



Wanstead Flats 5K Run

A community run and activity day on Wanstead Flats Playing Fields with fun activities for all the family.

**Monday 5 April
Wanstead Flats Playing Fields**

**11am Adults 5K route (AGES 16+) £11.50 entry
11.30am 3K route (AGES 11-16) £4.50 entry**

Entry fee entitles runners to a T shirt, participation medal and race insurance.
Applications will be accepted on the day.

For more information visit contact Mark Caswell on **0797 783 1519** or visit **www.newham.gov.uk**

A donation from this event will be made to local charity Community Links who reduce poverty and extend opportunities in east London. To help turn lives around, claim your free fundraising pack by contacting **Emma Taylor** on **020 7473 9661** or email **emma.taylor@community-links.org**.