

# parkrun

## SUFFOLK



**P** parkrun

**J** junior parkrun

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

Join over **2,000** Suffolk residents every week



For full details on all the events visit:  
[www.parkrun.org.uk](http://www.parkrun.org.uk)

Helping make Suffolk  
**ENGLAND'S**

**MOST ACTIVE COUNTY**