

Out of School Activities

We have some talented runners at Finchale, would you like to improve further? Why not try...

Junior Parkrun (4-14 years old)

FREE 2K run

Every Sunday, 9a.m.

@ Riverside Park, Chester-le-Street

@ Durham Racecourse, Durham

Please register at <https://www.parkrun.org.uk/register/>

Take your barcode along every week and you will be given an official 'time' every time you run.

Phoenix Flyers AC

Athletics Coaching @ Framwellgate School

Tuesdays/Thursdays 6:15 – 7:45 pm

Age: 8+

<https://www.phoenixflyersac.co.uk/>

Perhaps you fancy trying something different...



@ Abbey Leisure Centre, Pity Me

'Futures Programme' for 4-5 years,
Under 8s and Under 12s.

<https://www.facebook.com/5thElementDurham/>

(website coming soon)



@ Meadowfield, Durham, DH7

Little Rockstars (3-6 years)

Junior Rockstars (7-11 years)

<https://www.durhamclimbingcentre.co.uk/rock-stars>