

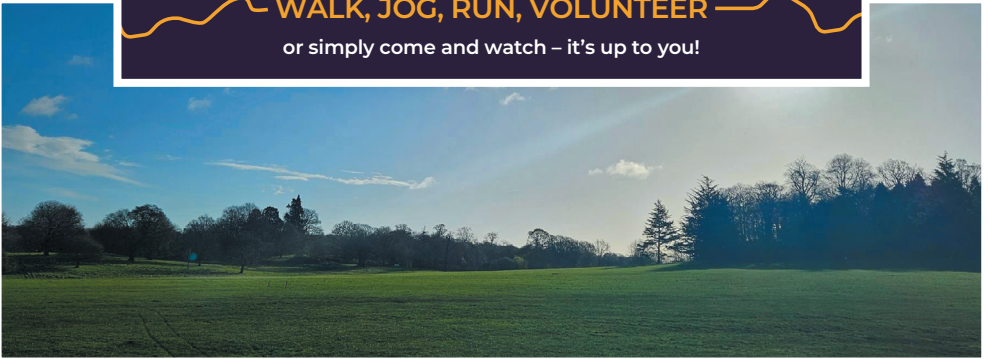
Vitality
parkrun



JOIN THE PARKRUN FAMILY

WALK, JOG, RUN, VOLUNTEER

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



BRENTWOOD PARKRUN

WEALD
COUNTRY PARK

FREE, every
Saturday at 9am





JOIN THE PARKRUN FAMILY

WALK, JOG, RUN, VOLUNTEER

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

FRIENDLY, ENJOYABLE 5K EVENTS

Free, every Saturday morning at 9am

FUN FOR ALL THE FAMILY

Buggies and dogs welcome

IMPROVE HEALTH & FITNESS

Be active in the open air

DEVELOP NEW SKILLS

Opportunities to volunteer

AT WEALD COUNTRY PARK

Beautiful setting and scenery

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

Register at parkrun.org.uk/brentwood
and come down to join in!