



Southwark Park Activities

Sports and Physical Activity Opportunities

- 6 Lane 400m athletics track - 8 lane 100m straight and full field activities catered for.
- Astro-Turf Cricket Strip – marked boundary in summer months
- 3 Football Pitch
- 4 Tennis Courts
- Outdoor Gym

For more details email sports@southwark.gov.uk

Organisation	Session Description	Info	Target Group
Parkrun	Free weekly 5k timed run.	Starts at 9am Avg. 200-300 runners per week. 10-20 volunteers each week.	Adults – Male and Female.
London City Athletics Club	Athletics Coaching/ Training for all abilities at Southwark Athletics Centre.	Tuesdays 6pm – 7pm (Juniors) Tuesdays & Thursdays 7pm-8:30pm (Adults) Saturday's 10am-11am (Juniors & Adults)	Adults & Juniors (Fully Inclusive Athletics Club)
Southwark Park Cricket Club	Friendly Cricket Matches for all abilities	Sunday's	Adults
Last Man Stands Cricket	Inner City Cricket League. Adapted small sided, shortened version of game.	Mon –Thurs 6pm - 8:30pm	Adults – Mixed Gender
Blue Stars Elite FC	Football Coaching	Monday 6pm (Summer Time Only)	Junior - Male
Try Tag Rugby	Tag Rugby Leagues	Tag Rugby Leagues on Mon, Tue & Thurs evenings. (Summer)	Adult - Mixed Gender (All ability levels welcome).
In2Touch Southwark Park Touch Rugby Club	Touch Rugby League	Touch Rugby Leagues on Wed evenings (Summer)	Adult – Mixed Gender (All abilities levels welcome)
Southwark Park FC	Football Coaching	Mondays 6pm (Summer Only)	Junior – Male (0-18).

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