

## **Family Fun Run in Westwood Park**

All are welcome to join in the annual Little Chalfont Fun Run!

There is a nominal entry fee that will help raise funds for local good causes.

The run is being sponsored by Wilson Heal estate agents for a second time. A snack will be provided courtesy of our local Tesco Express, Advantage Physiotherapy will be offering sports massage and Fit Club Amersham are proving some muscle to get us set up.

*In order to reduce plastic waste, please bring your own water!! We can refill your bottles in the Pavilion.*

Each lap is roughly 1km and you can take one, three or five laps of the park – it's up to you – so you can choose how far you want to run, jog or just walk!

8.30 am – registration - £5 per person or £15 for a family of four

9.45 am – an energising warm-up from Zumba coach Gabriel

10.00 am – under starter's orders for the Little Chalfont Fun Run

Come and join in the fun; rain or shine, we look forward to seeing you in the park...

*On your marks... get set... go!*