

A large, dark blue circular graphic with a white center, containing the event title in bold, dark blue, uppercase letters. The text is stacked vertically: "AGE UK", "LEEDS", "10K ABBEY", and "DASH". The "10K" is enclosed in a small dark blue circle to the left of the word "ABBHEY".

**AGE UK
LEEDS
10K ABBEY
DASH**

Sunday October 27 2019

www.ageuk.org.uk/dash

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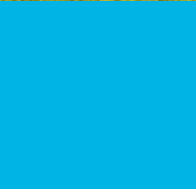
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Welcome
to **Y**orkshire
yorkshire.com

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Go to yorkshire.com and plan your brilliant break today.

Welcome to the Dash!

It's great to see so many people signing up to run Yorkshire's favourite 10k road race. We've moved the start line to the Headrow and taken out the Cardigan Fields Loop to make the 34th Dash even faster.

Whether it's your first Dash, you're a regular runner, or you just want to have some fun then this is the perfect race for you. But best of all by taking part in the much-loved Abbey Dash you are directly supporting the vital work of Age UK.

Here at Age UK we are determined that no one should face later life alone. By running the Dash you are helping Age UK be there for older people who need it most. For that we thank you.

We hope you have a great run and enjoy the day.

Good Luck!

Rob, Rosie and the Age UK Team



#teamageuk



Follow us @TeamAgeUK

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“I'm so excited to be part of this flat and fast race in my home town – I'm racing for my 10k PB as I know the Leeds Abbey Dash has been made even quicker this year.

Not only is it going to be a fun day to be involved in, I'm so excited to support Age UK in the fantastic work they do here in Yorkshire and across the UK. See you at the start line as one of the thousands of runners stepping up to make a difference!”

Emma Lenney

Heart Yorkshire,
Drive Time Radio Presenter

Race information

Race Start

The Dash will start on The Headrow at **09:30**. Baggage collection, toilets and the warm up can be found in Millennium Square. This area is for competitors only prior to the race.

Please note, you do not need to register on the day of the event.

Wheelchair Race

The wheelchair race starts at **08:55**.

Junior Race

This will begin at **09:10**, please see *page 6* for more information.

Running Number

You cannot swap your race number or let someone race on your behalf. On race day please pin your number to the **FRONT** of your running top. Do not cut, fold or damage in any way as this will lead to disqualification.

The colour of your race number will correspond with your pre-race start pen. Please make sure you start in the matching pen.

Timing Chip

The timing chip is already attached to your running number. The chip will activate as soon as you cross the start line. Your time will be recorded as you pass the finish line.

Hydration Stations

Water is at the 5km turn point. Our hydration partner iPro Sport will provide drinks at the finish line.

Baggage

Your baggage tag is attached to your race number. Please attach the tag to your bag before handing it over.

Transport

Roads around the start line will be closed. The Elland Road Park and Ride has extended opening hours, from 07:30 and the first bus will depart at 07:40. For car parking we recommend using the Merrion Centre or Rose Bowl Car Park (fees apply).

Leeds Train Station will be closed Saturday 26th October 23:40 to Sunday 27th October 11:40. After this time there will be a limited service until 04:00 on Monday 28th October.

Race Finish

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

Race Results

If you provided us with a UK mobile number you will receive a text confirming your 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.

First Aid

Medical assistance can be found at the start, along the route, and at the finish line. Please contact an event marshal for further assistance.

Safety

If you feel ill prior to race day please make sure you are able to participate safely. Seek medical advice if unsure.

In a medical emergency on race day we will refer to your contact details on the reverse of your race number, please make sure these are filled out.

We discourage you from wearing headphones on the course.

Do not leave bags unattended and please listen to all instructions.

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

On-site facilities



Information Tent

The main information tent is in Millennium Square with a second information tent outside the Town Hall. Please only visit the Millennium Square tent to collect a replacement race number. You do not need to register at the information tent.

