

# Eccup 10 Mile

Sunday 27<sup>th</sup> June 2021

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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 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. This year we will once again be supporting the Hollybank Trust (<http://www.hollybanktrust.com>), and also a second charity Simon On The Streets (<https://simononthestreets.co.uk>).

**This year's event is being held under Step 3 Covid Restrictions, which means that there are some important changes to race day organisation and procedures. Please read the 'Covid Guidelines' below carefully and ensure that you take them into account on the day.**

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."*

**Mark Hetherington**

Race Director



This year, the Eccup 10 charities are:  
**Hollybank Trust** and **Simon on the Streets**

Thank you to our supporters below, without whose help the race would not be possible

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# COVID GUIDELINES

**Travel:** If you are travelling to the event by car, consider whether 'car sharing' is an appropriate choice. If you do car share with people from outside your household, you are advised to wear face coverings, keep the windows open and avoid sitting face to face.

**Before The Race:** There will be NO facilities available at Adel St John Primary School this year. The buildings will be locked up, and we have no access. **Do NOT head over towards the school: wait on the fields at Bedquilts until asked to move into the assembly area.** Please gather (in a socially distanced manner, of course!) on the large grass area between the Information Point and the toilets (see Race HQ plan below). You may wish to consider wearing a face covering (*e.g.* a buff) before you start running, although this is not compulsory.

**Spectators:** If you do not need to attend, then please stay at home. If you do need to accompany a runner (for example because they cannot drive to the event) you must remain in or by your car during their run. We cannot permit spectators at the side of the course.

Please note that by attending this event you are affirming that you (or anyone in your household) have not tested positive for COVID-19 in the last 10 days and that you (or anyone in your household) do not have any symptoms of COVID-19 (see here <https://www.nhs.uk/conditions/coronavirus-covid-19/symptoms/>). In order to manage the number of people on site during the event and to comply with track and trace responsibilities, we require that supporters over the age of 16 register using the QR code on site and familiarise themselves with the **Spectator Code of Conduct** (here <https://bit.ly/3zAJtbF>).

**Information Point:** As race numbers have been posted out in advance, and no entries will be taken on the day, there will be no Race Registration. There will be an Information Point, which is ONLY for those who need a replacement race number, or who have questions that are not answered in these race instructions. Please maintain appropriate social distancing if queuing at the Information Point.

**Baggage Store:** There will be no organised or staffed baggage storage. Your belongings should be left in your vehicle, where possible. If this is not possible, you may leave your bag, entirely at your own risk, beside the Information Point. Avoid leaving any valuable items in your bag.

**Toilets:** Portable toilets will be available on Bedquilts, opposite the Information Point. Cubicles will be spaced out in pairs, with hand sanitiser available for use before and after the cubicle is used. Please form separate queues for each pair of cubicles, rather than one long queue. Maintain social distancing whilst queuing for the toilets.

**Assembly Area:** You will be called into the Assembly Area (see plan) in 'Wave order'. Your wave allocation is indicated by the colour bar on your race number. The Red wave will be called first (at around 9.10am), followed by (in order) Blue, Green and Yellow. **Do NOT move into the assembly area until your Wave is called.** Maintain social distancing within the assembly area. Red Wave runners will be walked down to the race start line at around 9.20am so that the first runners can be set off at 9.30am, the official race start time. As the last Red Wave runners leave the assembly area, the Blue Wave runners will be called, followed by the Green Wave and finally the Yellow Wave.

**Race Start:** Immediately behind the start line, a 'Formula One'-style grid will be marked out on the ground. There will be space for 10 runners on the grid. The first 10 Red Wave runners will be called to take their places on the grid and will start at 9.30am. The next 10 will immediately walk forward and take their places on the grid, ready to set off 15 seconds later. This process will continue until all Red Wave runners have set off, then the grid will be filled with the first 10 Blue Wave runners. This process will continue until all runners have started. It is estimated that all runners should have set off by 10.00am at the latest. It is important that we get the last runners clear of Long Causeway and Back Church Lane before the race leaders return in the opposite direction. Therefore, there should be no delays on the start line: once on the start grid, please set off as soon as you are asked to: this is not the time to worry about whether your GPS watch has found its

satellites!

