



Eccup 10 Mile

Sunday 9th July 2023

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 over £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, Zarach (<https://zarach.org>).

This year the race celebrates its 30th anniversary, and therefore we have obtained a number of spot prizes to hand out on the day to a number of lucky runners. These have been kindly donated by Yonda, PECO Ltd, The Grammar School at Leeds and Up & Running who have also offered a generous 15% discount in store to Eccup runners who take in their race number.

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."

Simon Jones
Race Director

This year, the Eccup 10 charities are:
Hollybank Trust & Zarach










Thank you to the supporters above, without whose help the race would not be possible!

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 outside Adel St John the Baptist primary school (where race HQ will be situated) from 9:15
9:45am	Peter Leach Fun Run	Please make your way to the start line on Bedquilts (just behind the school) by 9:45am

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

All facilities will be at Adel St John the Baptist primary school. Numbers will be available for collection from the school from 8am - 9:15 am. There will also be toilets and bag drop facilities.

After the race there will be water and t-shirt collection outside the school. Please also join us in the school hall for a charity cake sale (with tea & coffee) with 100% of the proceeds going to our two designated charities. Cash and card both accepted.

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) will be available to be collected from the school from 8am.

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!).

For competitors in the junior races and the Peter Leach fun run please go straight to the junior race start on Bedquits fields where you can collect numbers.

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 sights and sounds of Eccup whilst also being able to listen to our marshals' instructions.

There will be a lead car or bike on all sections of the course and a tail runner as well.

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.

RESULTS

Results will be displayed as soon as possible after the finish. They will also be available online at <https://racebest.com/races/esea5/entries>

PRIZES

We will aim to start the prize-giving at 11:30. Prizes for men and women will be awarded in the following categories:

Open	1 st , 2 nd , 3 rd (plus trophy for the winner)
V35	1 st , 2 nd , 3 rd
V40	1 st , 2 nd , 3 rd
V45	1 st , 2 nd , 3 rd

V50	1 st , 2 nd
V55	1 st , 2 nd
V60	1 st , 2 nd
V65	1 st
V70	1 st
V75	1 st
Team (3 to count)	1 st

RACE RECORDS

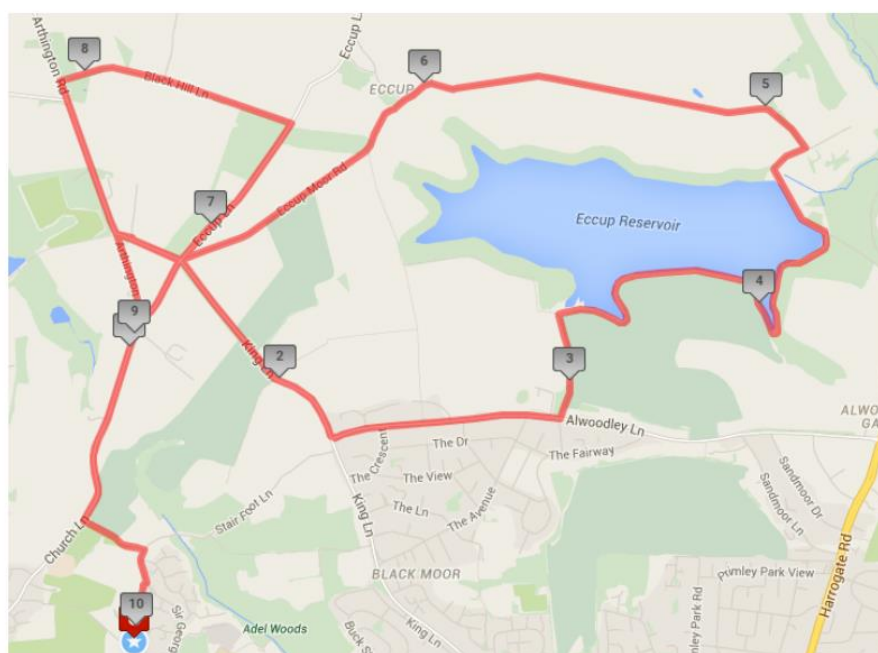
The Eccup 10 men's record is held by **Yared Hagos**, 51.18, (Bradford Airedale), set in 2011
The Eccup 10 women's record is held by **Tracey Morris**, 56.26, (Valley Striders), set in 2007

There will be one prize of £100 for 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 eccup10mile@outlook.com.

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