



**Proud to be a  
parkrun practice**

In linking with .....Bedfont Lakes..... parkrun event  
.....Studholme Medical Centre..... is certified as a

**parkrun practice**

parkrun UK and the Royal College of General Practitioners (RCGP)

Date:

**Chrissie Wellington**  
Head of Health and Wellbeing  
parkrun UK

**Dr Hussain Al-Zubaidi**  
Clinical Champion, Physical Activity & Lifestyle  
RCGP