

Thank you for entering this year's Eccup 10. We hope you enjoy the race, which has been staged in one form or another since 1993. We are again using the same route as year. Thank you for all your support.

We are grateful to all our sponsors for their help this year and especially our association with the Hollybank Trust. The generous support of our sponsors not only ensures that the race can be staged, but also ensures that we continue to support local charities; in recent years we have raised £30,000 for worthwhile causes with last year over £4000 going to Hollybank Trust and Mini Mermaids Running Club Leeds. This year we will once again be supporting the Hollybank Trust (<http://www.hollybanktrust.com>), and also a second charity Dial House (<http://www.lslcs.org.uk/services/dial-house/>)

On behalf of Abbey Runners, I wish you the best of luck with your race this year and I hope we will be able to welcome you back for many years to come.

Finally, the route around Eccup reservoir is a site of special scientific interest and consequently Natural England have asked me to pass on the following instruction:

“In order to mitigate the risk of introducing invasive, non-native, species to the site such as fragments of invasive terrestrial or aquatic plants or tree diseases the event organiser will instruct participants prior to the event to arrive at the site with clean and dry running footwear.”

Stephen Greene
Race Director

This year's charities are Hollybank Trust & Dial House



Thanks to our sponsors below...



TIMETABLE

9:00am	Junior 1 mile	Please make your way to the start line on Bedquilts (just behind the school) by 8:50am
	Junior 2 mile	
9.30am	Senior Race 10 mile	Please gather in front of Race HQ car park before the race.
9:45am	Peter Leach Fun Run	After registering, make your way to the start line on Bedquilts (just behind the school) by 9:35am

PARKING AND DIRECTIONS

Parking for the race is at **Bedquilts Recreation Ground**, which is a 5 minute jog/walk from Race HQ. Everything will be signposted on the day and marshals will be available to provide assistance. There is adequate space for everyone at Bedquilts so, out of consideration for local residents, please park your car there. **There is no parking available at Race HQ.**

Please do not park on the gravel section of the car park as this is reserved for other users of Bedquilts.

Directions: The nearest postcode for the car parking is LS16 8BX. From the centre of Leeds, take the A660, cross the Ring Road at Lawnswood, continue one mile to the traffic lights, turn right into Church Lane and immediately right into Adel Lane; the car park entrance is then about 200 metres on the left. 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 into Church Lane at the traffic lights just after the Lawnswood Arms.

RACE HQ

Race HQ is at the **Adel St John the Baptist Primary School**, Long Causeway, Leeds LS16 8EX.

Race headquarters and facilities (baggage store, toilets, changing rooms, catering and prize giving) and the START/FINISH will all be at this location. However, **race parking will be at Bedquilts** as previously, which is just five minutes' walk from Race HQ (details above).

The Abbey Café will be serving tea, coffee and cake all morning in the school hall. All proceeds will go to our charity partners. This was hugely popular last year and we hope you enjoy all our baking efforts again!

RACE NUMBER COLLECTION

This year's race will be chip timed with re-usable shoe tags. Race packs (numbers, shoe tags, wire shoe tie and safety pins) will be available for collection on the morning of the race from Race HQ for all participants. Please allow adequate time to collect your pack, and to attach your number and chip.

Please wear your number on the **front** of your running vest or shirt. Please wear your shoe tag **on your shoe** (instructions will be on your race pack).

Please ensure that you wear the correct number. The deadline for race number transfers has now passed to allow us to prepare our results and timing system. Please do not give your number to anyone else - it is really important that our records for who is in the race are accurate.

Please write your contact details on the back of your number in case of emergency.

RACE ROUTE

The route is a certified 10 miles, mainly on closed roads (about 1 mile is on good quality paths around Eccup Reservoir, but road shoes are appropriate for the whole course). A map is attached at the end of this document.

Please take care and follow marshals' instructions at all times. Although headphones can be worn due to the closed roads, we ask that where worn the volume is kept such that you can be aware of your surroundings. We hope that you can enjoy the sites and sounds of Eccup whilst also being able to listen to our marshals instructions.

WATER STATIONS

There will be **three water stations** just after 3 miles, 6 miles and 8 miles. Water on the course will be provided in **cups not bottles**. This is because it helps us ensure we can collect every single item after the race so there is no impact from the event on the environment. If you wish to have more water than this, please carry your own water bottle.

Please be aware that Eccup reservoir is a site of special scientific interest and any competitor observed dropping litter may be disqualified from the race.

RESULTS

Results will be displayed as soon as possible after the finish. They will also be available online at <https://racebest.com/results/eccup-10> and <http://www.abbeyrunners.co.uk/eccup-10/>.

The Junior prize presentation will be at 10:15am in the School Hall.

The Senior prize presentation will take place at 12.00pm in the School Hall.

