

we are a parkrun practice



- ✓ Whether you walk, jog, run, volunteer or spectate, you can learn new skills and boost your health and happiness in the great outdoors.
- ✓ Make new friends, feel a part of your community and improve your wellbeing at parkrun.

Local parkrun details:



parkrun



The Royal New Zealand
College of General Practitioners
Te Whare Tohu Rata o Aotearoa

Find out more at parkrun.co.nz