



Chichester Junior Parkrun

## What is Chichester Junior parkrun?

- Chichester Junior parkrun is a weekly timed 2km run for 4-14 year olds.
- It takes place at Priory Park (Chichester) on a Sunday morning at 9:00am (so get there around 8:50am).
- You can do at your own pace and there will always be a tail walker so you won't be last.
- The course will be 3 laps around the park and when you come round to start your 4th lap you run into the finish line!
- Keep up to date with what's going on such as themed events on the Chichester Junior Parkrun Facebook page  
<https://www.facebook.com/Chichesterjuniorparkrun>

## What do you need?

Register on the parkrun website to get a barcode to record your time: - [www.parkrun.org.uk/chichester-juniors/](http://www.parkrun.org.uk/chichester-juniors/)

- Running clothes
- Trainers
- Bottle of water
- Don't forget your barcode!

## Don't want to run? Why not volunteer?

We are always looking for volunteers. You can help marshal the course, or timekeep or barcode scan. You are allowed to volunteer at any age, but if you are under 16 you have to be accompanied by an adult.



### Wristbands

When you reach a milestone at parkrun:  
A half marathon (11 parkruns)  
A full marathon (21 parkruns)  
An ultra marathon (50 parkruns)  
Or 100 parkruns  
You will get a wristband.



# Chichester Junior Parkrun

Southbourne Junior School Welcome

Sundays at 8.45 am

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