PRIZES

Prizes will be awarded in the following categories:

Male Open	1 st ,2 nd ,3 rd ,4 th ,5 th There will also be a trophy for the winner
M40	1 st ,2 nd ,3 rd
M45	1 st ,2 nd ,3 rd
M50	1 st ,2 nd
M55	1 st ,2 nd
M60	1 st ,2 nd
M65	1 st
M70	1 st
M75	1 st
M80	1 st

Male Team (3 to count)	1 st
Female Open	1 st ,2 nd ,3 rd ,4 th ,5 th There will also be a trophy for the winner
F35	1 st ,2 nd ,3 rd
F40	1 st ,2 nd ,3 rd
F45	1 st ,2 nd
F50	1 st ,2 nd
F55	1 st ,2 nd
F60	1 st
F65	1 st
F70	1 st
F75	1 st
Female Team (3 to count)	1 st

RACE RECORDS

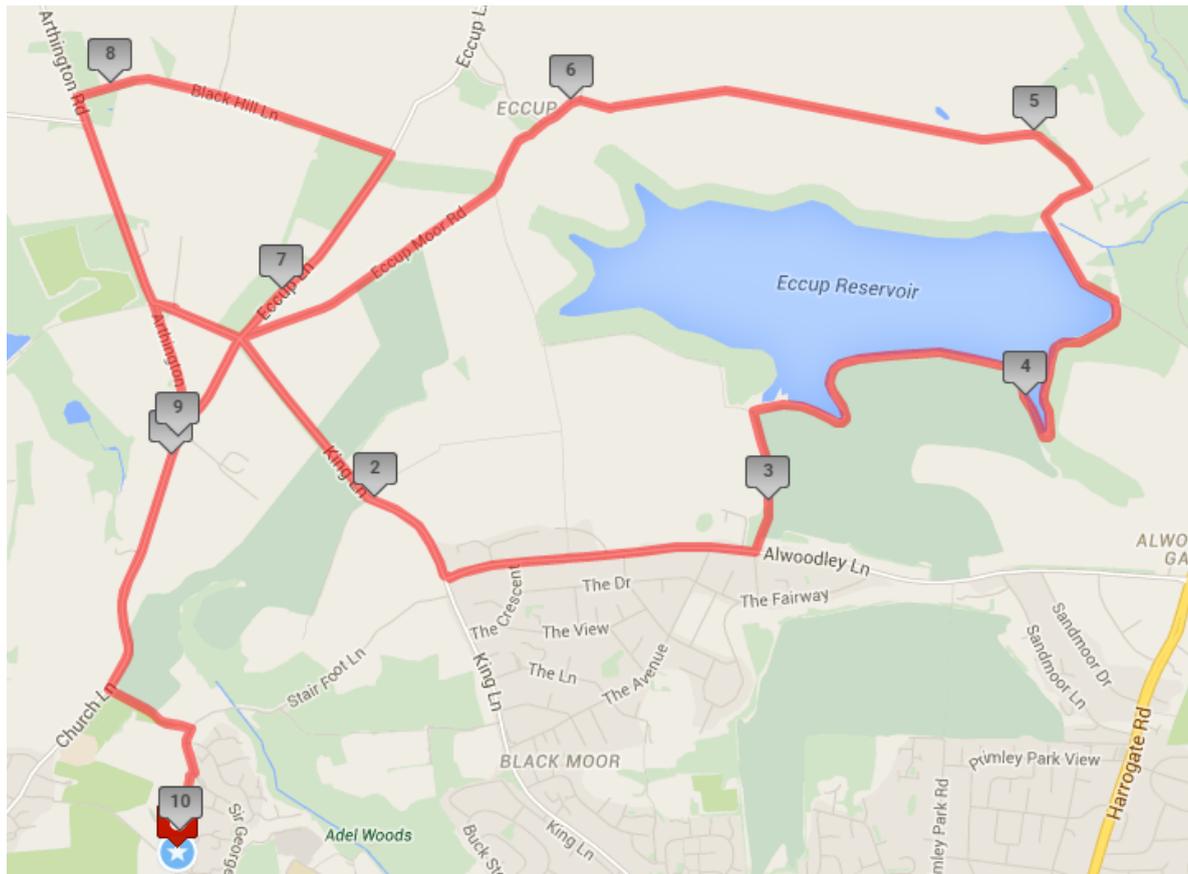
The Eccup 10 men's record is held by **Yared Hagos**, 51.18, (Bradford Airedale), set in 2011
The Eccup 10 women's record is held by **Tracey Morris**, 56.26, (Valley Striders), set in 2007
There will be one prize of £100 for both men and women, if the race record is broken.

I hope that that this document provides you with all the information that you need. However, if you have any problems or questions, please do not hesitate to e-mail me at eccup10mile@gmail.com.

Check our website <http://www.abbeyrunners.co.uk/eccup-10/> for latest information and results.

Please see the course map and details below.

Eccup 10 2018



Race start/finish:
Adel St
John the Baptist
Primary School
Long

Causeway
Leeds
LS16 8EX

Route

- North on Long Causeway
- Left on Back Church Lane
- Right on Church Lane
- Left on Arthington Road
- Right on King Lane
- Left on Alwoodley Lane
- Left on Goodrick Lane
- Around Eccup reservoir path
- Along Eccup Moor Road
- Right on Eccup Lane
- Left on Black Hill Lane
- Left on Arthington Road
- Left on King Lane to 5 Lane End
- Right on Church Lane
- Left on Back Church Lane
- Right on Long Causeway