

Get fit for FREE!



Free, weekly, 5km timed run for all ages and abilities

Witton Country Park, Preston Old Road, Blackburn, Lancashire, BB2 2TP

- STEP 1** Register for **FREE** at www.parkrun.org.uk
- STEP 2** Print out your barcode
- STEP 3** Turn up, run and have fun!

Don't want to run - why not help others by volunteering?



www.parkrun.org.uk