

SUNDAY 19 MAY 2024 COOKRIDGE COMMUNITY RUN & FUN RUN RUNNERS INSTRUCTIONS

Thank you for entering and supporting the 5th Cookridge Community Run & Fun Run, 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 fund research into sarcoma, through Cancer Research UK.

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 2025.

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

On the day information is below...

April Dunn

Race Director

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

Cookridge Fun Run - start 9.00

UKA Race License 2024-45026

Parking is available at Ralph Thoresby High School, Holtdale Approach LS16 7RX.

The car park will open at 8.00am

Please collect your race numbers at the Scout Hall HQ on Pinfold Lane, from 8.00pm.

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

The race will start promptly at 9.00am

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

Please wait for the 10k race to start before making your way off site.

Cookridge Community 10K Run - start 9.30

UKA Race License 2024-45026.

Please park and at Ralph Thoresby High School, Holtdale Approach LS16 7RX.

Collect your race number (which contains your timing chip) at the Scout Hall HQ on Pinfold Lane.

Number collection will be from 8.00am.

There will be 4 race number queues for the 10k based on your last name...

A - E, F - K, L - R, S - Z.

Wear your race number on the front of your running vest or shirt. Do not give your number to anyone else.

DURING THE RACE:

The course is well marshalled and marked with tape - if in doubt stick to the main path.

Marshals will wear either a yellow reflective bib or a purple Cancer Research t-shirt.

Please be careful where the route is narrow because 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'.

The main area of congestion is going under the A660 via the underpass. Please take care here!

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.

WATER STATIONS:

There will be a water station at around the 4k point (near the Arthington Road car park), and 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.

FIRST AID:

There will be professional team of first aiders at the event.

Marshals will phone for help and assistance, and if required contact 999.

BAGGAGE STORE:

There will be an organised, staffed baggage store this year, situated in Race HQ.

TOILETS:

There will be 6 portable toilets available at the Race HQ - Scouts Hall on Pinfold Lane.

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, t-shirt, medal and goody bag.

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

RACE TIMING:

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

RESULTS:

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

PRIZES:

All prizes are awarded on gun time – i.e. first over the finish line.

The open prizes for men and women will be awarded in the following categories:

Men - 1st, 2nd, 3rd.

Women - 1st, 2nd, 3rd.

Age Category Prizes (1st)

Men 35+ Women 35+

Men 45+ Women 45+

Men 55+ Women 55+

Men 65+ Women 65+

Runners can only win one prize – therefore if an age category winner finishes in the top 3, the age prize will go to the next finisher in that category.

Race results will be available at <https://racebest.com/> and at www.cookridgecommunityrun.co.uk

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 April at april@cookridgecommunityrun.co.uk