Baggage

The baggage tents will be open from **07:30**. Please place your bag tag on your bag. This can be found at the bottom of your race number.

Baggage 1: is located at Victoria Gardens and is for all yellow, light blue, pink and purple race numbers.

Baggage 2: is located in Millennium Square for orange, green or dark blue race numbers.

Toilets

The majority of these can be found in Millennium Square. There will be a few at the finish area for spectators.

Catering

There will be catering vans outside the Town Hall.

Changing Facilities

Unfortunately there are no changing facilities on site.

Lost children

Please report lost children to the Age UK information tent - map *page 8 & 9*.

Recovery

TRIB3 will be offering free massages in Millennium Square.

Top 2 Toe Therapy will provide EMETT muscle release at the race finish.



AGE UK 2K JUNIOR DASH

Start area

The race will start at **09:10**. The 10 minute warm up will begin at **09:00** at the start line on the Headrow; see *page 8 & 9*.

Route

See *page 10 & 11* for route map.

Finish area

The finish line will be located on The Headrow, opposite the Town Hall. A parent or guardian must pick up their child from the junior repatriation area at the finish line from **09:20**. You will require photo ID and the wristband located on the bottom of your child's race number.

Please remove the wristband from the race number before the race starts.

Race number

The emergency contact details will be placed on the back of each number along with the timing chip device. Please attach the number to the front of your running top.

Prize giving

The top three male and female Junior Dashers are invited to a prize giving in front of the Town Hall at **09:45**.

Baggage

There are no baggage or changing facilities for junior runners.



For health and safety reasons Junior Dasher's that arrive late will not be allowed to run.
Please arrive on time.

Sign
up

Register today, 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:

 **0800 169 87 87**

 **10k@ageuk.org.uk**

Timetable

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Wheelchair Race

8.55

10K wheelchair race starts



9.45

Wheelchair prize giving in front of Town Hall



Junior Race

9.00

Junior warm up begins



9.10

2K Junior race starts



9.20

Juniors arrive at finish pens (met by parent or guardian)

