

Barking and Dagenham Practice Teams

Parkwalk and Picnic 22nd July 2023

Join us for a day for Barking and Dagenham practices to celebrate NHS 75.

Meet at 8.45 outside the café for the walk (Parkrun)

For the picnic brunch meet at 1000, on the grass opposite the splash park

Where is it?

Barking Park, Barking IG11 8TA

There is a small car park by the allotments off south park drive.

There are toilets and a small café in the park.

What is Parkrun?

Parkrun is a free, community event where you can walk, jog, run, volunteer or spectate.

parkrun is 5k and takes place every Saturday morning.

Do I need to register for parkrun to attend?

If you have never previously registered with parkrun, please do so,

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

This is really quick and easy to do and only takes a few minutes.

This allows you to keep track of your parkrun journey. If you have registered previously and taken part in an event, there is no need to re-register. You're welcome to go along and spectate at parkrun events without registering.

Do I have to register if I want to volunteer?

Yes please! At parkrun, we class all participation as equal, whether you're walking, jogging, running, volunteering or a mixture. By registering we can add you to volunteer rosters easily and you can qualify for official milestones.

If you would like to volunteer look at <https://support.parkrun.com/hc/en-us/articles/200566523-What-do-the-volunteers-do->

If you would like to volunteer let Barking parkrun know

Can I just come for the picnic?

Of course you can! Meet at 1000 on the grass opposite the splashpark.

What should I bring?

Wear comfortable clothes/ shoes to walk in.

Your practice colleagues.

Picnic food and drinks. Outdoor games.

Family and children welcome.

Parkrun will still be running if it is raining.

Looking forward to seeing you all there. If you have any further questions ask me. Sneha