



parkrun

New Zealand

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parkrun history

- 2004 - 13 individuals came together for a 5km timed run in Bushy park, Teddington, UK
 - 2006 - first new location was added
 - 2007 - parkrun became international
 - 2014 - parkrun founder Paul Sinton-Hewitt was awarded a CBE by Her Majesty The Queen
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- **Today over 2.6 million runners can run in over 1174 locations world wide**



parkrun countries

- Australia - April 2011
- Canada – August 2016
- Denmark – May 2009
- France – June 2015
- Holland – November 2012
- Italy – May 2015
- New Zealand – May 2012
- Poland – October 2011
- Russia – March 2014
- Singapore – June 2014
- South Africa – November 2011
- Sweden – August 2016
- United Kingdom – October 2004
- United States of America – June 2012

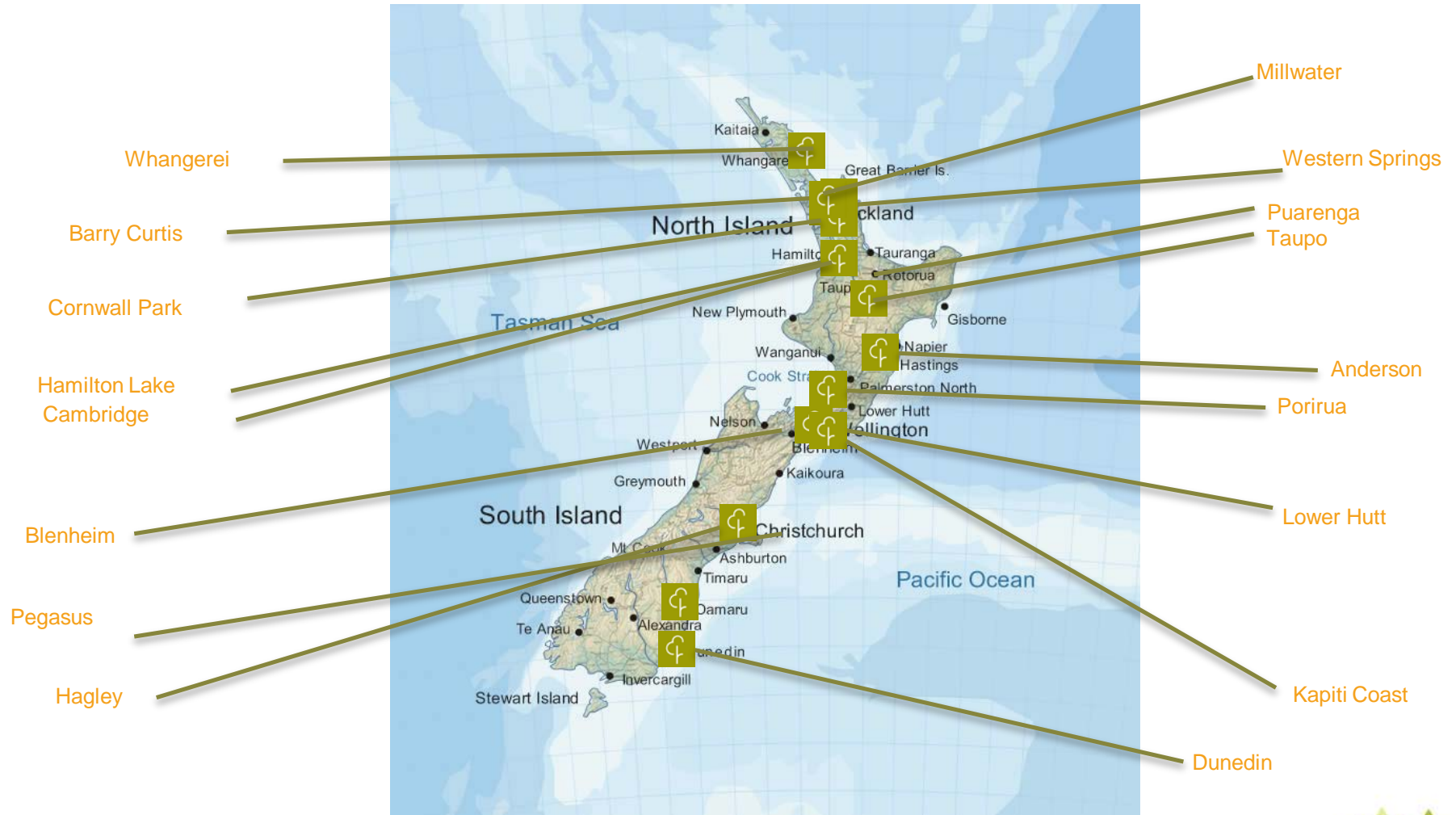


parkrun NZ

- May 2012 parkrun arrives in New Zealand (Lower Hutt)
- today over 23,000 registered runners can run in 17 locations nationwide
- the latest parkrun started this year was Cambridge
- Next on the list is Palmerston North in October



parkrun NZ



parkrun NZ registrations

parkrun	registrations
Millwater parkrun	861
Cornwall Park parkrun	5704
Barry Curtis parkrun	1947
Hamilton Lake parkrun	3196
Porirua parkrun	2616
Lower Hutt parkrun	4256
Kapiti Coast parkrun	1115
Dunedin parkrun	2015
Hagley Park parkrun	3323
Western Springs parkrun	961
Whangarei parkrun	598
Pegasus parkrun	378
Anderson parkrun	582
Puarenga parkrun	738
Blenheim parkrun	383
Taupo parkrun	267
Cambridge parkrun	144
Total	29084



parkrun mission

our mission is to provide a free, weekly, timed 5km run to every community that wants one thereby increasing levels of physical activity, strengthening community connections and aiding the fight against the spread of chronic disease.



