



Junior Parkrun



A free weekly running event for children age 4-14 years, held in Welland park, Market Harborough.

- A 2k running event for children to run with, or without their parents
- Older children run as mentors to the younger children
- Volunteers support each weekly event and children can obtain a barcode when registering for the event to record their run time and record their 'personal best' times
- Children enjoy earning milestone wristbands and making new friends

George, age 9 said: ' When I first started doing junior park run, I couldn't run the whole course. I can now and I really enjoy seeing my PB time improve. I love going to park run with my friends and I take my milestone wristbands to school to show my class.'

Sally says ' I wanted to improve my fitness and be a better role model . I was a bit nervous about doing the junior park run with my children but we really enjoy it and I'm feeling fitter and much more confident now.'



For further information visit:

www.parkrun.org.uk/marketharborough-juniors

