

LEEDS ABBAY DASH 10K

The ageUK logo features a stylized infinity symbol composed of three overlapping loops in green, orange, and blue, positioned to the left of the text 'ageUK' in a blue sans-serif font.

Race Day Guide

13.10.24

Sponsored by



The Home of Homes

Welcome from Age UK

It's your 10k. Love it.

Whether it's your first time running Age UK's Leeds Abbey Dash or your 31st, thank you.

By taking on this iconic run and raising money for Age UK, you're helping to provide older people in Yorkshire and across the country with the expert advice and essential support that's needed to overcome life's challenges.

And we're delighted that Dunelm, the UK's leading homewares retailer, will also be offering a helping hand this year as a corporate partner of the Leeds Abbey Dash.

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 and we'll be happy to help.

We'd also love to hear all about your training progress, so make sure to share your updates with us on social with #LeedsAbbeyDash @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 Leeds Abbey Dash Junior 2k starts

09:10 Warm-up in Millennium Square

09:15 Junior runners arrive at finish line

09:27 Elite wheelchair 10k starts

09:30 Age UK's Leeds Abbey Dash 10k 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 10k safe, fun, and unforgettable. For information about the Junior 2k dash, turn to **page 12**. Please make sure to check ageuk.org.uk/lad or join our [Leeds Abbey Dash Facebook group](#) for the latest updates.

The basics

Race start:

Age UK's Leeds Abbey Dash will start on The Headrow in front of the Town Hall at 09:30. Please arrive in plenty of time – we recommend an hour before your race start time. You do not need to register on the day of the event. There will be strictly no on-the-day race entries.

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 where 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](#).

Warm up:

Gather at 09:00 in Millennium Square for a mass warm-up at 09.10 with Pure Gym.

Baggage:

The baggage tents will be open from 07:45 in Millennium Square, where you can also find toilets and information facilities. 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.

Tracking your run

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 12 October from 14:00 – 16:00 or on race day from 07:45 to pick up a replacement.

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.

Staying safe

Be aware:

Please avoid running with headphones, don't leave any bags unattended, and follow the instructions of stewards and marshals. Please also remember to fill out the emergency contact details on the back of your race number.

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 speak immediately to Age UK staff at the information tent in Millennium Square. See map on **page 8**.

Water station:

Water will be available at the 5km turn around point and at the finish line.

Bad weather:

In the event of bad weather please dress appropriately to 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.

After the finish line

Finish funnel:

Your time will only be recorded when you cross the finish line. Once you have crossed, please keep on moving to collect your post-race goodies.

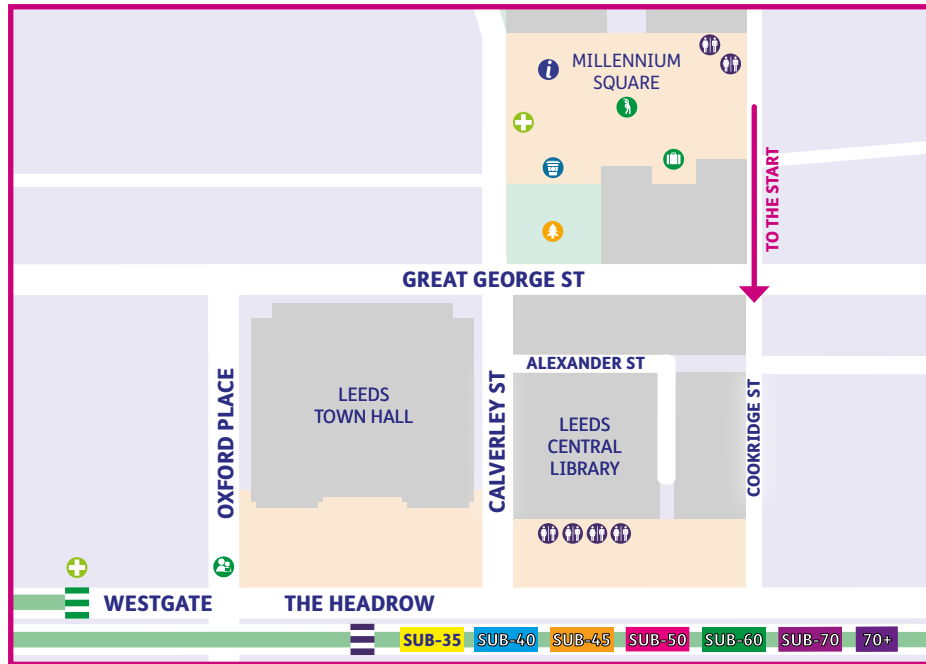
Race results:

If you provided us with a UK mobile number, you will receive a text message soon after the race confirming your finish time. The full list of results and category prize winners can be found at ageuk.org.uk/lad on the afternoon of the race.

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.