9.45

Junior prize giving in front of Leeds Town Hall



Leeds Abbey Dash

9.10

10K warm up starts

9.20

Runners to their pens

9.30

Leeds Abbey Dash starts



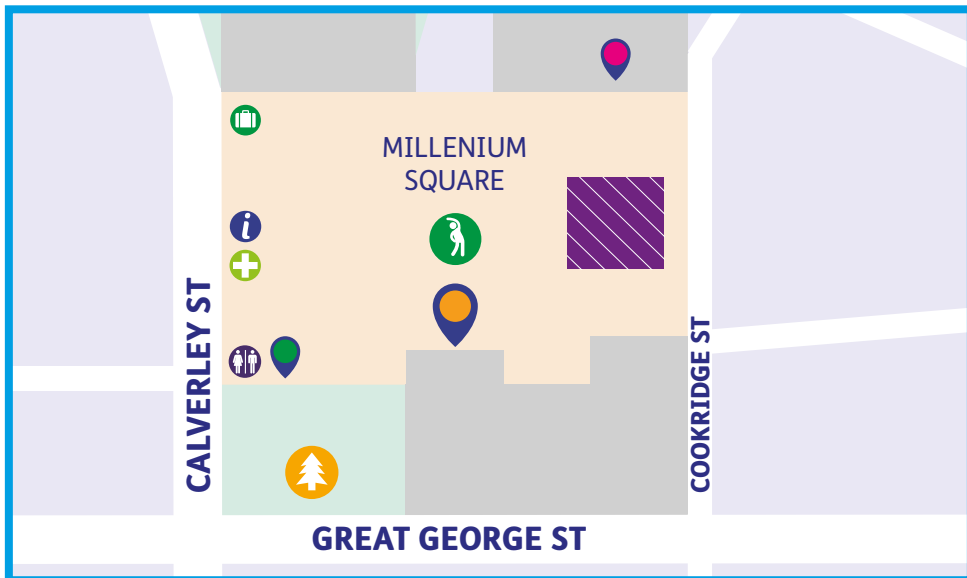
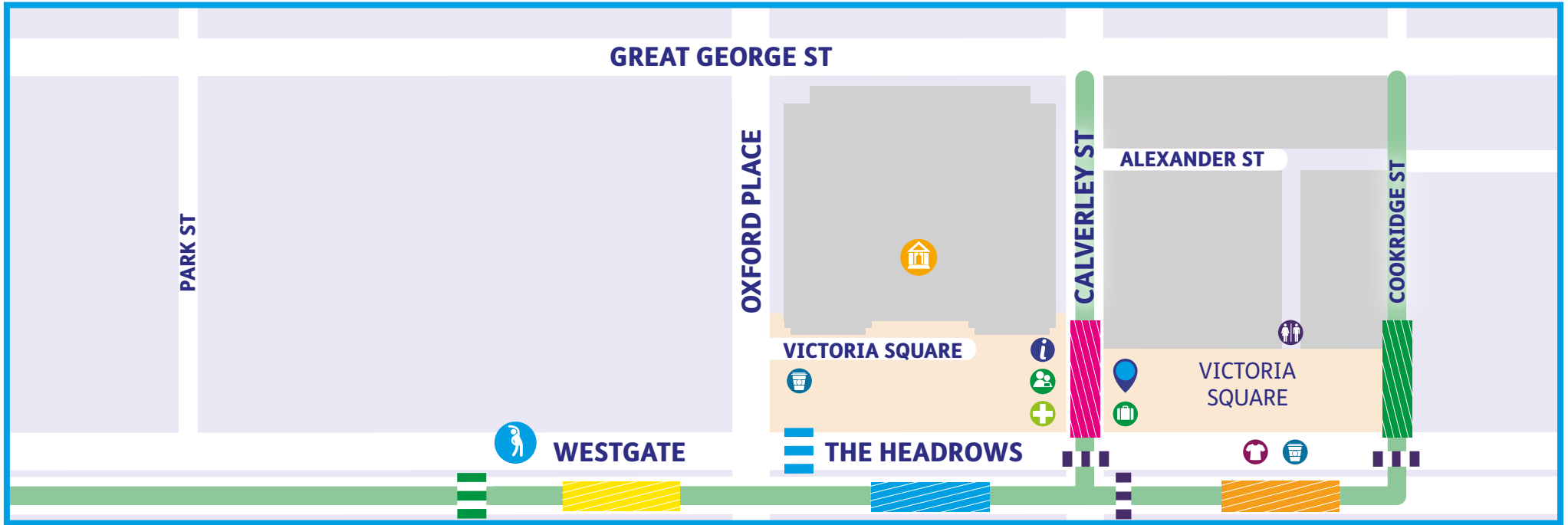
10.30

10k & Tudor Shield prize giving in front of Town Hall



Roads will re-open from **12.00** and any remaining runners must move to the pavement at this point.

Route information



Key

- Starting pens
- Start line
- Finishing line
- Crossing point
- First Aid
- Information tent
- Toilets
- Warm up area
- Junior warm up
- Repatriation
- Baggage
- Finishers t-shirt pick up
- Refreshments
- Town Hall
- Nelson Mandela gardens
- Welcome to Yorkshire
- Trib3
- Top 2 Toe
- Stage

