

# LEEDS ABBAY DASH

# 10K

The logo for ageUK, featuring a stylized 'a' made of three overlapping curved shapes in red, green, and blue, followed by the text 'ageUK' in a sans-serif font.

## Race Day Guide

22.10.23



## Welcome from Age UK

### You're doing something amazing.

By signing up to the Leeds Abbey Dash and raising money for Age UK, you're supporting our vital work and helping us be there for every older person who needs us.

Whether you're running Leeds' favourite 10k for the first time or the 15th time, thank you.

In this booklet you'll find everything you need to get ready for race day. But if you have any questions, please email us at [10k@ageuk.org.uk](mailto:10k@ageuk.org.uk) and we'll be happy to help. We'd also love to hear all about your training progress, so make sure to share snaps with us on social [@leedsabbeydash](https://twitter.com/leedsabbeydash) [@age\\_uk](https://twitter.com/age_uk)

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

## Good Luck!

Fiona and all of the team at Age UK





## Timetable

**We can't wait to see you on race morning.**

And because you will 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 2k Dash:

The Junior 2k 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 15](#)*. Please note Juniors who arrive 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 without covering it up, and don't cut, fold or damage it as this will mean that it's 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 Age UK information tent in Millennium Square, on Saturday 21st October from 14:00-16:00 or on race day from 07:45 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. Please car-pool if you can.

Buses will be running but some will be on diversion - you can check routes [here](#). Millennium Square is a 10 minute walk from Leeds train 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 mass warm-up with Pure Gym 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.

## 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 get an email with a link to buy your photos after the event.

## Pacers:

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

## 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 10](#).

Continued...

## General:

# Key race information

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) or join our Leeds Abbey Dash Facebook group [facebook.com/groups/leedsabbeydash2023](https://facebook.com/groups/leedsabbeydash2023) 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.

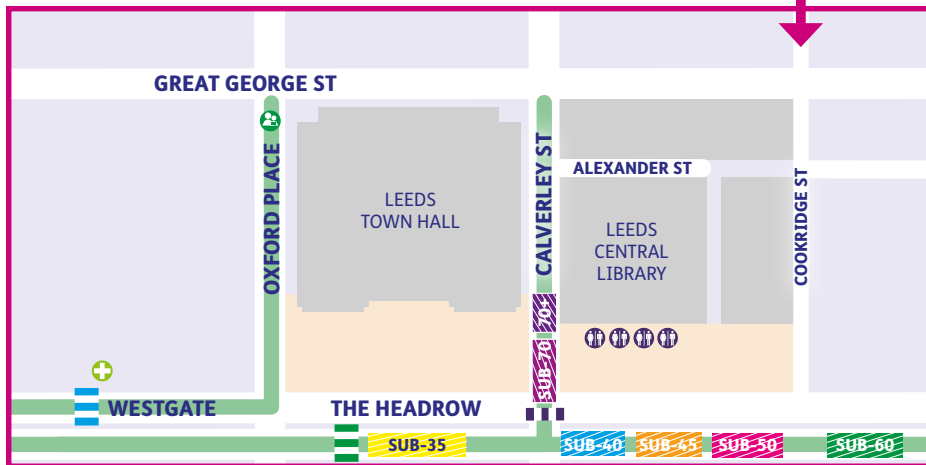
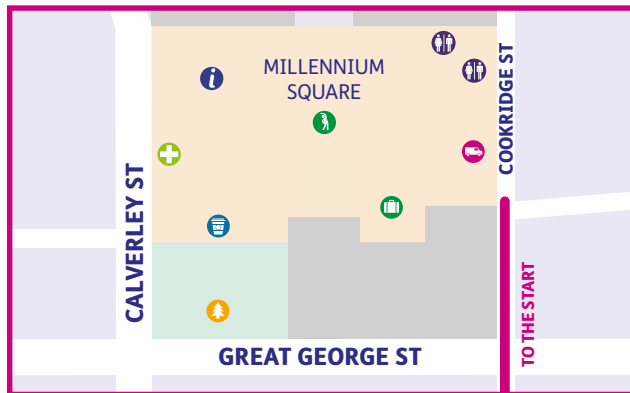


If you have any questions in the lead up to the event, please check our [FAQ's](#) or contact [10k@ageuk.org.uk](mailto:10k@ageuk.org.uk)



