



JOIN THE PARKRUN FAMILY

WALK, JOG, RUN, VOLUNTEER

or simply come and watch - it's up to you!

FRIENDLY, ENJOYABLE 5K EVENTS

Every Saturday morning

FUN FOR ALL THE FAMILY

Buggies and dogs welcome

IMPROVE HEALTH & FITNESS

Be active in the open air

DEVELOP NEW SKILLS

Opportunities to volunteer

2K JUNIOR PARKRUNS

For children every Sunday morning

FREE & EASY TO TAKE PART

No need for special equipment or clothing

BE PART OF A COMMUNITY

Make new friends & socialise

BUILD CONFIDENCE

Track progress & achieve new goals

"I love making new friends and being with people who are encouraging each other. I had no idea that it would change my life in so many positive ways."

Alison Mead

To find out about parkrun events in Norfolk visit
www.parkrun.org.uk