

parkrun

Lingwood parkrun

Free 5k timed run or walk
9am every Saturday at Lingwood Village Hall

Register at <https://www.parkrun.org.uk/register/>

Visit our website at <http://www.parkrun.org.uk/lingwood/>

Volunteer via lingwoodhelpers@parkrun.com

Follow us at <https://www.facebook.com/lingwoodparkrun/>

