

The Forest Run, 5K

Sunday 18 September, Wanstead Park



Whether you choose to run or walk, join us and help support community projects in developing countries.

Held annually since 2005, The Forest Run supports local charities that work to tackle poverty in Sri Lanka, Kenya and Tanzania. The run takes a beautiful 5K route through Epping Forest, around the lakes in Wanstead Park. Families welcome.

To Register:

Using [Eventbrite](#)

Email: funrun@hotmail.co.uk or come along on the day

Entry Fee:

£8 per adult, £4 per child, family rates available (via Eventbrite only)

Registration: 2pm, Race starts at 2.30 p.m.

Meet at The Temple, Wanstead Park, E11 2LT

Follow signage from the park entrances in Warren Road E11 or Northumberland Avenue E12

<https://www.facebook.com/events/455533601318408/>