KIRKSTALL













HEADINGLEY

HYDE PARK

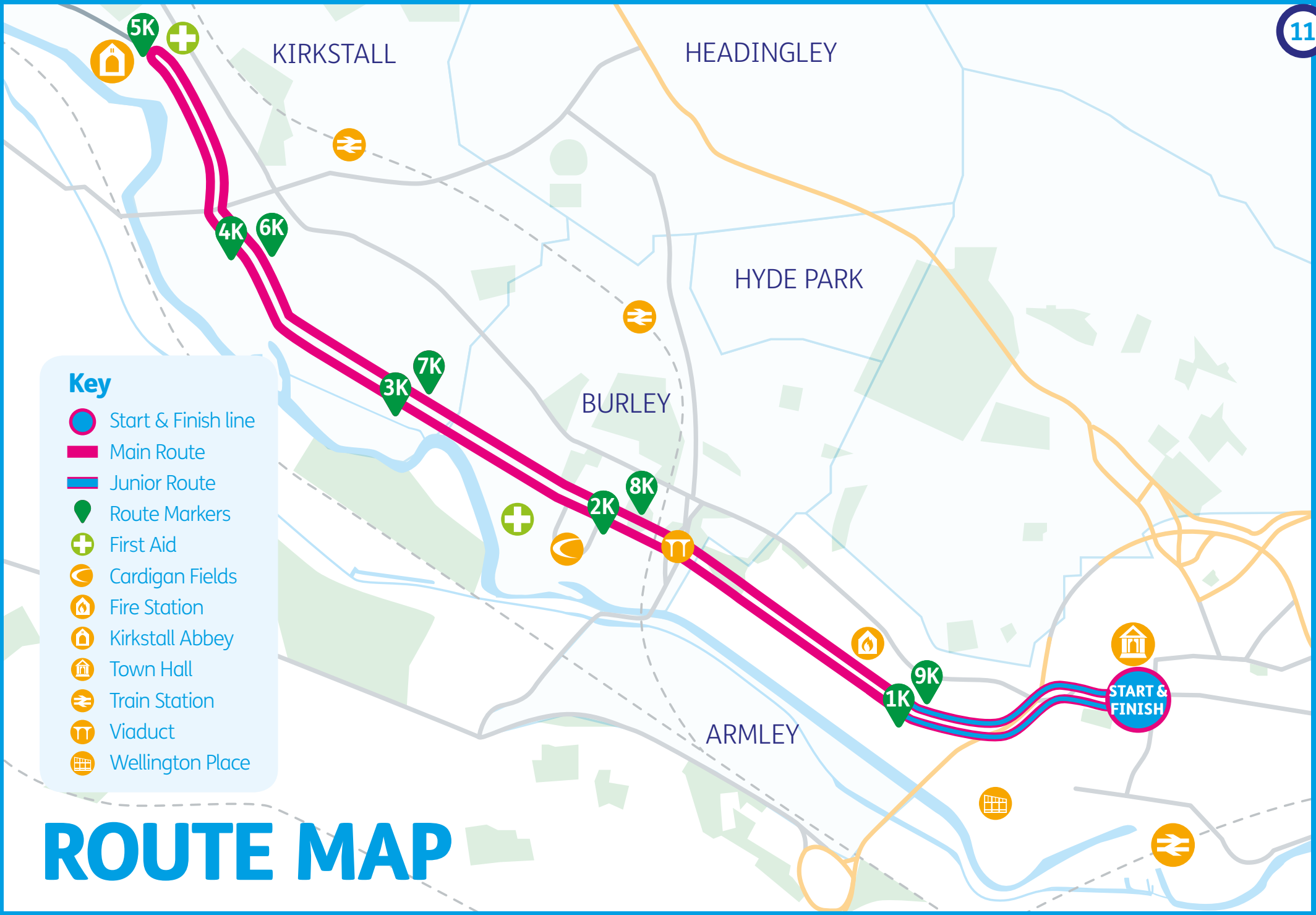
BURLEY

ARMLEY

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

ROUTE MAP





Barbara's story

"I just seemed to clam up and freeze. I spent over a year indoors"

Anxiety and panic attacks led to Barbara becoming isolated and severely affecting her health and wellbeing.

"I struggled with talking to people, answering the door, going out – everything"

Her doctor suggested she contact Age UK Leeds about their befriending services. They arranged regular home visits from Phoebe, one of their befriending volunteers.

