



**Parkrun is a free, timed 5K run held every Saturday morning at 09:00, and Burnage RFC are now proud to host the event.**

Parkrun is a nationwide network of weekly 5K runs. They are free of charge and open to all. The course is accurately measured and timed, with your results being recorded by event organisers and published on the parkrun website on the same day.

The course at Burnage RFC is off-road, around the pleasant riverside and forest paths in the Mersey Valley. Parking, changing, showers, hot and cold drinks and food are all available at Burnage RFC. 5,000m is 3.1miles, which is ideal for new runners to get started and enough for established runners to challenge themselves. That typifies the Parkrun ethos: everyone is welcome.

You need to register at the parkrun website, which will give you a set of personalised bar codes for you to print out. Bring your bar code on Saturday morning, hand it in when you cross the finish line and the marshals will use this to log and publish your time. You can register for free here:

<http://www.parkrun.org.uk/register>

You can find out more about the course here: <http://www.parkrun.org.uk/burnage/>

And you can see an excellent video of our opening week in July 2012 here:

<http://www.youtube.com/watch?v=bKm79CorOIk>

We look forward to seeing you at Burnage RFC for the next run!

**Burnage RFC, Varley Park, Battersea Road, Heaton Mersey, Stockport, SK4 3EA.**