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Kesgrave Parkrun

Saturday: 09:00



Introduction

Kesgrave parkrun is a FREE weekly 5km event for runners of all standards, which takes place every Saturday at 9:00am at the Millenium Sports Ground, Kesgrave IP5 2EN. It is not a race against other runners, but a 5k timed run and it can really be whatever you want it to be, whether that's for fun or as part of a training plan.

It offers an opportunity for all the local community, male or female, young or old, to come together on a regular basis to enjoy this beautiful park and get physically active into the bargain.

Taking part is easy – just **register on the website before your first ever parkrun**. You only ever need to do it once and then **turn up** at an event **with a printed copy** of your bar code. Without it you won't get timed.

Every parkrun only happens because of the time and dedication of it's volunteers. It needs marshals and people at the finish funnel, timing or scanning the runners' barcodes.

NB There is also a [Kesgrave Junior Parkrun](#) for 4-14 year olds that is held on a Sunday at 9am.

Parkrun is part of a national organisation - www.parkrun.org.uk

Location

-  **Millennium Sports Ground, Millennium Way, Kesgrave IP5 2EN**

Contact

-  [@kesgraveparkrun](https://www.facebook.com/kesgraveparkrun)
-  www.parkrun.org.uk/kesgrave

To help / volunteer:

-  kesgrave@parkrun.com

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Location: Millennium Sports Ground - IP5 2EN