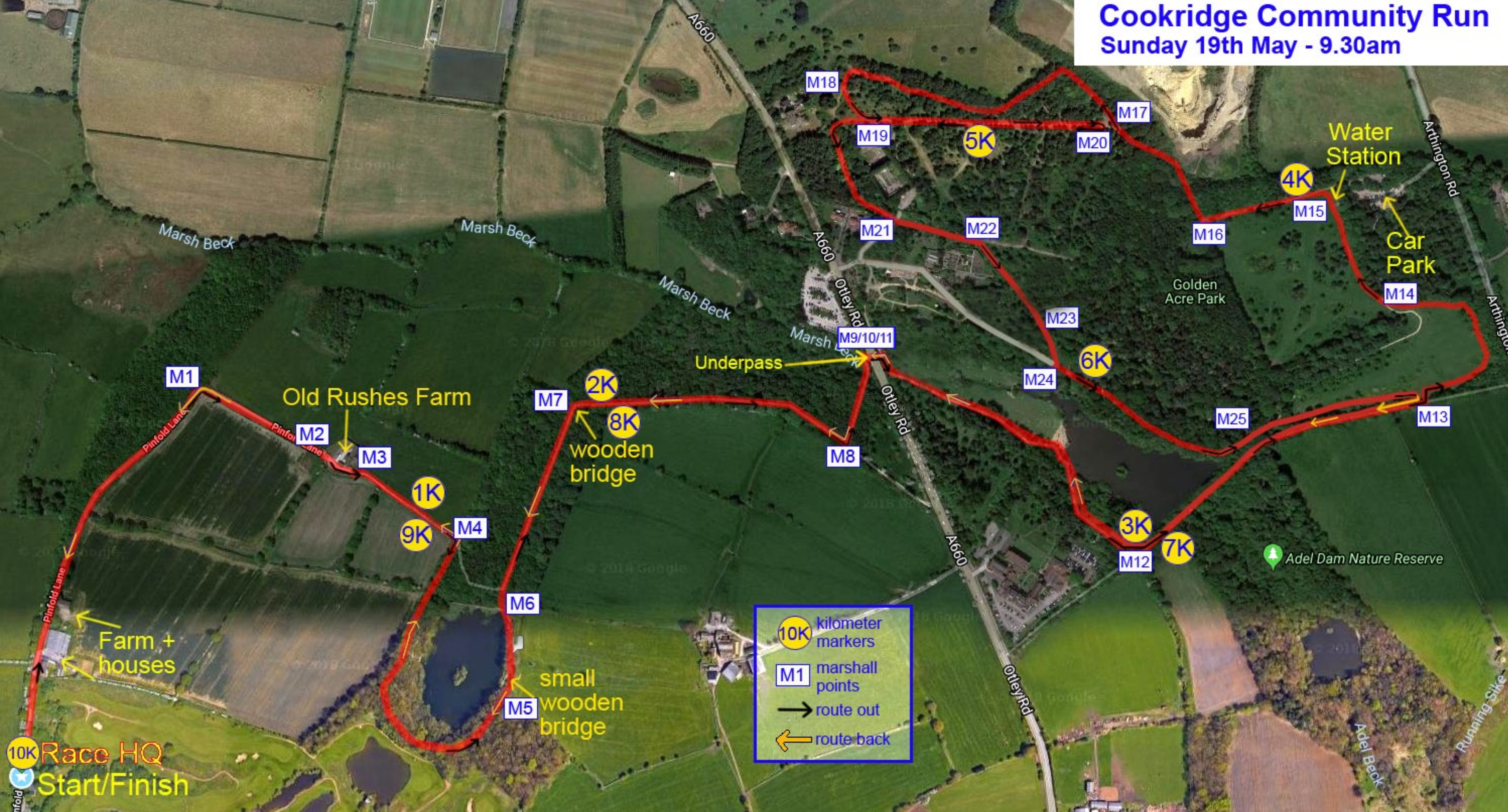


# Cookridge Community Run

Sunday 19th May - 9.30am



10K Race HQ  
Start/Finish

10K	kilometer markers
M1	marshall points
→	route out
←	route back

M1  
Pinfold Lane  
M2  
Old Ruses Farm  
M3  
M4  
1K  
9K  
M5  
small wooden bridge  
M6

M7  
2K  
wooden bridge  
8K

Underpass

M8  
M9/10/11  
Otley Rd  
Marsh Beck

M12  
3K  
7K  
M13

M14  
4K  
6K  
M15

Water Station

Car Park

Adel Dam Nature Reserve

Marsh Beck

Marsh Beck

Marsh Beck

Golden Acre Park

Adel Beck

Running Sike

Artlington Rd

Artlington Rd

A660

A660

Otley Rd

Otley Rd

M18

M19

5K

M20

M17

M21

M22

M16

M23

M24

M25

M14

M13

M1

Old Ruses Farm

M2

M3

1K

9K

M4

M6

small wooden bridge

M5

M7

2K

wooden bridge

8K

M8

M12

3K

7K

4K

M15

M16

6K

M14

M12

3K

7K

4K

M15

M16

M17

M18

M19

M20

M21

M22

M23

M24

M25

M13

M14