

Eccup 10 Mile Race - Sunday July 10th 2011 at 9.30 am

There will also be 1 and 2 Mile Junior Road Races and an off-road Fun Run.
Full details of these races can be found on the Abbey Runners web site.

Thank you for entering this year's races. We hope you have an enjoyable day. This is the eighth year of this popular road race in its present form. Those with longer memories will know that the Eccup 10 once formed part of a 3-Day Event, which was first run in 1993. We are also delighted that the Eccup 10, the fun run and junior road races are going ahead at a time when many races are disappearing. Race headquarters and all the important facilities - toilets, changing rooms, baggage store, showers, bars, late registration and the prize giving will be at the Adel War Memorial Association (AWMA), directions to which can be found elsewhere in this document, and on our web site at – www.abbeyrunners.co.uk. Parking will be at the Bedquilts Recreation Ground – five minutes walk from Race HQ. You will find all the details below.

Finally, may I inform you that recent Eccup 10 races have raised over £18,000 for worthwhile causes. **Wheatfield's Hospice and Hollybank are the chosen charities this year.**

Mark Hetherington, Race Director

FACILITIES

Everything you need both before and after the race is to be found at Race HQ at AWMA. There should be adequate toilet and changing facilities for everyone – just leave enough time to jog from the car park to AWMA (about 5 minutes) and from HQ to the Start (about 3 minutes). Announcements will be made at appropriate times. **Please note that the start time is 9.30 a.m. for the Eccup 10.**

RACE NUMBERS

If you entered by post enclosing a s.a.e., your race number will be sent to you. Those who entered online collect their numbers on the day. Please wear your number on the **front** of your running vest or T-shirt. Where more than one number is enclosed in the envelope, names have been written on the back of the number.

Please ensure that you wear the correct number. Do not give your number to anyone else.

It is now possible to transfer your number to another runner. There will be a table set up at race HQ on the day of the race to do the paper work. There is no charge for this service...

It would be helpful if contact details were printed on the back of your number in case of emergency.

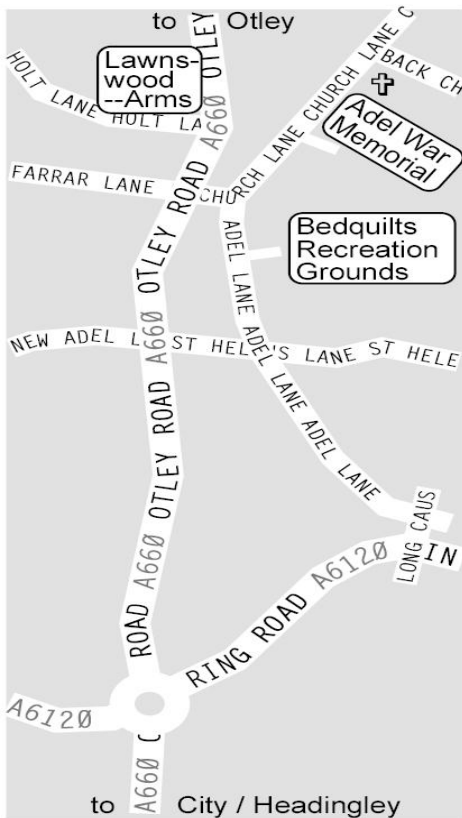
THE ROUTE

The route is a certified 10 miles, mainly on road (about 1 mile on good quality paths round the reservoir part of the route). From the start, the route is: out along Church Lane and Eccup Lane, then right into King Lane; which is closed to traffic – then left into Alwoodley Lane; left off Alwoodley Lane down a short, sharp descent to the reservoir; right and then round the reservoir; down to, and a short loop around, Eccup village; back on to Eccup Moor Road and the loop of Eccup Lane, Black Hill Lane and Arthington Road. The final stretch retraces the outward section down Eccup Lane to the finish in the grounds of Adel Memorial. Please take care and follow marshals' instructions; A map of the route will be available at Race HQ on the day and on the Abbey web site.

Water Stations: there will be three water stations at approximately the 3 mile, 6 mile and 8 mile points. There will be water available at the finish.

RESULTS

Results will be displayed at AWMA as soon after the finish as possible. They will also be available on the Abbey Runners website: <http://www.abbeyrunners.co.uk/> If you would like printed results to be posted to you, and have not already ordered them, envelopes will be available on the day – please self-address and enclose £2.00. Prize giving will take place at around 12.00 noon in the main hall. Please come and enjoy our facilities; refreshments will be available. Please check the results to see if you have won an award and inform the organisers if you are unable to collect it.



HOW TO FIND US

Race HQ is at the Adel War Memorial War Association Sports and Social Club, which is located in Church Lane, Adel. The postcode is LS16 8DE. We are situated to the north of the Leeds Ring Road (A6120), about 5 miles from the City Centre (see map alongside).

Parking for the race, however is located at Bedquilts Recreation Ground which is a 5-minute jog/walk from Race HQ. The start of the race is located between the two (see map). Everything will be signposted on the day and marshals will be available to provide assistance.

There should be adequate space for everyone at Bedquilts but if you do park on the adjacent roads, please consider the local residents. **Please note there is no parking available at Race HQ**

Coming from the centre of Leeds, take the A660, cross the Ring Road at West Park, continue half a mile to the traffic lights, turn right into Church Lane and immediately right into Adel Lane. Coming from the East, leave the Ring Road at the West Park roundabout, turning right, signposted A660 Otley. From the West, turn left (A660 Otley) at West Park Roundabout. Coming from the North, turn left at the traffic lights just after the Lawnswood Arms pub into Church Lane and immediately right on to Adel Lane

PRIZES

There will be a Presentation after the Eccup 10 mile Race

The prizes will be awarded in the following categories:

- Male Open (1st, 2nd, 3rd, 4th, 5th, 6th)
There will also be a trophy for the winner
- M40 (1st, 2nd, 3rd)
- M45 (1st, 2nd, 3rd)
- M50 (1st, 2nd)
- M55 (1st, 2nd)
- M60 (1st, 2nd)
- M65 (1st)
- M70 (1st)
- Male Team (3 to count) (1st)
- Female Open (1st, 2nd, 3rd, 4th, 5th, 6th)
There will also be a trophy for the winner
- F35 (1st, 2nd, 3rd)
- F40 (1st, 2nd, 3rd)
- F45 (1st, 2nd)
- F50 (1st, 2nd)
- F55 (1st, 2nd)
- F60 (1st)
- F65 (1st)
- Female Team (3 to count) (1st)

Incorporating the Yorkshire Veterans AA 10 Mile Championship

Age category are based on the runners age on race day.

Trophies in 5-year age categories from M35 & F35 according to entry, no age limit.



Thanks to the following for their sponsorship



We hope that that this leaflet provides you with all the information that you might need. However, if you have any problems or questions, please do not hesitate to contact: Roger Wilson on (0113) 2788317 or r.v.wilson@care4free.net

Have a good run, from all at Abbey Runners. We hope you enjoy your day at Adel and if you are not a club member, why not consider joining our club? We cater for all standards. See our web site for details www.abbeyrunners.co.uk