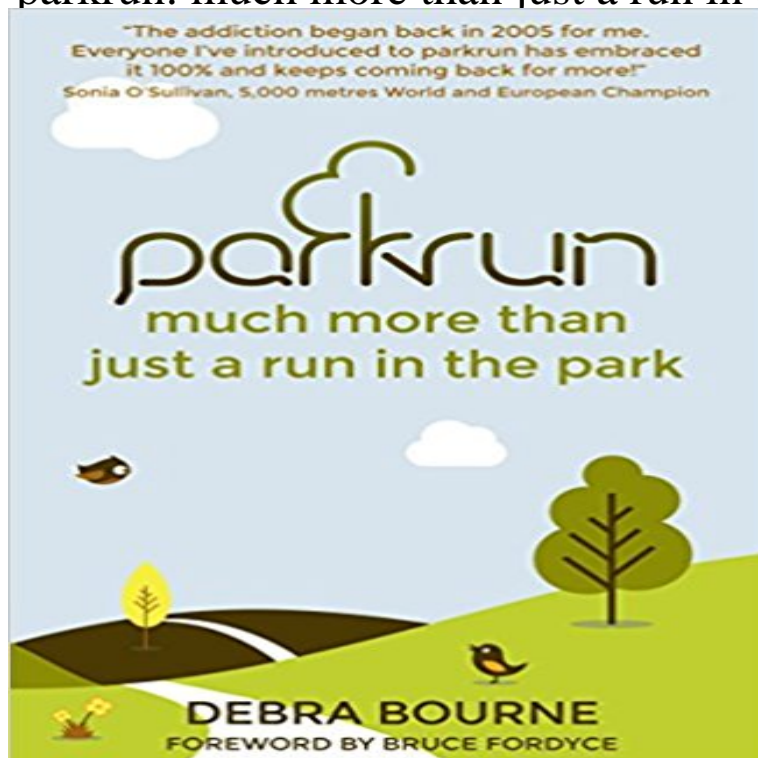


parkrun: much more than just a run in the park



parkrun a stunningly simple concept. Every Saturday morning, tens of thousands of people, all ages and sizes, gather at their local park to run, jog or walk five kilometres. parkrun is about taking part, no matter how fast you go or how long it takes you to finish. parkrun is open to all, from Olympians to octogenarians. And parkrun is always free, just turn up where you want, when you want. parkrun is also spectacularly successful. From humble beginnings thirteen runners at Bushy Park in 2004 it has evolved into a global phenomenon. parkrun now has more than 450 locations across ten different countries and over one million registered runners. And it continues to grow. Join Debra Bourne, Event Director at Lloyd parkrun, as she charts the rise of parkrun and finds out how and why this simple idea became the biggest and friendliest running community the world has ever seen. But dont forget your barcode!

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