

What is Cookridge Community Run?

The Cookridge Community Run is a 10K trail race, now in its third year, in memory of local man Gareth Dunn. The race course is on well-defined paths and trails with one grass section. The race is chip timed. There will also be an untimed Fun Run that is open to **all** ages.

Who organises the event?

It is organised by the 'Friends of Gareth Dunn' and volunteers including the Cookridge Village Scout Group. In 2019 and 2021 the race was supported by local councillors and MP Alex Sobel. We understand that the Lord Mayor Councillor Asghar Khan will once again be in attendance.

Where is the course?

The start & finish for both the 10K and the Fun Run is at the Cookridge Village Scout Hall on Pinfold Lane. LS16 7SY. The 10K run goes down Pinfold Lane and around Paul's Pond going into Golden Acre Park via the underpass. It follows the path in an anti-clockwise direction towards the nature reserve. The route then goes on the fields and up the hill to the drinks station, near the Arthington Road car park. The route follows the path opposite the car park into a wooded area. After doing a loop on the main path the runners head for the lake and retrace their steps back to the finish. The Fun Run is an out and back run that goes down Pinfold Lane and turns right toward Old Rushes Farm, where the runners do a u-turn and run back to the finish at the scouts hut.

See both course maps at... https://www.cookridgecommunityrun.co.uk/about_us

How much does it cost to enter?

Entry Fees

Fun Run:	£ 5.00
10K - adult - club affiliated	£18.00
10K - adult - unaffiliated	£20.00

Who is the race suitable for?

The 10K run is suitable for all abilities but there is a minimum age of 15 year. We welcome runners of all levels, to walk, run or support and celebrate a great community event. The Fun Run that is open to all ages.

What is the course like for Accessibility?

The 10K course is not suitable for wheelchairs. The Fun Run course would be ok for wheelchairs.

How do I sign up?

You can enter online at Racebest. Go to <https://racebest.com/> and find the race under the tab for May.

When do entries close?

Entry will close when we reach 400 entries or at 6pm on Thursday 19th May.

Can I sign up on the day and run?

No. Only people who have entered in advance can take part.

How do I get my race number?

Race numbers will **NOT** be sent out in advance. They will be available for collection on the day at Race HQ. There will be a table giving out the Fun Run numbers. There will be 4 tables handing out the numbers for the 10K.

Race numbers will be distributed alphabetically by surname. To collect your number you will be asked to confirm your name and your date of birth. **Safety pins** for attaching your race number will be available.

Race HQ will be open from 8:00 am. Please arrive in good time!

Can I raise money for charity?

Yes! It is encouraged. Please download a form here https://www.cookridgecommunityrun.co.uk/get_involved

On the day

How do I get there?

Race HQ is at Cookridge Village Scout Group. Pinfold Lane, Cookridge, Leeds. LS16 7SY

Where can I park?

We have obtained permission to use the school car park at Ralph Thoresby School, Holtdale Approach, LS16 7RX. The carpark will open at 08.00 and close at 12.30.

There is also a link to the car park map on the race web site.

This car park is nearer than the main car park at Golden Acre Park on Otley Road.

It is a ten-minute walk from the Ralph Thoresby car park to Race HQ (0.8 mile) to Pinfold Lane.

Please **DO NOT** park on Green Lane because you risk being towed away. The buses need access on Cookridge Lane and Green Lane.

Can I get there by public Transport?

Yes – Leeds Metro Bus No.6 go to Green Lane (opposite Pinfold Lane). The No. 1 & 19 are other possibilities

What time should I get there?

Registration will open at 8.00am so we recommend you arrive between 8.00am and 8.45am.

The Fun Run will start at 9.00am and the 10k 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.

Where can I leave my things?

There will be a secure baggage deposit area in race HQ where you can leave your bag.

What time do the runs start?

The schedule for the day is as follows:

8:00am Registration opens for race number collection

8:55am Fun Run Race Brief

9:00am Fun Run Starts

9.15am 10k Race brief and warm-up

9.30am 10k Race Starts

11.00am 10k Presentations

Is there a drinks station?

After about 4K there is a drinks station located near the Arthington Road Car Park. There will also be bottled water at the finish.

Can I wear headphones?

We would encourage you not to; it really is better to hear your fellow runners, take in the atmosphere and sights. If they are worn, the volume should be low enough for you to hear all marshal instructions and the words of those around you.

What mementoes will there be?

There are medals for all participants in the Fun Run. Finishers in the 10K race will receive a commemorative race T-Shirt and a medal. It is hoped to be able to offer other goodies. Depending on the weather, the prize giving will take place outside the Scout's Hut at approximately 11.00am.

The following is the prize structure for the race. There are 3 open trophies for men and women.

1st Man/Woman, 2nd Man/Woman, and 3rd Man/Women.

There are 4 age category prizes for men and women (8 in total) - see below

35 - 44 - 1st Man/Woman

45 - 54 - 1st Man/Woman

55 - 64 - 1st Man/Woman

65 + - 1st Man/Woman

We hope you will stop for the prize presentation.

After the Run!

Please Note – After the presentation and tidy up, please join us for a drink at Bannatyne Health Club & Spa, Cookridge Lane, Leeds. LS16 7NL. This invitation is open to **ALL** runners and helpers.

Where will I be able to see the results?

The results will be available at <https://racebest.com/results> as soon as possible after the race. They will also be available for download at... www.CookridgeCommunityRun.co.uk