# Start area map

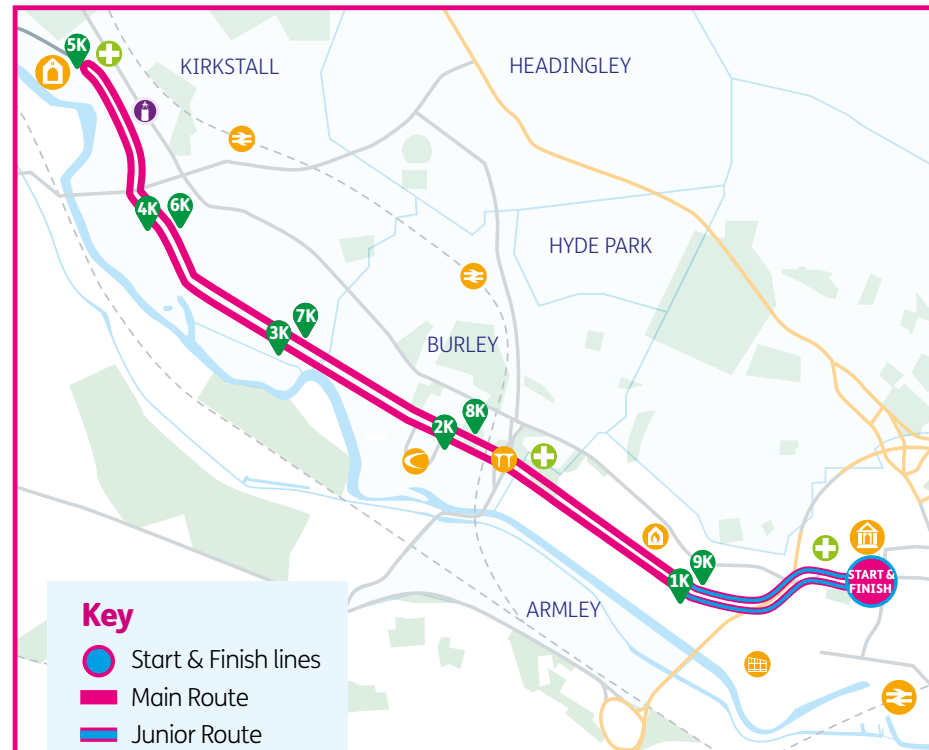
**Over 65 yrs?**  
Enjoy free tea at the refreshment vans



**Key**

|                |                     |                            |
|----------------|---------------------|----------------------------|
| Starting pens  | Junior repatriation | Refreshments               |
| Start line     | First Aid           | Warm up area               |
| Finishing line | Information tent    | Baggage                    |
| Crossing point | Toilets             | Nelson Mandela gardens     |
|                |                     | Age UK shop collection van |

# 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 every day of the year, offering practical advice, information and friendship whenever our support is needed most.

## Since Lesley, 78, lost her husband, life hasn't been the same.

Former hairdresser Lesley, who lives in Leeds, was with husband Colin for 53 years. "We were two halves of a one," Lesley tells us. "We didn't have any children; we lived for each other."

But since Colin died five years ago, Lesley has felt increasingly lonely. This has only been made worse by Lesley's struggles with her mobility, which make it difficult for her to leave the house.



Thankfully, Lesley's doctor noticed she was feeling low and recommended she get in touch with Age UK. The Age UK Telephone Friendship Service helped Lesley connect with trained telephone befriender Karen for weekly calls.

**"At first, I couldn't have done without her,"** Lesley says. **"I was deeply so unhappy. And now I really look forward to it – I know Karen's ringing me on Friday and we can have a chat. It's a lovely, lovely service and I do appreciate it."**

## Please help Age UK be there with friendship, information and advice.

**£10** could support two telephone friendship calls to someone like Lesley, providing conversation and connection during difficult times.

**£50** could pay towards connecting an older person with a specialist benefits advisor.

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.

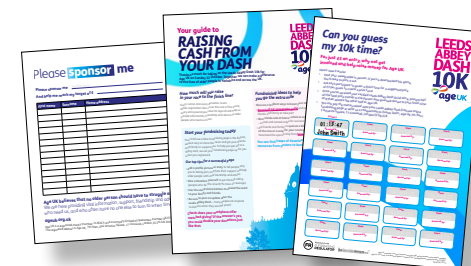
In 2022 we supported **239,656 telephone friendship** calls to older people in need of companionship.

# Raising money for Age UK

## Time to power up your fundraising

Here are some simple yet effective tips for boosting your fundraising in the run up to the event. 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 inspires 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)
- 5 Get your free fundraising resources:**  
**Sweepstake game**  
**Fundraising guide**  
**Sponsor form**





## Leeds Abbey Dash Junior 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 11** for map.

### **Race Number:**

Make sure you 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.

**Parents/guardians 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.**

Any children not met by their parent/guardian will be taken to the Age UK Information tent where our Lost Child policy will be followed.

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

# GOOD LUCK

## Leeds Abbey Dashers!



**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**

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### 10K FUELLING GUIDE

|              |  |                           |
|--------------|--|---------------------------|
| PRE RACE DAY |  | HYDRO TABS                |
| RACE DAY     |  | ANYTIME BAR               |
| RACE START   |  | SUPER GEL                 |
| RACE FINISH  |  | SOYA / WHEY PROTEIN DRINK |

**NO CONTRACT**  
**UNLIMITED CLASSES**  
**QUALITY KIT**



**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.**

Huge thanks also 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.



**LOW**  
**MONTHLY**  
**PRICES**



WAY MORE THAN YOU PAY FOR

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 Registered charity number 1128267. Company number 6825798.  
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