

# Welcome to Pomphrey Hill Playing 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 Pomphrey Hill Playing Fields we have a 5 kilometre (3 mile) course and have installed posts at 1 kilometre intervals for you to use. The map on this sign shows the location of the posts and what they signify. The marker disc on each post shows you the distance around the 5 kilometre course. Use all or part of the course as you feel you want to.

### Pomphrey Hill playing fields

Pomphrey Hill Playing Fields along with Pomphrey Hill Pavilion were opened in April 2011. Being developed as part of a housing scheme and ring road development, a national drive to promote community owned sports hubs together with open spaces, Pomphrey Hill provided an ideal opportunity for South Gloucestershire Council to create a genuine community owned and led approach to community and recreation activities.

### Pomphrey Hill parkrun

Pomphrey Hill parkrun, a free timed 5 kilometre run every Saturday at 9.00am (visit [www.parkrun.org.uk](http://www.parkrun.org.uk) for more information) is an extension of the local authority's commitment to providing opportunities for all to maintain healthy lifestyles, South Gloucestershire Council having funded the start-up fee for the event.

### A few polite notices

Pomphrey Hill Playing Fields are open to everyone. Please give way to other playing field 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.

Please do not train on the marked football pitches or cricket square.

