



# 5K YOUR WAY MOVE AGAINST CANCER

We invite anyone who is living with or beyond cancer, families, friends and health care professionals to join us once a month to walk, jog, run, cheer or volunteer at a 5k Your Way, Move Against Cancer group linked to a local parkrun.

All ages and abilities are encouraged and welcome.

Lots of us will be walking.

Do as little or as much as you want. There is no need to walk the whole 5k.

**When:** The last Saturday of every month. 9.00am parkrun start.  
See below for meeting point and time.

**Where:**

Northampton parkrun  
Northampton Racecourse, Kettering Road, NN1 4LG

**Ambassador:**

Email the Northampton Ambassadors at:  
northamptongroup@5kyourway.org

**It's Free!**

Get in touch and let us know you will be coming.

📍 5k your way: move against cancer | 🐦 @cancer5kYourWay  
✉ info@5kyourway.org | 🌐 www.5kyourway.org | 📷 @5kyourway

Don't forget to register with us here:

[www.5kyourway.org/register](http://www.5kyourway.org/register)

And register with parkrun to get your barcode



**Meet at 8.45am at the corner of the basketball courts**