Start area map

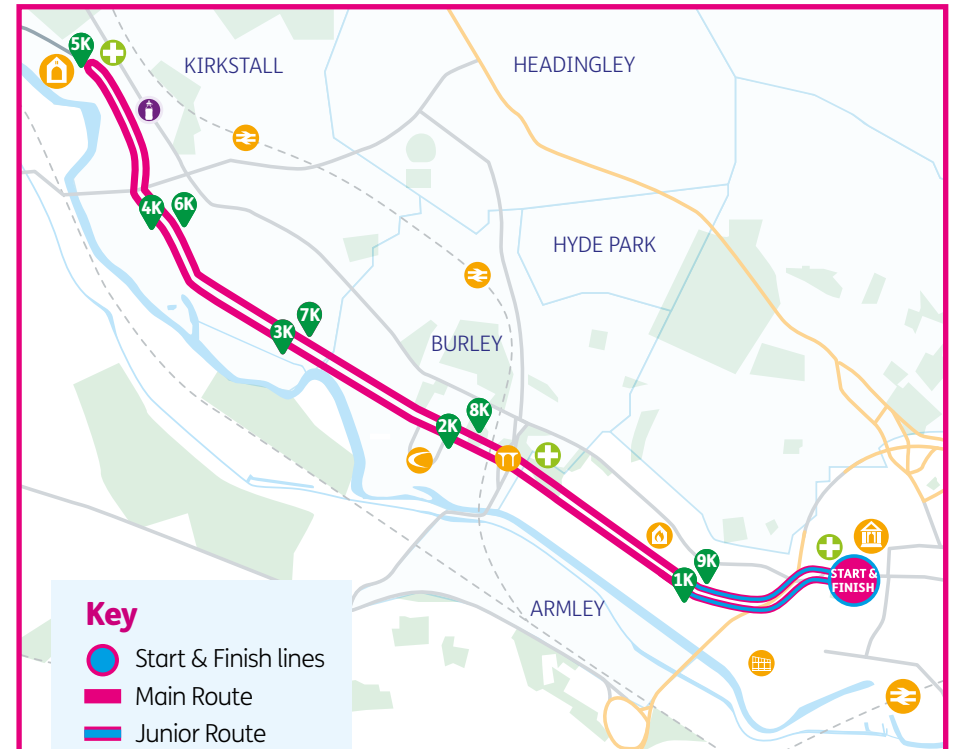


Key

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

Over 65 yrs?
Enjoy free tea at the refreshment vans

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

How you can help

Age UK is here to make sure every older person feels included and valued. Our work changes lives – we provide expert information and advice, campaign for older people’s rights, and offer vital friendship when it’s needed most.

Your support will make a huge difference to people like Mashud.

83-year-old Mashud, from Leeds, had found life difficult following his divorce and his children leaving home. His mobility problems have also left him feeling cut off from his community. “People did not know how lonely I was. And how sad I was,” he says.

But since signing up to the Age UK Telephone Friendship Service, Mashud has enjoyed weekly chats with Emma. “It’s a bit daunting to make friends with strangers,” says Mashud, but he has reaped the rewards. “The Age UK calls make me less lonely. They make me happy for the 30 minutes I’m on the phone.”



By raising money for Age UK, you’ll help us continue to be there with friendship, information and advice – today, tomorrow and in the future.

If everyone raised just **£50** we’d raise a whopping **£350,000** to help provide our essential services and support for older people!

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, every day of the year.

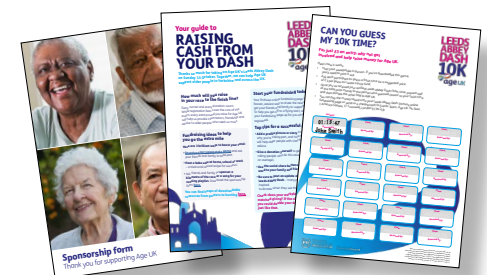
In 2023, we facilitated nearly **5 million minutes** of phone calls between older people and their telephone friends.

Raising money for Age UK

It’s your fundraising. Boss it.

Here are some simple yet effective tips for boosting your donations, so you can set a new fundraising PB.

- 1 Keep your fundraising page updated.**
Sharing your training progress and letting know family and friends why you’re raising money for Age UK is an easy way to inspire your supporters to donate.
- 2 Use your social networks.**
You’re doing something amazing, so spread the word! Post about your progress on social media using our official event badges, and the hashtags: **#LeedsAbbeyDash #AbbeyDash #AgeUK**
- 3 Ask people to sponsor you.**
One of the main reasons why people donate is because they were asked – so start asking!
- 4 Let potential sponsors know how their support will help.**
For instance, **£10** could help pay for an older person to receive life-changing information from an Age UK advisor. **£20** could help towards training a volunteer to make regular friendship calls to a lonely older person. For more information on the difference our supporters make, visit ageuk.org.uk/your-impact
- 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 09:00. 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 9](#) 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 to the side of the Town Hall on Oxford Place

Parents/guardians MUST bring the baggage label from the bottom of the race number in order to collect you, 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 to everyone taking part in Age UK's Leeds Abbey Dash 10k!

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.

Creating communities that feel like home

Our fundraising will help provide information, advice, friendship and practical support to older people in their homes and local communities

Get involved

Scan the QR code to learn more about our Dunelm & Age UK partnership



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