

Conkers parkrun - Free, Weekly, 5km Timed Run

What is Conkers parkrun?

It is a 5km timed run, jog or walk, open to all abilities. Whether you are interested in taking part as an established runner, wannabe runner or simply to improve your health and fitness, then parkrun is for you.

When and where is it?

Every Saturday at 9:00am at Conkers.

What does it cost to join in?

No cost and no catches - it's FREE.

All we ask is that you register in advance by visiting:

www.parkrun.org.uk/register.aspx

You can also get lots of other information about the event at:

www.parkrun.org.uk/conkers

Do I have to be a runner?

No, you can take part at your own level and pace, whether you plan to jog, run or walk - just come along and enjoy!

Conkers parkrun needs you!

parkrun events are organised by volunteers and we are always seeking local people to join us. We make it very easy for anyone to take part as a helper. If you would like to volunteer contact conkershelpers@parkrun.com to help.

Post-run social!

After your run, jog or walk, why not join us for some well earned post-parkrun refreshment in the Coffee Lounge at the Gallery in the Waterside Centre.

