# Denton Dene Park Run

A free and friendly, 5K Run or Walk around the lovely Denton Dene, every Saturday. All ages welcome, though u11s must be with a responsible adult. Lots of support if you want it and no-one finishes last. Volunteers to help with the event are always welcome.

You can find all the details at parkrun.org.uk/dentondene. The event is totally free, you are asked to register once at parkun.org.uk/register then just turn up and run or walk and enjoy. Contact us by email dentondene@parkrun.com or by facebook /dentondeneparkrun

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