



COOKRIDGE COMMUNITY RUN

SUNDAY 11 JULY 2021

cookridgecommunityrun.co.uk

10K AND FUN RUN



CANCER RESEARCH UK

Runners Instructions

OPAL

OLDER PEOPLE'S ACTION IN THE LOCALITY

Thank you for entering and supporting the second Cookridge Community Run & Fun Run. Although it is being organised under difficult circumstances, we hope you enjoy the event. We are grateful to all our sponsors for their help this year.

The generous support of our sponsors not only ensures that the race can be staged, but also ensures that we continue to support research into sarcoma, through Cancer Research UK.

The race also supports local charity Opal (Older People's Action in the Locality)



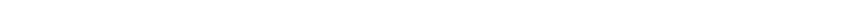
On behalf of the organisers, I wish you the best of luck with your race this year and we hope to be able to welcome you back in May 2022.

The routes around Paul's Pond and Golden Acre Park are public space. Please be considerate to other users of the Park.

This year's event is being held under Step 3 Covid-19 restrictions, which means that there are some important changes to race day organisation and procedures.

Please read the following carefully.

John Ward
Race Director



There are **2 races** on the day - **The Cookridge Fun Run** & **The Cookridge Community 10k Run**

Cookridge 1 Mile Fun Run – Starts at 9.00

To avoid congestion, only the fun runners will collect their numbers at the Scout Hall HQ on Pinfold Lane.
(See below for collecting 10k race numbers)

Registration opens at 8.00am

Please maintain appropriate social distancing when queuing for your race number.

The Fun Run mini warm-up will be behind the scouts hall at 8.45.

After the Race: Please collect a bottle of water from behind the scout hall, and your goodie bag containing your finishers medal.

The 10k runners will be queuing on Pinfold Lane, so wait for the race to start before making your way off site.

Cookridge Community 10K Run – Starts at 9.30

Please park, and then collect your race number (which contains your timing chip) at **Ralph Thoresby High School**, Holtdale Approach, Leeds. LS16 7RX. **Registration opens at 8.00am**

Some of you will have parked here in 2019.

If you are also doing the Fun Run, you will need to proceed to the Scout Hall, to collect that number.

There will be 4 race number queues based on your last name - **A - E, F - K, L - R, S - Z.**

Please maintain appropriate social distancing when queuing for your race number.

Wear your race number on the front of your running vest or shirt. Do not give your number to anyone else.
There will be a warm up session taken by Tom Higo of Fit Cure.

After the warm-up at approximately 9.10 Wave 'A' will set off for the start, followed by the other waves.

It is a 15/20 minute walk to the start. **See map at the bottom of this document for directions.**

There are 4 start waves with 30 seconds between setting off each wave.

Runners should line up on Pinfold Lane before they start – allow space for those wanting to use the toilets.

This is to avoid or reduce overtaking during the race – The fastest men/women will therefore start first.

Wave 'A'	50/60 runners	Men under 40 minutes	Women under 48 minutes
30 seconds gap			
Wave 'B'	100 runners	Men under 48 minutes	Women under 58 minutes
30 seconds gap			
Wave 'C'	100 runners	Men under 56 minutes	Women under 68 minutes
30 seconds gap			
Wave 'D'	100+ runners	Men over 56 minutes	Women over 68 minutes

If you think that you can finish in the top 3, please start in Wave 'A'.

If you think that you may win an age group prize, please start in Wave 'A' or Wave 'B'.

PRIZES

One prize per person - Prizes for men and women will be awarded in the following categories:

Open	1st, 2nd, 3rd
V35 - V44	1st
V45 – V54	1st
V55 – V64	1st
V65+	1st

There will be **NO** official prize giving this year, but we would like the first 3 men and the first 3 women to collect their trophies if possible. They are too big to put in the post.

Because the result will be based on chip times, (not gun time), it is possible that the first man/women over the line may not be the winner. Because there is only a 30 second gap between waves we should be able to quickly identify the first men and women, and the other prize winners.

We will make arrangements for age category prizes winners to get their awards as soon as possible after the event.

We advise against the wearing of headphones. If you do use them, can we ask that you keep the volume low enough to be aware of marshal instructions.

Toilets:

There will be 6 portable toilets available at HQ (Scouts Hall on Pinfold Lane), with hand sanitiser available for use before and after the cubicle is used. Maintain social distancing whilst queuing for the toilets. When you have used the toilets, please return to your wave position ready for the start of the race.

Because the toilets are at the start, anyone that has collected their race number is free to go to use the facilities.

Baggage Store:

There will be no organised or staffed baggage storage this year.

During The Race:

Where possible maintain appropriate social distancing during the race, and be particularly careful where the route is narrow and there may well be other people using the paths at the same time. Give them space and do not assume that you have 'right of way'.

Water Station:

There will be a water station at around the 4k point and there will be water at the finish.

The water will be in sealed bottles.

100 metres after the water station there will be a large canvas 'builders' bag to collect the used bottles.

Please only take one bottle at the 4K point and one at the finish, or someone will miss out.

If you wish to have more water than this, please carry your own.

After The Race:

Once you have crossed the finish line, please do not loiter in the finish area. Turn left to the grassed area behind the Scouts Hall.

Collect a bottle of water and the t-shirt size that you put down on your entry form.

There will be t-shirt queues for **XS, S, M, L, and XL**.

Then collect your goodie bag which contains your finishers medal.

Unless you think you may be in the first 3 men/women please disperse, maintaining social distancing and avoiding crowding in this area.

Race Timing:

Chip times are being used to determine finishing positions. This means that your official race time will be the time between crossing the start timing mat and crossing the finish timing mat.

Results:

Full Results will be available online at <https://racebest.com> and also at www.cookridgecommunityrun.co.uk

Please support chemotionally unstable at justgiving

<http://www.justgiving.com/fundraising/chemotionally-unstable>

COVID -19:

This event has a UKA Race License (2020-39517) and our COVID plans have been seen by Leeds City Council's Safety Advisory Group and Leeds Parks & Countryside.

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/>).

There is a QR code at registration and at the Scouts Hall - You are encouraged to use it if you have the NHS Track & Trace app.

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 johnward@cookridgecommunityrun.co.uk
Check our website <http://www.cookridgecommunityrun.co.uk> for the latest information

