**Waterfront Running Group**

Participants can view additional info on the programme here:

[https://groups.runtogether.co.uk/ThisGirlCanLiverpoolWaterfrontCouchto5K](https://eur03.safelinks.protection.outlook.com/?url=https%3A%2F%2Fgroups.runtogether.co.uk%2FThisGirlCanLiverpoolWaterfrontCouchto5K&data=04%7C01%7CMatthew.Ronneback%40liverpool.gov.uk%7Cf9bd2dd97dc84839e5b008d95585e9b8%7C270f62b38ca44d638a80ffcb1f61fe04%7C1%7C0%7C637634855928407626%7CUnknown%7CTWFpbGZsb3d8eyJWIjoiMC4wLjAwMDAiLCJQIjoiV2luMzIiLCJBTiI6Ik1haWwiLCJXVCI6Mn0%3D%7C1000&sdata=pAm6uCzEukukfsT9ekvfkRUYFBl2VKZsT2JSu3WA2bw%3D&reserved=0)

There are 15 places available for each session. Currently the 7pm Wed session is at capacity but there are still places for the others, especially the 9am Sunday slot.

Please use the links below to sign up for the day/time you prefer and book them as a bundle - 9 weeks plus a 'graduation' timed 5k and/or parkrun.

Wed Eve at 6pm Grp 1:

[https://groups.runtogether.co.uk/ThisGirlCanLiverpoolWaterfrontCouchto5K/Runs/Summary/b04e90da-e407-46ba-82f4-f4a52a71cffb](https://eur03.safelinks.protection.outlook.com/?url=https%3A%2F%2Fgroups.runtogether.co.uk%2FThisGirlCanLiverpoolWaterfrontCouchto5K%2FRuns%2FSummary%2Fb04e90da-e407-46ba-82f4-f4a52a71cffb&data=04%7C01%7CMatthew.Ronneback%40liverpool.gov.uk%7Cf9bd2dd97dc84839e5b008d95585e9b8%7C270f62b38ca44d638a80ffcb1f61fe04%7C1%7C0%7C637634855928407626%7CUnknown%7CTWFpbGZsb3d8eyJWIjoiMC4wLjAwMDAiLCJQIjoiV2luMzIiLCJBTiI6Ik1haWwiLCJXVCI6Mn0%3D%7C1000&sdata=Vx6v6gV%2Bj7Xar2SMkBOPixZBWkgaGyXIk%2BIsdk6F%2F7Y%3D&reserved=0)

Wed Eve at 7pm Grp 2:

[https://groups.runtogether.co.uk/ThisGirlCanLiverpoolWaterfrontCouchto5K/Runs/Summary/3f8f4cf6-5401-47ff-9503-b0f3e47679f8](https://eur03.safelinks.protection.outlook.com/?url=https%3A%2F%2Fgroups.runtogether.co.uk%2FThisGirlCanLiverpoolWaterfrontCouchto5K%2FRuns%2FSummary%2F3f8f4cf6-5401-47ff-9503-b0f3e47679f8&data=04%7C01%7CMatthew.Ronneback%40liverpool.gov.uk%7Cf9bd2dd97dc84839e5b008d95585e9b8%7C270f62b38ca44d638a80ffcb1f61fe04%7C1%7C0%7C637634855928417586%7CUnknown%7CTWFpbGZsb3d8eyJWIjoiMC4wLjAwMDAiLCJQIjoiV2luMzIiLCJBTiI6Ik1haWwiLCJXVCI6Mn0%3D%7C1000&sdata=8sQGOgHudqKUPEN2rBjMFk3%2B770ZWlTJ4TwY9LA0tFU%3D&reserved=0)

Sun Morning at 9am Grp1:

