

# Welcome to Brinsham Fields

## Run England Route



### What is ?

3-2-1 is a Run England project which aims to provide a range of marked out running or jogging routes across the country, so anyone can have a go. It is a way of providing a meaningful challenge to help more people get running when it best suits them.

Here at Brinsham Fields we have a 500 metres course with posts at 100m intervals. You may wish to:

- (a) Jog or run to the first post and walk to the next one etc.
  - (b) alternate running fast for 200m or more with slower, recovery jogs
  - (c) progress to walking or running more laps at your chosen pace
- It's up to you!

### Brinsham Fields

Yate Town Council maintains Brinsham Fields, which also has a lake where you can enjoy a day's fishing or you may wish to watch the wildlife around lake. You could spot the beautifully coloured Kingfisher. The park is also used by dog walkers, children playing, walkers and joggers/runners.

### A few polite notices

Brinsham Fields is open to everyone. Please give way to other park users, even if it prevents you getting a personal best or hinders your training. There is always a next time!

Dispose of all litter in the bins provided.