parkrun simply

- “Make it simple, make it free”
- run in beautiful open spaces
- welcome people of every ability
- run by the community, for the community
- strengthens community connections
- feel-good local event
- encourages good health
- encourages regular exercise



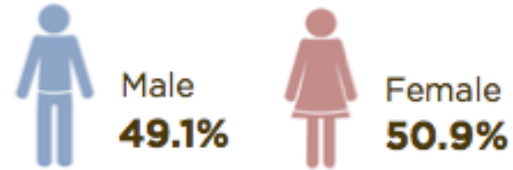
parkrun objectives

“to empower as many members of the community to get involved in parkrun, either by volunteering or running but ideally both.”

- parkrun is a not-for-profit organisation, established to benefit the entire community
- parkrun is financed by national and local sponsors



parkrun audience



- 32% of parkrunners are older than 40
- 80% of parkrunners do not belong to a running club
- average number of runners per event: 86
- average run time: 29 minutes and 25 seconds
- Number of NZ events to date: 2199
- Number of Clubs: 853



Club registrations

Ariki	25
Auckland University Club	23
Hamilton City Hawks	110
Hatea Harriers	35
Lynndale Athletics Club	21
Pakuranga	34
Papanui Toc H Athletic Club Inc	23
Takapuna Athletics Club	24
University of Canterbury	18
Wellington Scottish Athletics Club	90
<i>Hamilton Road Runners Inc</i>	91
<i>Wellington Scottish Athletics Club Inc</i>	90
<i>Olympic Harriers</i>	77
<i>Port Hills Athletic Club Inc</i>	66
<i>Auckland City Athletic Club</i>	64
<i>The Auckland YMCA Marathon Club Inc</i>	60
<i>Hamilton Marathon Clinic Inc</i>	57
<i>Caversham H & A Club Inc</i>	54
<i>Hutt Valley Harrier & AA Club Inc</i>	53





parkrun stories

Our regular newsletter frequently reports stories from individuals and their personal achievements.

“I had the honour of finishing my Cornwell (100 different parkruns) with Nneka Okonta (a parkrun legend - one of only two people to have run a parkrun in every country that parkrun is in) at Kapiti Coast parkrun this morning.”

- Richard McChesney at Kapiti Coast parkrun on the 22nd of August 2015





“Daniel O'Sullivan completed his 50th parkrun on 15th August. He has been working hard the last few months to get a parkrun in each Saturday morning before heading out to soccer. Daniel has completed all of the 7 North Island parkruns with his PB being 33:53 at Porirua. This coming January Danny will complete the Dunedin and Christchurch parkruns as well. He has been looking forward to earning his red 50 top like his brother and sister have and at just 6 years old he must be the youngest 50 clubber in New Zealand!”





James Doherty a parkrun local decided to show off his skills by juggling his way around the Cornwall Park parkrun on the 6th of February to complete his 100th parkrun.



Parkrun celebrates participation after inaugural Whangarei event

Running

Whangarei joined the global phenomenon known as Parkrun last Saturday with an inaugural event that attracted 63 runners and walkers, including Mayor Sheryl Mai, and numerous out-of-town visitors.

The stipulated five kilometre course incorporated the scenic Hatea Loop and finished under Te Matau A Pohe bridge.

Whangarei organiser Jim Kettlewell said the emphasis is on participation and enjoyment, not on winning.

"There are no performance-related prizes or medals and the first person across the line is called the 'first finisher'. It doesn't matter how fast you go and it doesn't matter what you're wearing. All that matters is being there and taking part."

Among Saturday's inaugural participants were a group of regular Parkrun runners from Lower Hutt, where the country's first Parkrun commenced.

"It has grown from a small event in England to this world-wide experience in just over 10 years, and it's not just runners who participate," Kettlewell said.

"The strong volunteer base needed to keep it ticking along has developed an associated sense of community."

Parkrun starts every



GLOBAL: Whangarei Mayor Sheryl Mai with Parkrun Whangarei director Jim Kettlewell at last Saturday's inaugural event.

PHOTO/SUPPLIED

Saturday at 8am. For more information, contact Jim

Kettlewell on 09 434 6983, or 020 4026 4371.



Mayor Sheryl Mai finishing the inaugural Whangarei parkrun 13th of February 2016



parkrun safety

- All parkruns must be approved by doing a rigorous risk assessment, this is a public document that is updated annually.
- Volunteer marshals are placed along parkrun courses
- A lead bike can warn of approaching runners
- parkrun does not have exclusivity to any park
- A briefing is given at every parkrun, runners are reminded that they do not have right of way and be courteous to other users
- We encourage all park users to join in, have fun and get healthy



parkrun
Global Vision 2023

25 million global
community

12,000 global
events

1 million weekly
participants

100,000 weekly
volunteers



“To empower as many members of the community to get involved in parkrun, either by volunteering or running but ideally both.”

Building stronger, healthier communities one step at a time.

parkrun
Any questions?

Free.5km
timed.run



parkrun contacts

For more information, please don't hesitate to get in touch.

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