





We are a parkrun practice

parkrun UK

START



If you want to...

- Make friends
- Be part of a community
- Improve your health
- Be active
- Learn new skills

... there's no better place than parkrun!

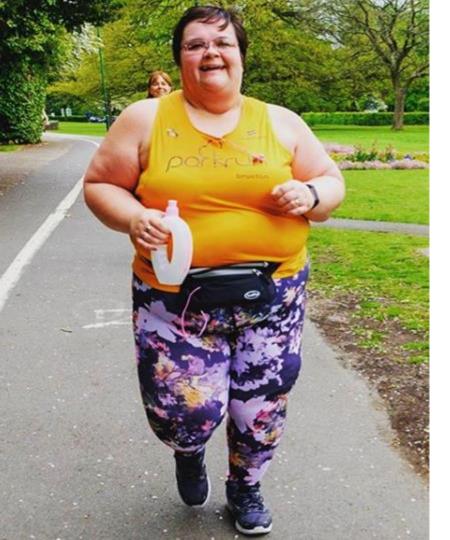




Everyone is welcome



It's free!



Taking part is easy

Register once at

www.parkrun.org.uk

Print your barcode and just turn up



Join the parkrun family today!

www.parkrun.org.uk









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