We kindly received a grant from Watton Town Council for £500.00 in 2019.

The money we received was used to make improvements from a visual perspective in respect of health and safety reasons.

We requested from parkrun HQ the following equipment:

- 20 x cones
- 50 x 8 x 10 arrow signs
- 30 x white stakes
- 5 x bespoke signs

Wording on the bespoke signs to be:

- First timers briefing here.
- 2 x Slippery surface
- 2 x Exit field at 3<sup>rd</sup> lap

We also purchased 4 x waterproof clipboards.

The total cost of our purchases was £343.29 (signs etc £263.33, clipboards £79.96) so we have a balance left of £156.71. We would also eventually like to purchase a heavy duty gazebo.

We needed to make things more visual on the actual course, the cones and arrow signs have enabled us to highlight pinch points on the course that participants need to be aware of. The bespoke signs again have been used to highlight areas on the course especially in the case of the slippery surface, as there is a part of the course when you go from the edge of the hockey pitch down onto the main field that can get very churned up and slippery in inclement weather.

The waterproof clipboards have been used to help our timekeeper checkers to write down the times to enable us to ensure that the timekeepers and token volunteers are in sync, and for our wonky barcode checkers to write down barcodes that won't scan without the paper being soaked through and then being illegible.

You will see below that we have provided screen prints of the orders and the values:

#### Withdrawals

Withdrawal Date	Event	Amount	Note
2019-10-25	Loch Neaton	£15.00	parkrun Selfie Frame
2020-02-24	Loch Neaton	£263.33	Signs, Cones & stakes

			Paid Payment reference ID 50P1 Sold by Laserware Ltd VAT # GB140704448 Invoice date / Delivery date Invoice # Total payable			
Order information		с.	Sold by Laserware Ltd  Reflections House, 26 Oakfield Roa Clifton Bristol, Bristol, BS8 2AT G8 VAT # GB140704448			ad
Order #	19 January 2020 206-9266455-7113165					
Invoice details  Description		Qty	Unit price (excl. VAT)	VAT rate	Unit price (incl. VAT)	Item subtotal (incl. VAT)
Paperdry Red A4 Portrait Waterproof Clipboard - Cold Proofing Agent, Thicker PVC [18-Month Warranty] (A4 Portrait) ASIN: B07NPR3DJ7		1	£16.66	20%	£19.99	£19.99
Paperdry Red A4 Portrait Waterproof Clipboard - Cold Proofing Agent, Thicker PVC [18-Month Warranty] (A4 Portrait) ASIN: B07NPR3DJ7		3	£16.66	20%	£19.99	£59.97
Shipping Charges			£3.73		£4.49	£4.49
Promotions			-£3.73		-£4.49	-£4.49
		Invoice	Invoice total			£79.96
			VAT rate	VAT rate Item subtotal (excl. VAT)		VAT subtotal
			20%		£66.64	£13.32
					£66.64	£13.32

Further pictures regarding equipment on the course.







The way forward:

As you are aware everything shut down in March 2020 with our last event being Saturday 14<sup>th</sup> March 2020.

Parkrun HQ have been very supportive during this time both to us and also to the thousands of park runners, they have introduced podcasts and quizzes.

#### not parkun

This has proved popular as it enables participants to complete a 5k run/walk/jog in their own time in a week (observing social distancing and abiding by Covid rules). Participants can then log their own times on the parkrun website which then show on the results page for them and fellow park runners of Loch Neaton. This has been a good way to keep the parkrun community engaged.

The Core Team of Loch Neaton parkrun has also been engaging their community, we have held online parkrun quizzes, competitions and general kept the community up to date.

At the moment the current plan is for parkrun to commence again on Saturday 5<sup>th</sup> June, a Covid 19 framework has been issued to all teams and it is parkrun's plan that events subject to government guidelines, landowners' permissions etc will start to run again from this date onwards. So far, we have not had official confirmation of anything but that is their proposed plan, and they do issue a weekly email to us to inform us of where they are at.

We are very much looking forward to the day when we are able to start again, as we feel that parkrun has been a great asset to Watton, it is definitely something for the community and we know from speaking to people that they enjoy parkrun both residents and people from afar, we have been told that we are a very friendly parkrun, and we have to say that all our participants and volunteers are amazing.

It has encouraged people from all walks of life to come along for the physical, mental, and social aspects and we are extremely grateful for the support of the council, Loch Neaton management committee and the Sports Centre. We also have an amazing set of volunteers and without them we would not be able to operate.

James Wooler and Sarah Dagless Co-Event Directors Loch Neaton parkrun