



Sunday November 4 2018 www.ageuk.org.uk/dash2018



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Welcome to the Dash!

We're delighted to welcome you to the 33rd Age UK Leeds Abbey Dash. Whether it's your first race or your thirtieth, we really hope you enjoy the day.

The Leeds Abbey Dash is one of Yorkshire's biggest 10ks. Amid the fun and fancy dress, there's an important reason for the race. By being here today, you're helping Age UK be there for older people when they need help most.

Right now, more than 37,000 older people in the Leeds area are desperately lonely. At Age UK, we're determined that no one should face later life alone.

"I enjoy Philip's visits so much, I want to clone him and have 6 more - one for each day of the week, all happy to laugh at my iokes and not get bored."

- Cyril, 90, Leeds

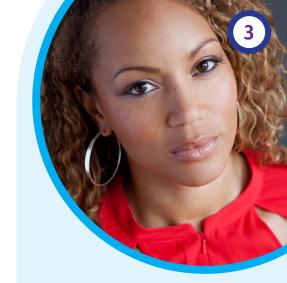
So thank you for taking part. Your support makes such a difference.

Have a great Dash!

Fiona. Lianne and the **Age UK Team**

#teamageuk

Follow us @TeamAgeUK



"The Leeds Abbey Dash is a great way to get stuck in and do something amazing for Age UK.

"Not only is it a fun, gentle route around my home city of Leeds, you're also running to help Age UK be there for older people who have no one to turn to when they are lonely or need advice.

"You're one of thousands of runners who are stepping up to make a crucial difference to the lives of older people."

Angela Griffin, Actress

Race information



Race Start

The Dash will start from Wellington Street at 9.30am, with runners 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.

Wheelchair Race

Race begins at 8.55am.

Junior Race

Race begins at 9.10 am. The Junior Assembly point is on Wellington St.

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 your number. Please pin it on all four corners to the FRONT of your top. 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

Your timing chip is already attached to the back of your running number. The timing chip will activate as you cross the start and finish lines to record your time.

Pacers

Thanks to St Theresa's Athletics Club who will again be pacing the race. Look out for their flags, starting at 40 minutes up to 75 minutes.

Water Station

The water station will be positioned at the 5km turn-around point.

Race Finish

Your time will 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 to pick up your goodies.

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 at

www.ageuk.org.uk/dash2018 from early afternoon on race day.

Safety

Please don't leave bags unattended and listen to instructions. In a medical 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 only take part if you are able to participate safely. Seek medical advice if necessary.

First Aid

Medical assistance will be at the start, along the route and at the finish area. Should you need any assistance, please contact an event marshal who will alert the nearest first-aider.

Weather

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

Headphones

We recommend that you don't wear headphones during the race so that you can hear marshal instructions at all times.

Car Parking

Please note all roads around the start area will be closed. We recommend using the Merrion Centre or Rose Bowl car parks (fees apply).

General

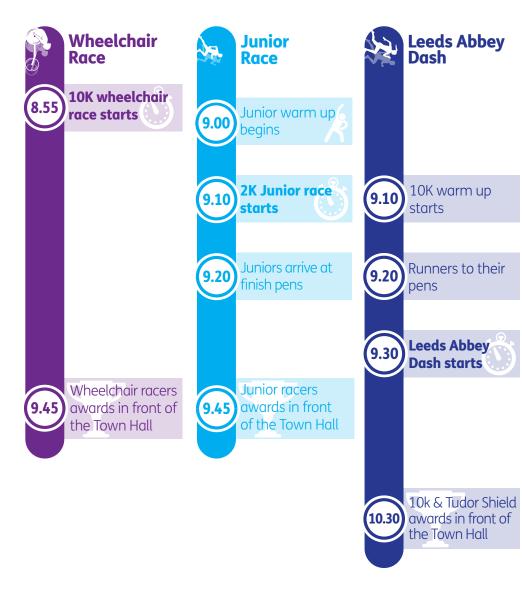
We reserve the right to postpone or cancel the event owing to adverse weather conditions or circumstances beyond our control. Please check **www.ageuk.org.uk/dash2018** for latest information.



The timetable

On-site facilities





Please Note

Roads will re-open at 12.30pm and any remaining runners must move to the pavement at this point.

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.

Baggage

Baggage tent 1 will be positioned in Victoria Gardens for yellow, light blue, pink or purple numbers. Baggage tent 2 will be positioned on Cookridge Street for orange, green or dark blue race numbers. 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. Bags are left at your own risk and we cannot be responsible for loss or damage.

