

park run with South Wilts Mencap

Training Sessions and the extra special SWM parkrun Event
on Saturday 25 April 2020



Have fun getting fit with friends

Accessible to all

Experience a parkrun event on the weekend of the Virgin Money London Marathon 2020

Training Sessions on Saturdays

Venue: Five Rivers Health & Wellbeing Centre

Time: 11:30am – 1pm

Saturday 8 & 22 February

Saturday 7 & 21 March

Saturday 4 & 18 April

parkrun Event

Saturday 25 April

Venue: Churchill Gardens

Arrival Time: 8:30am

Parkrun Start: 9am

Car Park: Southampton Road or city centre car parks

Training Sessions (supported by Wiltshire Council and District Sports)

and parkrun Event (supported by Sarum Sisters Running Group)

Clothing: comfortable clothing and shoes/trainers. Light rain coat in case of showers.

Surface: all training sessions and parkrun event is on hard, flat surfaces suitable for wheelchairs

Speed: at parkrun events, you can go at your own speed whether it's a walk, jog or run

Support: you must have a carer/responsible adult with you at all training sessions and parkrun event. SWM cannot provide support staff

Refreshments: we recommend you bring a full water bottle to each training session and parkrun event and a healthy snack

Attendance: there is no requirement to attend the training sessions before attending the parkrun event.

Salisbury parkrun: visit parkrun.org.uk/salisbury to learn more

Questions: if you have any questions contact clare.clifford@southwiltsmencap.org.uk

Supported by
Sarum Sisters
Running Group

Wiltshire Council