



Southwark Park Sport and Physical Activity Opportunities

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

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For more details, please contact sports@southwark.gov.uk

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<u>Organisation</u>	<u>Session Description</u>	<u>Information</u>	<u>Target Group</u>
Parkrun	Free weekly 5k timed run.	Every Saturday at 9:00am	Adults
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	Adults
Last Man Stands Cricket	Inner City Cricket League	Mon–Thurs 6pm–8:30pm	Adults – Mixed Gender
Blue Stars Elite FC	Football Coaching	Monday 6pm (Summer Time Only)	Junior – Male
Southwark Park FC	Football Coaching	Mondays 6pm (Summer Only)	Junior – Male (0-18)

There are also a variety of other sporting and physical activity activities that take place throughout the week throughout the park

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