

# LEEDS ABBEY DASH

10K FOR  
AGE UK

23.10.22



## RACE GUIDE

23 OCTOBER 2022



## Welcome from Age UK

### We can't wait to see you on the start line.

As we approach race day, this booklet will give you all the information you need to plan your day. Please do read through the guide to make sure you're **race-ready** and have everything you need.

The fun starts now! We want to see how your preparations are going, so be sure to share your snaps on social **#leedsabbeydash @age\_uk**

A huge thank you for taking part and raising money for Age UK. You are helping us to be there for every older person who needs us. We think you're amazing.

If you have any questions, just drop us an email at **[10k@ageuk.org.uk](mailto:10k@ageuk.org.uk)** and we'll be happy to help.

## Good Luck!

From Fiona and all of the team at Age UK



As you already have your race number and timing chip, you don't need to register anywhere on the day. Simply make your way to your pen 10-15 minutes ahead of your race start time. Your pen colour matches the colour of your running number, which should be pinned to the front of your top.

**07:45 Information and baggage tents open**

**09:00 Elite wheelchair race starts**

**09:00 Warm-up in Millennium Square**

**09:05 Leeds Abbey Dash Junior 2k starts**

**09:15 Junior runners arrive at finish line**

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

**12:30 Roads will start to re-open and any remaining runners must move to the pavement.**

# Key race information

Here's all the information you need to help make your day safe and fun. Please arrive in good time to help prepare for your 10k. We recommend an hour before your race start time.

## **Race Start:**

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

## **Junior Dash:**

The Junior Dash will start at 09:05. Juniors should meet at the start line, and must be met by parents or guardians in the finish funnel on Oxford Place after the race. *Full details on [page 10](#)*. Please note Juniors who arrive at the start late will not be allowed to start the race.

## **Race number:**

Your race number and timing chip will be sent to you in the post ahead of the day. 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 start 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 match with your race number.

## **Race pack pick up:**

Anyone who has not received their race pack by race weekend will be able to visit the info desk in Millennium Square, on Saturday 22nd October from 14:00-16:00 to pick up a replacement.

## **Getting there:**

Roads around the city centre will be closed for the event. If you are driving, we recommend using Woodhouse Lane, Merrion Centre or Rosebowl carparks and please car-pool if you can.

Continued...

# Key race information

## Continued

Buses will be running but some will be on diversion - you can check routes [here](#). Millennium Square is a 10 minute walk from Leeds station. For more information on travel to the event, visit our website [here](#).

### Baggage:

The baggage tents will be open from 07:45 in Millennium Square. Just tear off the baggage label from the bottom of your race number and attach it securely to your bag before handing it over to the team. Please remember that all belongings are left at the owner's risk.

### Warm Up:

Gather at 09:00 in Millennium Square for a pre-run warm up with Coach Gyms and Heart Radio.

### Finish funnel:

Your time will only be recorded when you cross 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 soon after the race confirming your finishing time. The full list of results and category prize winners can be found at [ageuk.org.uk/lad](http://ageuk.org.uk/lad) on the afternoon of the race.

### Water Station:

Water will be available at the 5km turn around point and at the finish line. Please empty any excess water from your bottle before putting it in the recycling bins provided.

### Marathon Photos:

Marathon Photos will be at various points on the route and at the finish line, so look out for them and give them a smile! You will be able to buy your photos after the event, with a donation going to Age UK.

### Pacers:

Our fantastic pacers from St Theresa's Athletics Club will be there to help pace you. Look out for their flags in the start pens.

Continued...

# Key race information

## Continued

### First Aid:

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

### Lost Children:

If you're worried about an unaccompanied child, please immediately speak to Age UK staff at the information tent in Millennium Square. See map on [page 6](#).

### General:

In the event of bad weather please keep as warm and dry as possible. We reserve the right to postpone or cancel the race owing to adverse weather conditions or circumstances beyond our control. Please check [ageuk.org.uk/lad](http://ageuk.org.uk/lad) for the latest information.

