

Celebrating
— 10 YEARS —

parkrun
Suffolk

parkrun - Suffolk's 10 year anniversary

Suffolk will be celebrating the 10th anniversary of the first parkrun to be established in Chantry Park in Ipswich in 2012 with Ipswich Town Football Club Foundation doing a takeover day to mark this special occasion on Saturday October 15th. (This was delayed from Sept 10th because of the death of her late Majesty Queen Elizabeth II).

Staff from the ITFC Foundation and club mascots will take on the volunteering roles from marshalling the course to scanning the barcodes and encouraging park-runners on route to make it a very special day for all involved.

Since the Ipswich event was launched in 2012, a further 20 parkruns have been established in Suffolk (map included in the below link) which includes 6 junior parkruns, attracting more than 2,000 participants every week. More events are currently under development and will hopefully commence in the autumn.

As of 14 August 2022, a total of **4,257** parkruns have taken place in Suffolk with **8,850** people volunteering **81,351** times. This has allowed **84,459** individuals to complete **615,599** runs covering almost **2.9 million kilometres**. An estimated 10% of the Suffolk population over the age of 16 have at some point taken part in a parkrun in Suffolk.

Since 2019, 25 GP practices across Suffolk have registered as parkrun practices and are actively referring patients and encouraging staff to attend their local parkruns and benefit from an active lifestyle.

parkrun locations:

Alton Water, Brandon Country Park, Bury St Edmunds*, Clare Castle, Felixstowe*, Framlingham (Thomas Mills), Great Cornard*, Haverhill, Ipswich*, Kesgrave*, Lowestoft, Mildenhall, Rendlesham Forest, Sizewell, Stowmarket* (* indicates 2k junior parkrun as well as 5k).

parkruns social media handles -

generally only Facebook:

@Ipswichparkrun

@lowestoftparkrun

@brandoncountryparkrun

@mildenhallhubparkrun

@burystedmundsparkrun

@childtonfieldsparkrun Stowmarket -

@Sizewellparkrun

@thomasmillsframlinghamparkrun

@haverhillparkrun

@clarecastleparkrun

@gtcornardparkrun

@Altonwaterparkrun

@kesgraveparkrun

@felixstoweparkrun

@rendleshamforestparkrun

Parkrun are also celebrating parkwalk at parkrun throughout October and beyond and we have a specific sting about walking at parkrun. (Ella)

HOW YOU CAN HELP

Please can you help us promote parkrun across your platforms and audiences throughout the autumn and winter (and beyond).

Feel free to use the few pre- written social posts below or of course - craft something that works for you.

Assets including video stings and the full 3.5 minute video are in the Google Drive here https://drive.google.com/drive/folders/1B-7_OSNqoZyd0VJ9IP6S-AmJZ7nwecFb?usp=sharing

Or you can download them from our website here <https://www.keepmovingsuffolk.com/partner-resources/>

Points to note:

When referring to parkrun - please remember to use all lowercase.

It's parkwalk at parkrun

Participants are parkrunners or parkwalkers

It's not a race - it's referred to as and 'event' each week

Please promote 'you can run, jog, walk, wheel or volunteer at parkrun events'

All parkrun events are FREE

- Consider tagging in Keep Moving Suffolk
@keepmovingsuffolk (Facebook and Insta)
@Most_active (Twitter)
@togetherforsuffolk (Facebook only)

SUGGESTED POSTS:

Ella sting - parkwalk

During October - we're celebrating parkwalk at parkrun!

It's a great time to give it a go and it doesn't matter how slow or fast you are, you will never be last - tail walkers are always at the back encouraging you.

Find out more <https://bit.ly/3McmYKN>

(252 characters)

Fancy a nice walk this weekend?

Walking in the fresh air with other people in a supported, safe environment will make you feel happy, energised and connected. There are 21 parkrun events across Suffolk and you can walk, run or jog at all of them.

<https://bit.ly/3McmYKN>

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Volunteering sting

Have you got some time to give and would enjoy being part of the parkrun family?

Every week there are roles for volunteers at the 21 parkrun events across Suffolk and you would be made most welcome?

<https://bit.ly/3Md9FQD>

(222 characters)

Volunteering at parkrun is good for your soul!

Helping others and giving our time makes us feel connected and part of a community. It's social, good fun and will lift your mood. You don't have to give up every weekend either - just whenever you can

<https://bit.ly/3Md9FQD>

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Family sting

It's a family affair!

Try something active, healthy & FREE with your family. parkrun is something you can all do together - run, walk, jog, volunteer or spectate. It will get your weekend off to a great start!

Find out where your nearest parkrun is - <https://bit.ly/3rWaiVv>

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Dr Sam Bracebridge sting - starting up a parkrun in your area

Would your community benefit from a parkrun?

It's easier to set up than you think and it has many benefits.

Dr Sam Bracebridge explains why she's setting one up in her community.

Register an enquiry about starting a parkrun here

<https://bit.ly/3EtTJYf>

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Rory Marriott - founder of Ipswich parkrun Rory was the founder of the first parkrun at Chantry Park in Ipswich ten years ago. He is still actively involved today and doesn't allow his mobility restrictions, due to MS, to keep him away. Rory advocates that you can wheel your way round parkrun, volunteer or spectate and he's an inspiration!

<https://blog.parkrun.com/uk/>

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10 years sting - 24 seconds

parkrun in Suffolk is 10 years old!

Celebrate with us and Ipswich Town Community Trust at Chantry Park on Saturday 15 October or at your local parkrun.

Run, walk, jog or volunteer!

<https://bit.ly/3rWaiVv>

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10 year anniversary in Suffolk - full length video 3:48 seconds

We're celebrating 10 years of parkrun in Suffolk!

That's **4,257** parkrun events with **8,850** people volunteering.

84,459 individuals completing **615,599** runs covering **2.9 million kilometres**.

WOW! Join the parkrun family this weekend!

<https://blog.parkrun.com/uk/>

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