

Delamere Forest parkrun

Every Saturday morning at 9:00*

**parkrun is a free 5km time trial, with no time limit
(or you can volunteer an hour of your time to help out)**

It is open to anyone aged 4 and over**

**It starts 200 yards from the Linmere visitor centre
in Delamere Forest (off Station Road) CW8 2JD**

Meet & Greet

**You can just turn up or if you prefer, we will meet and greet anyone
who might be daunted by the prospect. Simply let us know you will
be coming by email (delamereoffice@parkrun.com) or text/call 07847
619190 for details of when & where to meet**

**Ideally you should register yourself at parkrun.com to give yourself a
unique barcode to print off & bring along. This means your time will
be recorded on-line, so you can track your progress.**

(This is not mandatory and does not prevent you participating in parkrun)

What some of our parkrunners have said

"One of the best public health interventions around"

"It keeps me fit and I get great encouragement from all the volunteers"

***"Through highs & lows, through breast cancer & grief, & joy & recovery,
parkrun has been there for me"***

"I've made some fantastic friends who support me through thick and thin"

*** Events are occasionally cancelled in adverse weather or for other forest events.
See website for news updates **children 4-11 years old must be accompanied by an adult**