"Phoebe's visits make me feel better. I didn't realise how much I missed talking to people. We look through old photos together and go for walks. I didn't think I'd ever enjoy things again, but I have."

"I'm so grateful for what Age UK Leeds have done."

Barbara

2.65 million older people feel they have no one to turn to for help and support.

By participating in the Age UK's Leeds Abbey Dash 2019, you are helping to improve the lives of people like Barbara.

Thank you for your support.



Advice line
0800 678 1602



Help us keep older people
in Leeds independent
and less isolated.

We need volunteers to support older people by befriending; by providing advice on welfare benefits; by becoming a 'Digital Champion', and by supporting our fundraising.

If you would like to support Age UK Leeds in helping older people, please visit our website:

www.ageukleeds.org.uk

 **Leeds
ageUK**

Fundraise for Age UK



Fundraise for Age UK

Shout it out! Set up a fundraising page and tell the world you're running the Leeds Abbey Dash for Age UK

Just Giving is the perfect place to collect donations

www.justgiving.co.uk/ageuk



Collect sponsorship

There is a sponsor form inside your race pack



Donate to Age UK

1

Go to the Age UK website and make a donation

www.ageuk.org.uk/giving

2

Donate to our Just Giving page

www.justgiving.com/campaigns/leedsabbeydash2019

3

Donate £5 to Age UK

text **DASH £5** to **70800**

**Dash and
raise some
cash!**



With your help we can help older people facing later life alone.

TRIB3

WE SWEAT TOGETHER

REGISTER NOW AT WWW.TRIB3.CO.UK

LEEDS / 0113 350 2316



FREE WORKOUT FOR YOU AND A FRIEND

ONLY 1,000 AVAILABLE
FIRST TIME USERS ONLY

USE AT: **TRIB3 LEEDS**



Prizes



General Female & Male



1ST
£200



2ND
£150



3RD
£120



4TH
£80



5TH
£70



6TH
£60



7TH
£50



8TH
£40



9TH
£30



10TH
£20



VET Female & Male



1ST
£80

over 35
over 40
over 45
over 50
over 55
over 60
over 65
over 70
over 75



2ND
£60

over 35
over 40
over 45
over 50
over 55
over 60
over 65
over 70
over 75



3RD
£40

over 35
over 40
over 45
over 50
over 55
over 60
over 65
over 70
over 75

Dash Challenge

1ST Female,
Male & Mixed

Top
Fundraisers

Biggest
Team

Individual

Top
Fundraiser

Oldest
Female &
Male

Best Fancy
Dress

Running Club

1ST
Female &
Male

2ND
Female &
Male

Times to beat!

Female course record:

Eilish McColgan with
a time of 32.05

Male course record:

Mike Openshaw with
a time of 28.45

If broken a prize fund of
£250 will be awarded.

Rules for determining the allocation of prizes and awards

An individual will receive the highest value award they are entitled to. A runner will only be eligible for one prize, not including team prizes. Prizes will be posted after the event.

Turn Up The Feel Good Yorkshire!

Jamie Theakston & Amanda Holden

Weekdays 6.30 - 10am

Dixie & Emma Weekdays 4 - 7pm



RADIO



globalPLAYER



"PLAY HEART"

iPRO

HYDRATE



**PROUD HYDRATION PARTNER OF
LEEDS ABBEY DASH**



No Artificial Colours or Flavours



Less Than 3% Sugar



Sweetened with Natural Stevia



Added Electrolytes



Free From Caffeine & Stimulants



Added Vitamins



Halal Certified



iPROHYDRATE.COM   



Special thanks

Alex Grant, Rob Cameron, and Rob Tudor. Our sponsors, partners, suppliers and our fabulous hardworking volunteers who give their time to make the Age UK Leeds Abbey Dash such a great event.

The Leeds Abbey Dash is licensed under the UK Athletics Road Race/Multi Terrain Rules for Competition and operates in accordance with the license requirements. UKA License ID: 2019-37900



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 Tavistock 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. ID204121 08/19