

Dear all.

As one or two of you may know I volunteered to be a NARPO and parkrun rep at the running section AGM earlier this year.

I am proposing that as many Kent Police Runners past and present get together for a Parkrun once a quarter, primarily for a run and perhaps a coffee and chat after.

The first event will be at the Ashford Parkrun on Saturday 11th December.

This will be open to everyone in the Kent Police family. Serving officers, civilian staff and retired staff. We all belong.

Please let me know if you are considering coming along. If there are plenty of us it will be polite to let the organisers know we are on our way!

If you are unfamiliar with parkrun, just Google it. It's a national and international network of Saturday morning 5k runs.

All standards are welcome, many people even walk the event so feel free to join us.

I have set up a WhatsApp group so please email or message me and I will add anyone who is interested.

It will be the intention to change venues in the future so we cover the whole county each year - so if you can't make Ashford look out for different locations in 2022.

Kind regards

JOHN BROOKER

Retired PC 9167

jjb9167@hotmail.co.uk

07772877172