

Park Run Review

Do you play for a sporting club and want to collect hours? Complete this Review to earn ten hours in your passport!!

Location-

Distance-

Time/Day-

Explain why you chose to get involved with Park Run

What was your favourite memory of Park Run this year?

What changes did you make to improve your time?

Park Run Review

Complete the following table to tell us what skills you developed this year

Date	Run Time	After this run I felt...

Paste at least two photos of you in getting involved in a Park Run event

Complete this form and return it to your school CUA Coordinator to earn ten hours in your Passport to Learning. Limit of ten hours per activity per year.