### Safety:

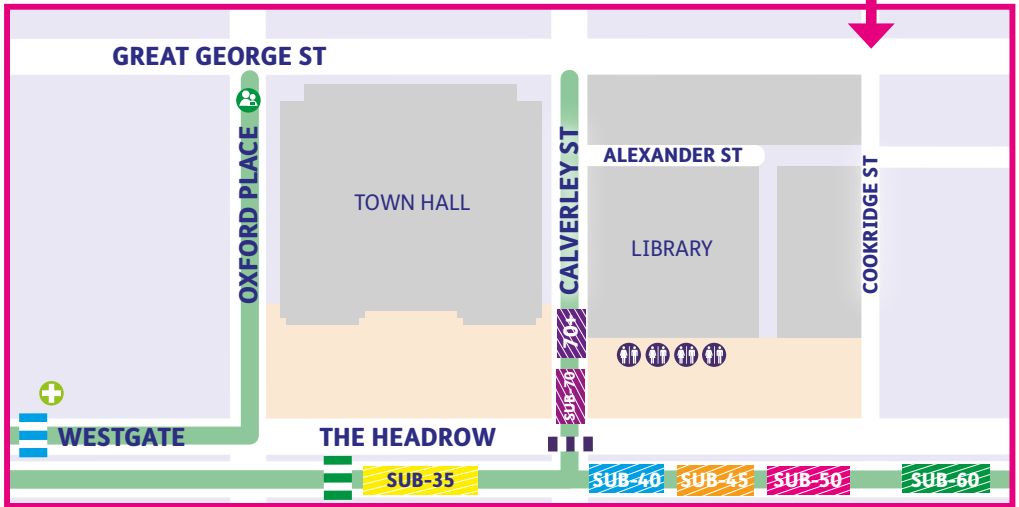
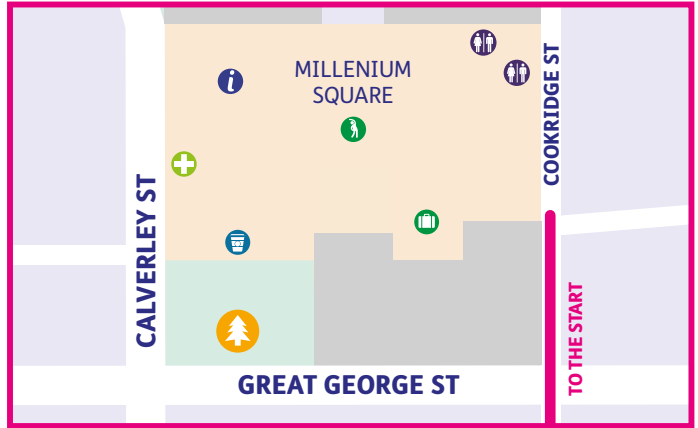
To help keep you safe on race day, please remember the following:

- 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 event, please contact [10k@ageuk.org.uk](mailto:10k@ageuk.org.uk) or check our [Q&A's](#).

# Start area map

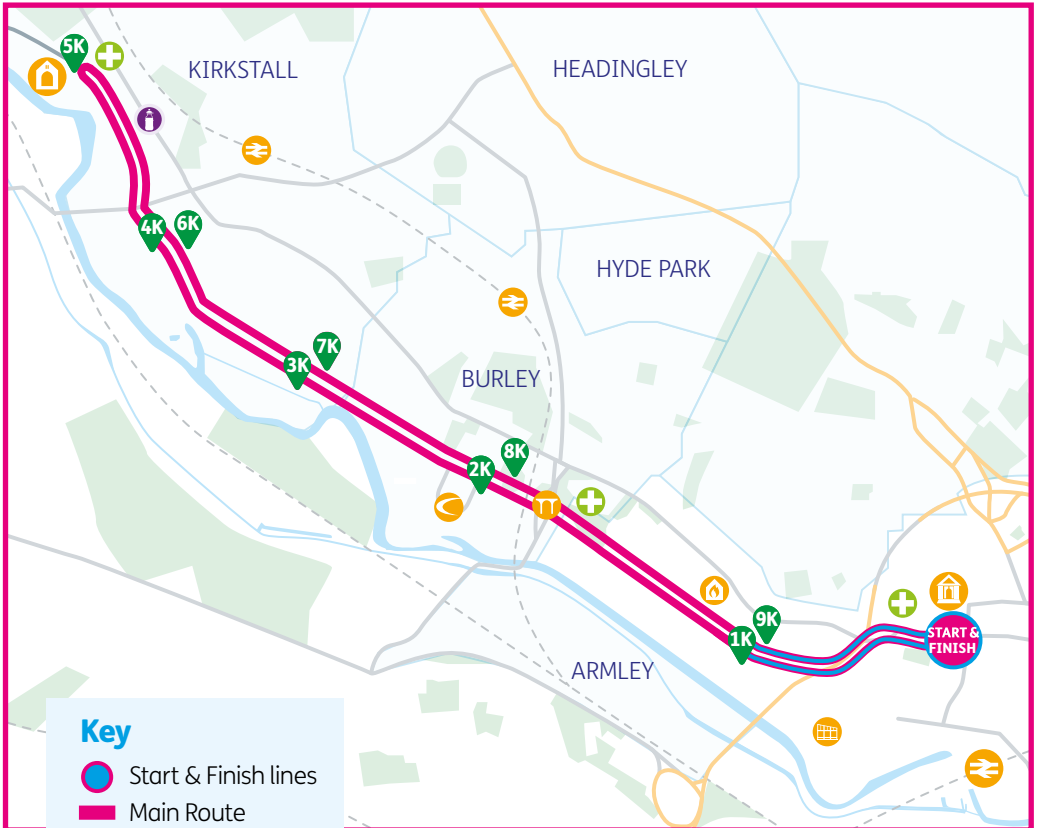


## Key









-  Starting pens
-  Start line
-  Finishing line
-  Crossing point
-  Junior repatriation
-  First Aid
-  Information tent
-  Toilets
-  Refreshments
-  Warm up area
-  Baggage
-  Nelson Mandela gardens



