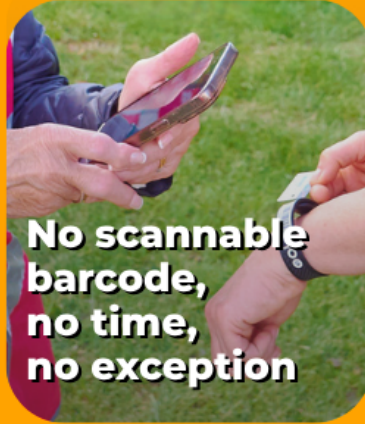


**Pay attention to
the pre-parkrun
briefing**



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



**Respect everyone's
right to participate
in their own way**



**One dog
(on a short
lead, hand-
held lead)
per person**



**Have fun, it's only
a walk, jog or run!**



**Be mindful of
your local
environment
and other
people**



**Under 11s
always
within arm's
reach of a
parent or
guardian**



**Thank the amazing
volunteers!**

