



# Cogwheel Counselling

Registered Charity 1157141

*Affordable help when life slips out of gear*

## **Cogwheel Canter Running Festival Tuesday 31<sup>st</sup> December 2024**

Thank you for entering the Cogwheel 5k or 10k runs taking place in Girton with the start and finish at Girton Recreation Ground.

You should receive your runner number confirmation with this email. Please collect your runner number from the runner registration desk in the Recreation Ground pavilion from 9.15am on the morning of the event.

The 10k run starts at 10.45am and the 5k run starts at 10.50am (please register at least 30 minutes before the event). The runs do include a number of road crossings, run marshals will be located at each crossing point and please do exercise care when crossing the roads.

There will be provision to leave baggage in Girton Recreation Ground Pavilion which will be manned but we must advise this is done entirely at your own risk.

Car parking will be sign posted and available at Girton Glebe Primary School.

The Cogwheel Canter Running Festival also includes a 200m toddle/run for under 5s at 10am and an all age 2k at 10.15am – registration available on the day from 9.15am.

Refreshments including cakes will be available all morning from 9.30am to 12.30pm.

Public toilets are available in the Recreation Ground pavilion.

Event information available at [The 2024 Cogwheel Canter Running Festival](#)

All monies raised from the event will help Cogwheel to provide reduced cost counselling for individuals of all ages. Charity service information available at [Cogwheel Counselling – Affordable help when life slips out of gear](#)

Next May Cogwheel is organising the Cogwheel Cambridge Stride, which offers walkers a choice of distances of 6, 13 and 27 miles around Cambridge. Runners for fun welcome on the 6 and 13 mile routes. Event information: [Cogwheel Cambridge Stride](#)

Please also bring any unwanted sports kit for Holly's Active Stars for it to be distributed to those in the county in need of such kit: [Holly's Active Stars](#)

Any event feedback would be welcome by sending an email to [neil@cogwheel.org.uk](mailto:neil@cogwheel.org.uk) and we hope to see you at the 2025 event. We are grateful for your support and that of our **supporters and sponsors**

***Woodfines Solicitors, Archangel Architects, Resolute AV  
& Girton Parish Council***

Have a good and enjoyable run and our best wishes for 2025.

Neil Davies - Event organiser