



## Interested in running?!

parkrun has arrived in Newcastle to offer you a free, timed, weekly 5km run that is open to all ages and abilities.

parkrun is organised entirely by volunteers, and is sponsored by Nike, Lucozade Sport, The London Marathon, and Sweatshop.

It is held every Saturday morning at 9am in Exhibition Park, Jesmond, Newcastle, and in other parks across the world.

If you are interested in running or volunteering then check out the dedicated Newcastle parkrun section on the main parkrun website.

Its totally free to enter, and you only have to register online once at [www.parkrun.com](http://www.parkrun.com)

If you're keen to get involved then get in touch!

**Newcastle parkrun every Saturday at 9am in Exhibition Park Jesmond.**

**Register online once at [www.parkrun.com](http://www.parkrun.com) then print off your barcode and turn up and run!**

Email [niyc.pidgeon@ncl-coll.ac.uk](mailto:niyc.pidgeon@ncl-coll.ac.uk) or [newcastleparkrun@googlemail.com](mailto:newcastleparkrun@googlemail.com) and register online at [www.parkrun.com](http://www.parkrun.com)

Look forward to seeing you there.....