

parkrun

SUFFOLK

Brandon

Lowestoft

Beccles Quay

Harleston Magpies

Mildenhall

Thornham Walks

NORTH

WEST

Bury St Edmunds

Framlingham

Sizewell

Stowmarket

SOUTH

Clare

Rendlesham

Haverhill

Ipswich

Kesgrave

Great Cornard

Alton Water

Felixstowe



parkrun



junior parkrun

Walk, jog, run or volunteer... *IT'S YOUR CHOICE*

Join over **3,500** Suffolk residents every week



For full details on all
the events visit:
bit.ly/parkrunsuffolk


**HEALTHY
SUFFOLK**
healthysuffolk.org.uk