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

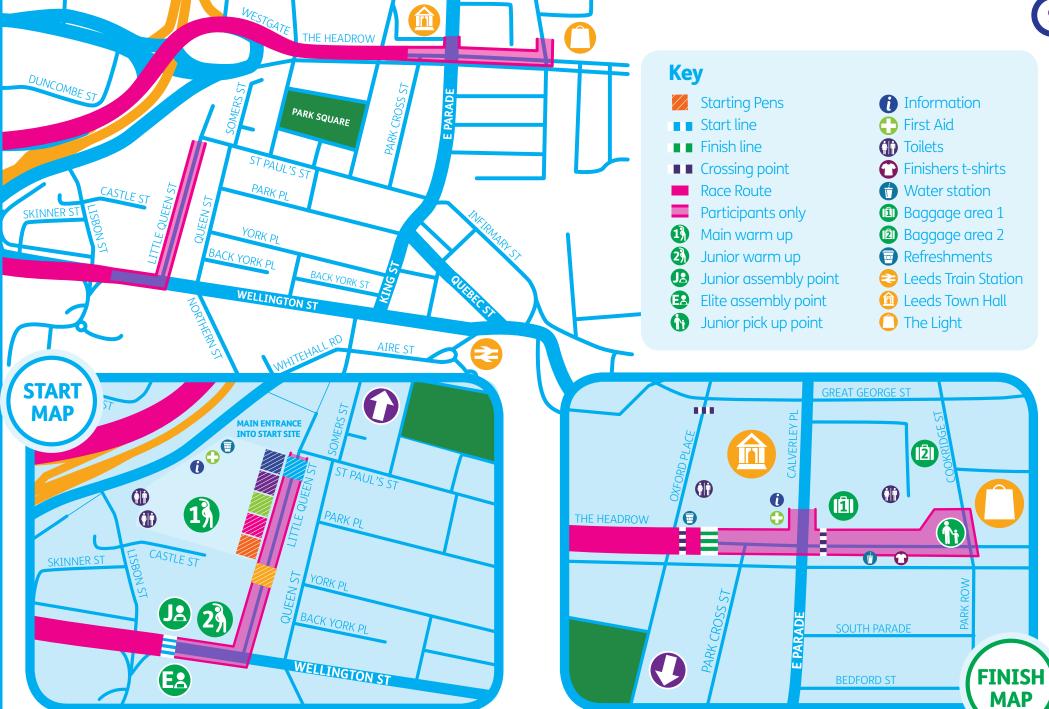
Please report any lost children to the Age UK information tents. See maps on pages 8 and 9 for locations and these will be clearly signed.

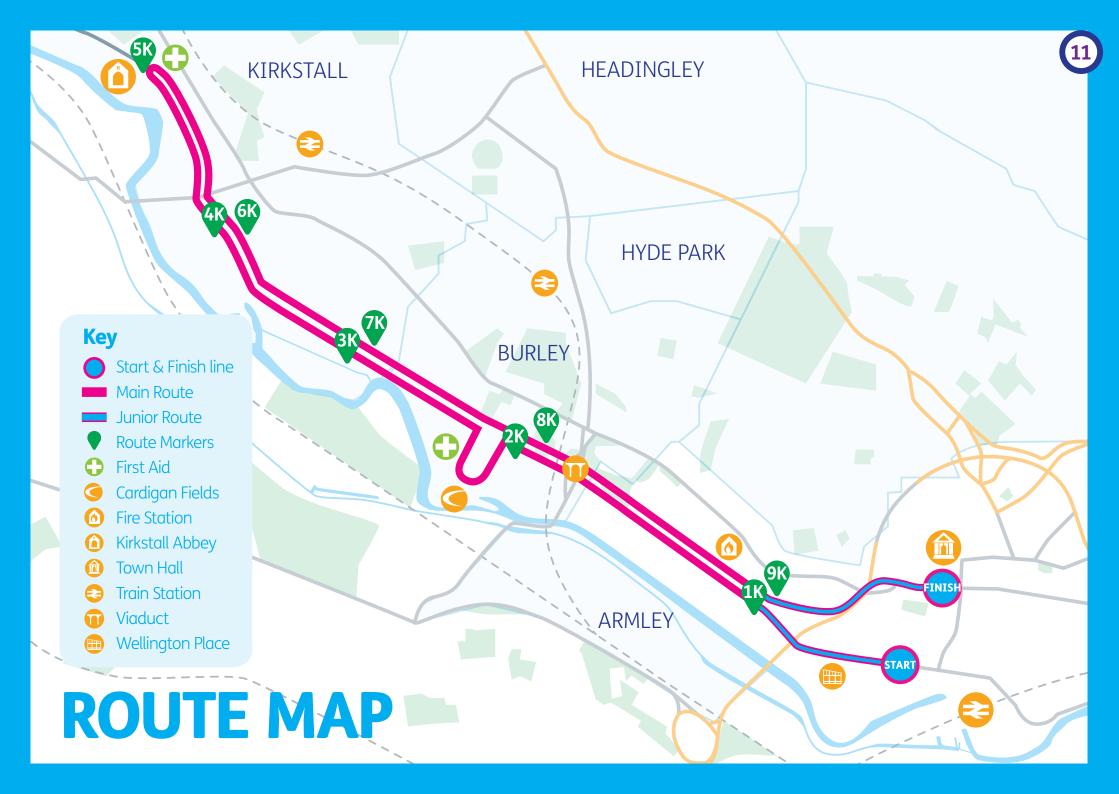
Runners-only area

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.







Do the Dash and raise some cash!

With your help we can reach older people across the UK who are facing later life alone.