# Route map



## Key

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

# Why taking part matters

Age UK is the leading charity for older people. We're here 365 days a year. We provide practical advice and friendship services to help older people when they need us the most.

## Ray, 73, lost his beloved partner, Joyce, after 36 years together.

Joyce's care needs made it difficult for them to leave the house and so before her death, Ray and his wife were very isolated. Getting out is still hard for Ray, but thankfully he heard about Age UK and was helped by our Advice Line.

It's heartbreaking to think that by the time many older people reach out for help, they have reached a crisis point, feeling cut off and incredibly alone. We understand the need to be there for vulnerable and lonely older people like Ray right from the start.



**'We were so close. Now Joyce isn't here I'm so lonely,'** says Ray.

## Together we can reach out to millions of older people who need information and advice.

**£10** could help answer two calls to the Age UK Advice Line from some of the most vulnerable older people.

In 2021 the  
**Age UK Advice  
Line answered  
205,796 calls**  
for help and  
support

## Please help Age UK be there.

If you or someone you know would benefit from Age UK's services, please call our Advice Line on 0800 169 6565. Lines are open 8am-7pm, 365 days a year.

# Raise money for Age UK

## Time to power up your fundraising

Here are some simple yet effective tips for boosting your fundraising. They're tried and tested so are sure to help you set a new fundraising PB!

**1 Keep your fundraising page updated with your progress.**  
Be loud. Be proud! Post photos of your preparations. Tell family and friends what inspired you to run for Age UK.

**2 Use your social networks to spread the word.**  
It's a no sweat way to boost your fundraising. Don't forget to post all about it on social media using our official event badges, and the hashtags: **#LeedsAbbeyDash #AbbeyDash #AgeUK**

**3 Ask people to sponsor you.**  
Sounds like a no-brainer, right? But one of the main reasons people donate is because they were asked! Simple but effective.

**4 Let potential sponsors know how their support will help.**  
For instance, £5 could pay to answer a call to our Advice Line from an older person needing reassurance and information to cope with the current cost of living crisis. £15 could help us make friendship calls to an older person struggling with loneliness.

For more information on why your fundraising is so important, please visit [ageuk.org.uk](https://ageuk.org.uk)



# Leeds Abbey Dash - Junior 2k for Age UK

LEEDS  
ABBAY  
DASH  
2K FOR  
AGE UK



Welcome to the **Leeds Abbey Dash - Junior 2k for Age UK!**  
It's great to have you joining in the fun. 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 08:50 and don't forget to high-five Ronnie the Rhino on the way!

## **Route:**

The 2k route is the first and last kilometer of the 10k event, turning around at the 1km marker.  
See [page 7](#) for map.

## **Race Number:**

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

## **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.



Reminder: no Junior runners will be able to start once the race has begun.

# 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"



GOOD LUCK TO  
ALL RUNNERS

**FREE ANYTIME BAR**

FOR ALL PARTICIPANTS AT THE FINISH



20% OFF YOUR  
NEXT PURCHASE

USE CODE:

**ABBEYDASH20**

**OTESPORTS.CO.UK**



@OTESportsGB

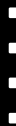
OTESportsGB

OTESports

**10K FUELLING GUIDE**

PRE RACE DAY  HYDRO TABS

RACE DAY  ANYTIME BAR



RACE START  SUPER GEL



RACE FINISH  SOYA / WHEY  
PROTEIN DRINK

# FREE DAY PASS

FOR COACH GYMS!

- ♥ NO JOINING FEE
- ♥ 250+ CLASSES PER MONTH
- ♥ 2 X EXERCISE STUDIOS
- ♥ 200+ PIECES OF EQUIPMENT
- ♥ LUXURY CHANGING ROOMS
- ♥ BAR
- ♥ 2 HOURS FREE PARKING



CONTACT THE CLUB ON 0113 468 1500 OR BRING  
THE BOOKLET DOWN TO SECURE YOUR DAY PASS

# 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.

This year we say goodbye to our wonderful Race Director, Alex Grant. Thank you for your commitment and dedication to the race for so many years. Thanks too to Rob Cameron and the rest of Alex's team for supporting the event over the years.

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

