



SOUTH EAST SYDNEY WALKING GROUPS



Heffron Walking Group Matraville

When: 9:45am, every Monday

Where: Heffron Tennis Centre forecourt, 439 Bunnerong Rd, Matraville, 2036

Contact: Irwin - Hillsdaletucker@gmail.com

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

Happy Hearts Cronulla

When: 7am, Monday, Wednesday, and Friday

Where: Life guard tower in front of Life Saving Club, North Cronulla Beach, Cronulla, 2230

Contact: Marilyn - marilyn.urch@bigpond.com

<https://walking.heartfoundation.org.au/walking/group/happy-hearts-cronulla>

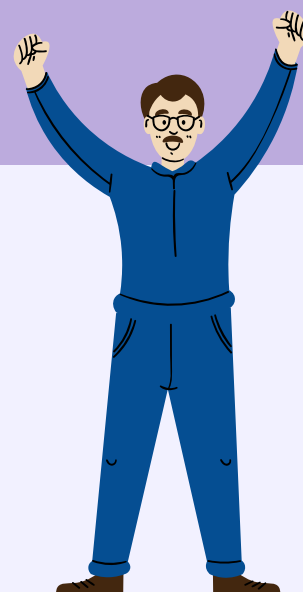
Oyster Bay walkers

When: 9am, every Monday

Where: Meet at Oyster Bay Community Hall, 88 Como Road, Oyster Bay, 2225

Contact: Ian - 0447 497 165

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



Engadine Easy Striders

When: 9am, every Wednesday

Where: 1034-1036 Old Princes Highway, Engadine, 2233

Contact: Julie - 02 9520 7022

<https://walking.heartfoundation.org.au/walking/group/engadine-easy-striders>

SOUTH EAST SYDNEY 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

Centennial Park

McKay Sports Ground, Centennial Park

<https://www.parkrun.com.au/centennial/>

Cronulla

Don Lucas Reserve, Cronulla

<https://www.parkrun.com.au/cronulla/>

Dolls Point

Peter Depena Reserve, Dolls Point

<https://www.parkrun.com.au/dollspoint/>

Menai

Parc Menai, Menai

<https://www.parkrun.com.au/menai/>

