

Simon Billings

Gp junior parkrun



Free, weekly, timed 2k parkrun for 4-14 year olds. They are open to all and safe to take part in. Every Sunday morning 9am (come at 0845 for the pre-run brief and warm up) Old Heath Recreation Ground, CO1 2ER

you will need to register, print your barcode and bring it with you!

To register go to <u>www.parkrun.org.uk/register/</u>

Facebook: Colchester junior parkrun



