

THOMAS TELFORD SCHOOL

Saturday 19th October



Details: Meet 8:45am at Visitors Centre.

Volunteers to meet at 8:20am

Telford Town Park, Hinkshay Road, Telford, TF4 3NZ.

What is Telford parkrun?

It is a free 5km course, which you can walk, jog or run.

You go at your pace. Challenge the leaders in 16mins or 50mins. Enjoy the beautiful Telford Town Park scenery in a fun and welcoming environment.

I want to be involved but not run?

Being involved doesn't just include running. If you are coming along, why not join the wonderful team of volunteers who make every parkrun a safe and enjoyable event.

Email telfordhelpers@parkrun.com for details. It will be great to see you as we run!

What do I need?

If you want your run timed, you will need to register on the parkrun website.

<https://www.parkrun.org.uk/register/form>

You can register as a member of the Thomas Telford team. You will be sent a barcode. Print this out and bring it with you. Remember 'No barcode, No time'.

Wear appropriate clothing and footwear for the event and weather.

We aim to see as much burgundy as possible.



Any questions please see Mr Nicholls or Mr Such.