**During The Race:** The race takes place on closed roads, but please be aware of the possibility of traffic on the route. Please maintain appropriate social distancing during the race, and be particularly careful on the Eccup Reservoir path, where the route is narrow and there may well be other people using the path at the same time: please give them space and do not assume that you have 'right of way'.

**After The Race:** Once you have crossed the finish line, please do not loiter in the finish area: return to Bedquilts along the path that you used to get to the start, collecting a bottle of water on the way. Race T-shirts may be collected on Bedquilts (alongside the Information Point). There will be no prize giving: all race prizes are in the form of vouchers, which will be posted out as soon as possible after the event. Race results will be available on [www.racebest.com](http://www.racebest.com) as soon as the last runner has finished.

**Race Timing:** Under current UK rules, all races must be run in a 'time trial format', with chip times being used to determine finishing positions. This means that your official race time will be the time between crossing the start timing mat and the finish timing mat, so there is no incentive to crowd together or push forward at the start. A further consequence of this is that the first runner to cross the finish line is not necessarily the race winner!

**Race Cancellation:** This event has a UKA Race License (2021-41724) and our COVID plans have been reviewed by Leeds City Council's Safety Advisory Group.

Unless infection rates rise locally or nationally to a point where a lockdown is imposed, this event will go ahead as planned. If there is a last minute cancellation, we will notify you by email and through social media. If we are forced to cancel under advice from Public Health, we will reschedule the event and all entrants will be transferred to the new date. No refunds will be permitted, but you will be able to transfer your place to another runner.



## 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 on the fields at Bedquilts, in front of Race HQ car park before the race. You will be called to the Assembly Area in Wave order, then walked from there to the start line.
9:45am	Peter Leach Fun Run	Please 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 2 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. **Do not park at Adel St John Primary School, or on Long Causeway.** Please do not park on the gravel section of the Bedquilts car park as this is reserved for other users of Bedquilts.

Follow the marshals instructions when walking from the car park towards Race HQ: stick to the designated route to ensure that you do not interfere with the Eccup Junior Races, which take place on Bedquilts before the main race.

**Directions:** The nearest postcode for the car parking is LS16 8BX, a map can be found here: <https://goo.gl/maps/pMGo8KnVzkcSVD2A>. 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

This year, all facilities are located on the fields at Bedquilts, close to the race car park. There will be no access to the buildings at Adel St John Primary School, and runners should not gather or remain on school grounds, either before or after the race.

## RUNNING WITH A BUGGY

On this occasion, we are not permitting buggy runners.

## RUNNING WITH A DOG

Our races are licensed by UK Athletics and under UKA rules, dogs (apart from medical assistance dogs) are not allowed in licensed competitions.

If spectators bring a dog, it must be kept on a lead at all times.

## RACE NUMBERS

Your personal race number (which contains your timing chip) has been sent out by post. If you have not received your race number by Thursday 24<sup>th</sup> June, email [hello@evensplits.co.uk](mailto:hello@evensplits.co.uk) for further instructions.

Please arrive in good time. Remember the race starts at 9:30am.

Wear your race number on the front of your running vest or shirt. Do not give your number to anyone else. Write your contact details on the back of your number in case of emergency.

**Don't forget to bring safety pins** (although we will have a supply if you do!).

## 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 you keep the volume low enough to be aware of your surroundings. Although the roads are closed, that doesn't mean there will be no vehicles on the route.

## WATER STATIONS

There will be **two water stations** at around 4.5 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.

## PRIZES

Prizes for men and women will be awarded in the following categories:

Open	1 <sup>st</sup> ,2 <sup>nd</sup> ,3 <sup>rd</sup> (plus trophy for the winner)
V35	1 <sup>st</sup> ,2 <sup>nd</sup> ,3 <sup>rd</sup>
V40	1 <sup>st</sup> ,2 <sup>nd</sup> ,3 <sup>rd</sup>
V45	1 <sup>st</sup> ,2 <sup>nd</sup> ,3 <sup>rd</sup>
V50	1 <sup>st</sup> ,2 <sup>nd</sup>
V55	1 <sup>st</sup> ,2 <sup>nd</sup>
V60	1 <sup>st</sup> ,2 <sup>nd</sup>
V65	1 <sup>st</sup>
V70	1 <sup>st</sup>
V75	1 <sup>st</sup>
Team (3 to count)	1 <sup>st</sup>

## RESULTS

Results will be displayed as soon as possible after the finish. They will also be available online at <https://racebest.com/results/c4363>.

