



For the Love of Running



THE LEXI
CINEMA
RUN
COMMUNITY

KENSAL
TRI

For the Love of Running

Did you know there is a fantastic local menu to choose from to help you get running?

Whatever your fitness level, age or ability, the **Queens Park Harriers** have some great recommendations for you.

FOR BEGINNERS

THE LEXI CINEMA RUN

3km run/walk – earn free cinema tickets! The Lexi, Sundays 10am

COUCH TO 5K - **NEW!**

With Harriers coaches, Willesden Sports Centre, Thursdays 7pm

FOR ALL-LEVELS

GLADSTONE PARKRUN

5km Community run/walk, Gladstone Park, Saturdays 9am

QUEENS PARK SOCIAL RUN

5km jog at chat pace, Wolfpack, Lonsdale Rd, Wednesdays 7pm

GROUP SESSIONS

Enjoy two FREE taster sessions with Queens Park Harriers at Willesden Sports Centre (all abilities). Tuesdays or Thursdays. From beginners to marathon runners!

AND THERE'S MORE...

If you also like swimming or cycling we can also connect you to Kensal Tri, who can also help you fundraise for great local causes.

For more information, scan the QR Code or email Giles at runqueenspark@gmail.com

