



Charity Junior parkrun

Join us for a fun and friendly 2km run around the recreation ground.
Open to all 4-14 yr olds. No experience required—just bring your trainers!
Free to all but you must register at:
www.parkrun.org.uk/register



Sunday 8th December @ 9am

Old Heath Recreation Ground, Colchester

Meet at the Café

Donations on the day will go to the 2019 Mayor’s Charities

