

# Salford junior parkrun - weekly free 2k timed run for juniors

It is only for juniors - if you're not a junior, how about trying one of the weekly Saturday parkrun events?

## What is Salford junior parkrun?

It is a 2k run for juniors only (4-14 year olds). If you are not a junior please try one of our weekly Saturday parkrun events instead.

## When is it?

It is held every Sunday at 9:00am.

## Where is it?

The event takes place in Buille Hill Park, Eccles Old Rd, Salford, Manchester, M6 8GL. See [Course page](#) for more details.

## What does it cost to join in?

Nothing - it's free! but please **register** before your first run. Only ever register with parkrun once. Don't forget to bring a **printed** copy of your barcode ([request a reminder](#)).

## How fast do I have to be?

The aim is to have fun. Please come along and join in whatever your pace!

## We're friendly!

Every week we grab a post parkrun coffee in The Pavillion - please come and join us!

## Thanks to this week's volunteers

Alexandra CLARKE-CORNWELL • Andrew FOWLES • Ben ROWBOTTOM • Catherine MESSENGER • Damian ZELAZOWSKI • Darren TYLDESLEY • David KENZITT • Greig ASPINALL • Kate FOWLES • Katherine MCELWEE • Keith BARDSLEY • Lily KENZITT • Michelle ZELAZOWSKI • Samantha BLACKWELL • Sandra ROBINSON

## Upcoming

**Salford junior parkrun takes place every week on a Sunday at 9:00am**

## Tips

- Don't forget your paper barcode! See your initial registration email, your weekly parkrun newsletter, previous results emails, or you can [request a reminder email](#). Phones don't scan, so please bring a printed copy.
- Coming along for the first time? Please make sure you have **registered** and also read the [course description](#).
- Did you run this week? Check out the [results page](#) and [news page](#) which includes event reports - we normally update these a day or two after the event.
- Not received your results email? It may be in your spam folder. [We've a few tips on our support site](#) to help you.
- You look great! Have a look at the [event photos](#).
- Want to know more? Read [about us](#) and the event.
- Our [links page](#) connects you to local and national running resources.
- Summary event statistics are at the [bottom of every page](#).
- Any other questions? Read our [dedicated support site](#).