



# ***Women's 5k***

**No Entry Fee**

**No Prizes**

**No Men!**



Sunday 28<sup>th</sup> June 2009, 9am  
Albert Park Middlesbrough



## How to Enter:

If you are already registered as a parkrunner then just turn up as usual ie at the Visitor's Centre at 8.30ish

Otherwise you need to register (free) by 6pm, Friday 26<sup>th</sup> June – go to [register.parkrun.com](http://register.parkrun.com) - select “Register to run in the UK” then complete and submit the simple form, selecting Middlesbrough Albert parkrun as your home run.

Once you have registered you will be able to run this and any other of the free weekly 5km runs normally held on Saturday at 9am without any further administration. Times and photographs usually appear on the website within a few hours of the event.

**The course** will be a new one but will be similar to the weekly course still consisting of an opening 1km loop followed by 2 x 2km loops finishing at the Albert Park Visitors Centre.