.uk/bigbagchallenge to find your nearest shop.

*Average bag of donations value is based on the amount of bags donated from April 2016 to March 2017. Age UK is a registered charity (registered charity no. 1128267)



#bigbagchallenge

A special
thanks to:

Alex Grant, Rob Cameron and their brilliant teams. Our sponsors, partners and suppliers. Our hard working volunteers from running and cycling clubs, Leeds Beckett University and others who give their time to make the Age UK Leeds Abbey Dash such a great event.

If you know anyone interested in volunteering at the dash this year then please ask them to get in contact at 10k@ageuk.org.uk

I have been helping out at the Abbey Dash every year since 1990. Over time, the race has grown massively in terms of size, popularity and profile, but the spirit has never changed for me.

Hilary, Abbey Dash Volunteer



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Age UK provide a range of services and your gift will go wherever the need is greatest. Age UK is a charitable company limited by guarantee and registered in England and Wales (registered charity number 1128267 and registered company number 6825798). The registered address is Tavis House, 1-6 Tavistock Square, London WC1H 9NA. Age UK and its subsidiary companies and charities form the Age UK Group, dedicated to helping more people love later life. ID203535 07/17