

**For children
aged 4 to 14**



**A parent or
guardian
accompanies
under 11s to and
from the event**

Pay attention to the pre-parkrun briefing



**No scannable barcode,
no time, no exception**



**Parents or guardians
can take part too**



**Let children walk, jog,
hop, skip and run for fun!**



**Respect your
local
environment
and other
people**



**Thank the
amazing
volunteers!**

**Only children to enter
the finish funnel**



**No dogs
allowed
apart from
assistance
dogs**