## 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

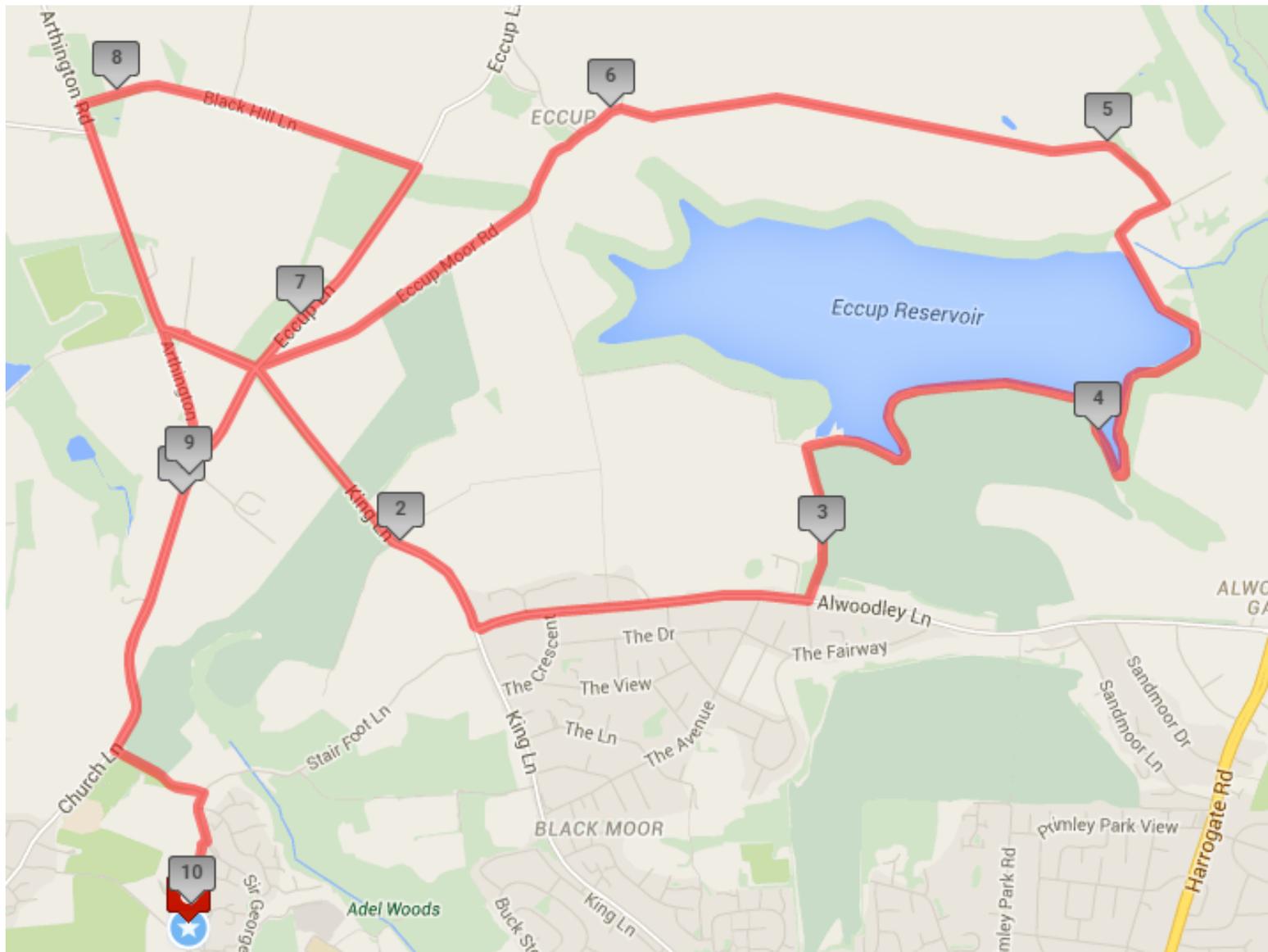
**There will be one prize of £100 for men and for women, if the race record is broken.**

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 [mark@evensplits.com](mailto:mark@evensplits.com).

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

Please see the course map below:

# Eccup 10 route



## 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