Newcastle parkrun

Parkrun organise free, weekly, 5km timed runs around the world. They are open to everyone and are safe and easy to take part in.

In Newcastle the adult run is 9am every Saturday starting on the Town Moor in **Exhibition Park**, near **the Cafe.** The 2km Junior Parkrun starts near the same spot on a Sunday at 9am.

Register before your first run and take a **printed** copy of your barcode to every run (request a reminder). If you forget it, you won't get a time.

Newcastle Park Run are always looking for volunteers/marshals for both the adult and junior runs.

Other Parkruns take place at **Saltwell Park**, **Rising Sun, Gibside**, Sunderland and Whitely Bay

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Website: http://www.parkrun.org.uk/newcastle/

Email: newcastle@parkrun.com

Website 2: www.parkrun.org.uk

Twitter: https://twitter.com/newcparkrun

Facebook: https://www.facebook.com/newcastleparkrun/

Opening Hours: Adult Parkrun 9am Saturdays
Junior Parkrun 9am on Sundays

Address:
Town Moor
Claremont Road
NE2

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