

# CANTERBURY WALKING GROUPS



## Burwood Walkers

**When:** 8:30am, every Friday

**Where:** Meet on North side of amenities block in Henley Park, Portland St opposite King St, Enfield 2136

**Contact:** Sue - burwoodhfw@yahoo.com.au

<https://walking.heartfoundation.org.au/walking/group/burwood-walkers>

## Rockdale Walking Group

**When:** 8am, first Monday of the month

**Where:** Meet at back of Rockdale library, next to Bayside Council, 444 Princes Highway, Rockdale, 2216

**Contact:** Victor - vic.yan05@gmail.com

<https://walking.heartfoundation.org.au/walking/group/rockdale-walking-group>

## Inner West Happy walkers

**When:** 8:45am, every Saturday

**Where:** Meet at Marion St Light rail stop, Haberfield

**Contact:** Victor - victormuruet@gmail.com

<https://walking.heartfoundation.org.au/walking/group/inner-west-happy-walkers>

## Sunrise Walkers

**When:** 10am, every Tuesday

**Where:** 438 Illawarra Road, Marrickville, 2204

**Contact:** Ha - admin@exec.ccci.org.au

<https://walking.heartfoundation.org.au/walking/group/sunrise-walkers>

# CANTERBURY PARKRUN

Parkrun is a global, community-driven event that offers free, weekly, timed 5km runs or walks, held in parks or open spaces. Open to people of all ages and fitness levels, tracking of time and progress is optional.

**All locations run from Saturday 8am, till finish.**

**Register online prior to the date at: <https://www.parkrun.com.au/register/>**

## Parkruns Near You

### **Cooks River**

Saint Mary Mckillop Reserve, Canterbury  
<https://www.parkrun.com.au/cooksriver/>

### **Greenway**

Richard Murden Reserve, Haberfield  
<https://www.parkrun.com.au/greenway/>

### **St Peters**

Sydney Park, St Peters  
<https://www.parkrun.com.au/stpeters/>

### **Kamay**

Yarra Bay Beach, Phillip Bay  
<https://www.parkrun.com.au/kamay/>

