

**NEW**

**FREE !**

age 4-14

junior parkrun

Walk, jog, run, hop, skip, or jump!



Family friendly 2k event

**Prospect Park ! Every Sunday 9am**

Everyone welcome

Have fun being active

Make new friends

Try your best and celebrate your achievements

Make memories

Feel happy and proud

*"We do it all together as a family.*

*The volunteers are really nice.*

*It's fun and you can walk if you want to"*

Find us on **facebook**

[www.parkrun.org.uk](http://www.parkrun.org.uk)