

# Join the St Mary's Team at Park Run!

Parkrun offers a sociable, encouraging and motivating event for all abilities to join and participate in. This is a 5km course and running is NOT compulsory, you can take it at your own pace, it is the taking part that counts!!! Not only is this an opportunity to get out and meet new people it is also extremely beneficial to your health and wellbeing!

To promote the event to our patients and to encourage participation, the staff here at St Mary's Surgery will be participating in the Andover Parkrun on Saturday 1st June 2019. Come and join us! You never know, you may surprise yourself!

**When:** Saturday 1st June 2019

**Time:** 8.45am for 9am start

**Where:** Charlton Sports Field

**Cost:** FREE!

Just sign up online <https://www.parkrun.org.uk/> to register and print your barcode so that they can email you your time .... This will give you a personal target time to beat next time!



## See you there!