[https://groups.runtogether.co.uk/ThisGirlCanLiverpoolWaterfrontCouchto5K/Runs/Summary/e2c69dbc-4a45-4c39-8f5a-776078896976](https://eur03.safelinks.protection.outlook.com/?url=https%3A%2F%2Fgroups.runtogether.co.uk%2FThisGirlCanLiverpoolWaterfrontCouchto5K%2FRuns%2FSummary%2Fe2c69dbc-4a45-4c39-8f5a-776078896976&data=04%7C01%7CMatthew.Ronneback%40liverpool.gov.uk%7Cf9bd2dd97dc84839e5b008d95585e9b8%7C270f62b38ca44d638a80ffcb1f61fe04%7C1%7C0%7C637634855928417586%7CUnknown%7CTWFpbGZsb3d8eyJWIjoiMC4wLjAwMDAiLCJQIjoiV2luMzIiLCJBTiI6Ik1haWwiLCJXVCI6Mn0%3D%7C1000&sdata=mpTS00dHFN4A86nh%2BYg6Ts%2B2CWxMXW%2FKow2drQT2%2FpQ%3D&reserved=0)

SUN morning at 10am Grp 2:

[https://groups.runtogether.co.uk/ThisGirlCanLiverpoolWaterfrontCouchto5K/Runs/Summary/94dad195-9bd8-4f98-9f3c-057cb81a0640](https://eur03.safelinks.protection.outlook.com/?url=https%3A%2F%2Fgroups.runtogether.co.uk%2FThisGirlCanLiverpoolWaterfrontCouchto5K%2FRuns%2FSummary%2F94dad195-9bd8-4f98-9f3c-057cb81a0640&data=04%7C01%7CMatthew.Ronneback%40liverpool.gov.uk%7Cf9bd2dd97dc84839e5b008d95585e9b8%7C270f62b38ca44d638a80ffcb1f61fe04%7C1%7C0%7C637634855928417586%7CUnknown%7CTWFpbGZsb3d8eyJWIjoiMC4wLjAwMDAiLCJQIjoiV2luMzIiLCJBTiI6Ik1haWwiLCJXVCI6Mn0%3D%7C1000&sdata=ZgXZR%2BPjvtdBU1ducS1HUFYTF2C4EW7%2F10edrnLvN2s%3D&reserved=0)

Graduation run and medal ceremony - Timed Waterfront 5k on Wed 27th Oct at 6pm (60 places):

[https://groups.runtogether.co.uk/ThisGirlCanLiverpoolWaterfrontCouchto5K/Runs/Summary/b5817bd6-efb4-4470-999f-534cef39d2a2](https://eur03.safelinks.protection.outlook.com/?url=https%3A%2F%2Fgroups.runtogether.co.uk%2FThisGirlCanLiverpoolWaterfrontCouchto5K%2FRuns%2FSummary%2Fb5817bd6-efb4-4470-999f-534cef39d2a2&data=04%7C01%7CMatthew.Ronneback%40liverpool.gov.uk%7Cf9bd2dd97dc84839e5b008d95585e9b8%7C270f62b38ca44d638a80ffcb1f61fe04%7C1%7C0%7C637634855928427540%7CUnknown%7CTWFpbGZsb3d8eyJWIjoiMC4wLjAwMDAiLCJQIjoiV2luMzIiLCJBTiI6Ik1haWwiLCJXVCI6Mn0%3D%7C1000&sdata=iXjBPs7GivfCQw4yF3hK%2F0oaXD14%2Fo5gZ3JWjXF0LZc%3D&reserved=0)

Optional parkrun at Princes Park with post-run coffee/ breakfast on Sat 30th Oct @ 9am (60 places):

[https://groups.runtogether.co.uk/ThisGirlCanLiverpoolWaterfrontCouchto5K/Runs/Summary/616e95b9-ad6f-4cba-a446-bd02a01e78e3](https://eur03.safelinks.protection.outlook.com/?url=https%3A%2F%2Fgroups.runtogether.co.uk%2FThisGirlCanLiverpoolWaterfrontCouchto5K%2FRuns%2FSummary%2F616e95b9-ad6f-4cba-a446-bd02a01e78e3&data=04%7C01%7CMatthew.Ronneback%40liverpool.gov.uk%7Cf9bd2dd97dc84839e5b008d95585e9b8%7C270f62b38ca44d638a80ffcb1f61fe04%7C1%7C0%7C637634855928427540%7CUnknown%7CTWFpbGZsb3d8eyJWIjoiMC4wLjAwMDAiLCJQIjoiV2luMzIiLCJBTiI6Ik1haWwiLCJXVCI6Mn0%3D%7C1000&sdata=ZY4HhXI1UwiHAnBdQ6aUmO3zMAictaYFSyb9RGxWv%2Bo%3D&reserved=0)