JustGiving

OFFICIAL FUNDRAISING PARTNER

Fundraise for Age UK



Set up a fundraising page

Set up your page at www.justgiving.co.uk/ageuk



Collect sponsorship

There is a sponsor form inside your race pack.

Donate to Age UK



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

- Go to the Age UK website and make a donation www.ageuk.org.uk/giving
- Donate to our Just Giving page www.justgiving.com/campaigns/charity/ageuk/dash2018
- To donate £5 to Age UK, text **DASH20 £5** to **70070**

How you're helping

£5

helps us take a call from an older person in Leeds who needs our support.

£10

pays for a regular visit to an older person who's feeling cut-off and alone.

£40

could pay for weekly friendship calls for a month to an older person who feels they have no one.





Ken

Ken's a Dash veteran, with more than 20 races under his belt!

Best memory: "I used to run it in 40 minutes. I still have my t-shirt from 1994! Now I'm much slower but – one more time!"

Grace

A three-time Dash Master, Grace enjoys how friendly and well-organised the Dash is.

Top tip: "Bring something to keep you warm at the start... it can be cold at the starting pens!"



Matt

The excitement and atmosphere of the day has Matt coming back to the Dash year after year.

Top tip: "No matter how tired you are the crowd ensures you find that extra couple of % to give them a sprint finish - It spurs you on!"

Ralph

The Leeds Abbey Dash is Ralph's 'must do' annual race, and a chance to measure where he's up to with his running.

Top tip: "Once you've finished, make sure you've got some warm clothes to put on."



Hilary (Hills)

Hills started running in 1993 and hasn't looked back since, going from a complete beginner to leading a local running group.

Top tip: "Prepare by getting up to 10k in training, going steadily so as not to get injured."



Martin Martin's r

Martin's not only run the Dash, he's won it! He describes the race as a 'wonderful event'.

Best memory: "Sneaking in under 30 minutes remains one of my best running experiences."



John

John loves supporting the Dash because he's aware of what a lonely time Christmas can be for some older people .

Why Dash? "The race brings back memories of my grandparents. We know they'd be proud."



Susan

For Susan, the Dash is a family affair – her husband and daughter have taken part with her.

Why Dash? "Being part of such an iconic run at a time when the weather starts to make me want to stay indoors!"



Junior Dash - important information

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 8 for directions.

Please Note

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

Route

See page 11 for the Junior 2k route map.

Finish area

The finish line is on the Headrow which is a ten minute walk from the start. See page 9 for directions. A parent or guardian must pick up their child from the finish area from 9.20am. They **must** bring photo ID 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 chip timing device will be activated on the start and finish lines 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.

Good luck to all our Junior dashers taking on the 2k course!

If you haven't registered 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





VET Female & Male over 35 £80

over 40 £80 over 45 £80 over 50 f80 over 55 £80 over 60 f80 over 65 f80 over 70 £80 over 75 £80



Female & Male £150 **VET Female & Male**

over 35 £60 over 40 £60 over 45 £60 over 50 f60 over 55 £60 over 60 f60 over 65 f60 over 70 £60 over 75 £60



VET Female & Male

over 35 £40 over 40 £40 over 45 £40 over 50 f40 over 55 £40 over 60 f40 over 65 f40 over 70 £40 over 75 £40



5TH Female & Male £70

6TH Female & Male £60

7TH Female & Male £50

8TH Female & Male f40

QTH Female & Male £30

10TH Female & Male £20



Dash Challenge

Top **Fundraisers**













Tudor Shields

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

Rules for determining the allocation of prizes and awards

An individual will receive the highest-value award to which he or she 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.



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



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

Rose's story

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

"I was feeling lonely. It was winter; winter days and winter nights. Getting in touch with Age UK Leeds changed everything."

Rose, 90

Age UK Leeds worked with Rose to establish what would help her to feel less cut-off and alone. Then arranged for one of the Befriending Volunteers to meet with Rose.

"Sarah comes every Tuesday and we chat about so many things. She is such a dear friend to me now; in fact, she is more like a daughter. I so look forward to her visits." And Sarah feels the same, "Rose is amazing - we never stop talking.. Last week I took some photos and clippings of my Nan and Grandad to show her, which she loved.... She makes me a cup of tea with all the trimmings...! I really love my visits."

By participating in the Leeds Abbey Dash 2018 for Age UK you are helping to improve the lives of people like Rose.

Thank you for your support and Good Luck with your Run!



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TURN UP THE FEEL GOOD!



With Dixie & Emma

Weekdays from 6am





Alex Grant, Rob Cameron and Rob Tudor. Our sponsors, partners and suppliers. Our fabulous volunteers from North Leeds Fell Running Club, Pudsey Pacers and the Ale Carts Cycling Group who give their time to make the Age UK Leeds Abbey Dash such a great event.

If you know anyone who would like to volunteer at this year's Dash, please contact **10k@ageuk.org.uk** by Friday 19th October. Without our wonderful volunteers, the race would not be the same!

























OFFICIAL FUNDRAISING PARTNER

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: 2018-35406

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. ID203860 09/18