

## Langley Park 5k summer series.

### About Langley Park and the course.

Langley Park has always been the quiet relation to nearby Black Park. It was a deer and shooting estate for the gentry many years ago. Today it is under the stewardship of Bucks County Council.

A lottery grant was recently awarded which has been used to develop facilities for further recreation. They include a café, toilets and enlarged car parking. These 5k races are a further enhancement to the country park.

The 5k course takes runners through ancient woodland, eighteenth century parkland and heathland. There are no stiles to cross or obstacles to impede running.

The start and finish are on a broad and wide woodland trail. The view out from the start is shown to the right.

Following the first run I received an email and I reproduce an extract from it



*“The pleasures of running through varied natural woodland and more open grassland were a change to the normal.*

*I think some people may have felt that Langley Park would be very similar to Black Park, being just over the road, but they couldn't be more wrong and this is being communicated to the parkrun crowd by word of mouth.”*

It is a most scenic course on which to run. It is flat, generally firm and likely to be fast without “shoe sucking” mud.

Try it and enjoy it.