



junior parkrun guide

What is junior parkrun?

junior parkruns are free, weekly, timed 2k events for children aged between 4 and 14. Everyone can join in.

There are more than 200 junior parkruns, and they take place every Sunday morning at 9:00am in England and Wales, and at 9:30am in Scotland and Northern Ireland.

You can find out about your local junior parkrun from the parkrun website.

junior parkrun is not a race. It doesn't matter how long it takes you to get around. It is ok for you to walk if you don't want to run the whole way.

You can take part on your own or with an adult. You don't have to go every week.

If you want to have your junior parkruns recorded, you need to register online, and you only have to do this once. It is very simple. Once you have registered, you need to print out your barcode. Your barcode can be used at any junior parkrun, anywhere in the world.

Once you have completed 11 junior parkruns you will get a wristband. Then you will get another one after 21 junior parkruns and 50 junior parkruns. After 100 junior parkruns you can receive a certificate.

Each junior parkrun is organised by a group of volunteers. You are welcome to help out as a volunteer. There are different roles. You will be told what to do and people will help you.

Everyone is welcome at junior parkrun. It does not matter how fast or slow you walk, jog or run.



What happens when you come to junior parkrun?

Each junior parkrun has its own website, and this tells you everything you need to know, like the best way to get there, how the parking works if you come by car, and where the toilets are. It will also tell you what the course is like.

You can get in touch with the event before you go. You can do this by email, or on social media. All junior parkruns have Facebook pages, and lots have Twitter accounts. The event team can talk to you about anything you need to know.

You can go along just to watch and see how it works. The Run Director will be wearing a blue and white hi-vis vest. You can ask The Run Director any questions.

It is always a good idea to check the weather forecast before you set off, so you can make sure you have the right stuff with you. For example, if it is going to be hot and sunny, you may want to bring some water, some sunscreen, and a hat.

If you decide that you want to take part, and you want to have your junior parkrun time recorded, then remember to bring your printed barcode with you. If you don't have it with you, you can still join in, but your time won't be recorded.

Before the start, the Run Director will explain what happens to help you understand what to do. If you need extra help ask the Run Director.

If you need someone to walk or run with you, then this is something you need to organise yourself. You can take part with a family member or a friend. It is up to you if you want to run, walk, or a mixture of both. Go at the pace that suits you.

Everybody starts the junior parkrun together. If you find the crowd at the start can be a bit of a problem, you can start right at the back, or off to one side, if that is better for you. There will be a short optional "warm-up" exercise before the start.

Marshals will be wearing yellow hi-vis vests. They are there to encourage you, and to help out if there is a problem.

When you get to the finish, someone records your time and you are given a token which shows the number you finished. Take this token, and your barcode, to a volunteer who will scan them. There will be people there to help you. Don't worry if you have to wait a few minutes, your time will not change.