BPRC Fun-Run on Sunday 19/08 @ https://static.xx.fbcdn.net/images/emoji.php/v9/fb5/1/16/23f1.png⏱; enjoy and have fun https://static.xx.fbcdn.net/images/emoji.php/v9/fab/1/16/1f3c3_200d_2642.png🏃‍♂️ https://static.xx.fbcdn.net/images/emoji.php/v9/f63/1/16/1f938_1f3ff_200d_2640.png🤸🏿‍♀️ https://static.xx.fbcdn.net/images/emoji.php/v9/fa9/1/16/1f3c3_200d_2640.png🏃‍♀️ https://static.xx.fbcdn.net/images/emoji.php/v9/f38/1/16/1f46b.png👫 https://static.xx.fbcdn.net/images/emoji.php/v9/f38/1/16/1f46b.png👫 https://static.xx.fbcdn.net/images/emoji.php/v9/fa9/1/16/1f3c3_200d_2640.png🏃‍♀️ https://static.xx.fbcdn.net/images/emoji.php/v9/f63/1/16/1f938_1f3ff_200d_2640.png🤸🏿‍♀️ https://static.xx.fbcdn.net/images/emoji.php/v9/fab/1/16/1f3c3_200d_2642.png🏃‍♂️ and Finish https://static.xx.fbcdn.net/images/emoji.php/v9/f39/1/16/1f3c1.png🏁 https://static.xx.fbcdn.net/images/emoji.php/v9/fce/1/16/1f4df.png📟

Here’s an update for all interested, parties from Brough Park Running Club.

Firstly, don’t forget we’re still organizing all five distances for all ages in the Saturday Couch to 5K.

However, preparations for Sunday’s one or two mile Fun Run to coincide with the Leek Half - possibly only 10 mile, due to ongoing closure of Roaches Road - are well underway.

We’re overwhelmed and privileged to have so many offers of help from regular Couch to 5K participants and family members, and have accepted everyone; all of whom will be informed in advance of their roll.

The route is different to our usual one and covers other grassed areas in additional to the one we have, and includes the ‘hill’ on each circuit of an optional one or two lap distance.

There will be a lead runner-guide to draw the others around a well signposted and marshaled route; in addition to a sweep/follower.

There is an entry fee of £3.00 per person and registration takes place on the day, prior to the start at 10.10, in or outside the leisure centre; with volunteers collating the entries.

The start will be by the main tennis court and skate park and Susan Coleman from Friends of Brough Park will officiate; with all finishers receiving a bespoke medal.

Friends of Brough Park will be serving refreshments from pavilion 2; adjacent to our store, from 10am - please support them by popping in to purchase refreshments.  
Rick Ford, the musician who played last year, will be providing music entertainment at the band stand.

So! When you go past the band stand give him a wave and cheer.

Let’s hope the weather is better than the last Sunday’s.

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