



parkrun

I'm the Regional Ambassador for parkrun in Norfolk. I am helping Sarah Daglass and Vanessa Barr to bring junior parkrun to Watton. I'd like to say a huge thank-you to the Town Council for agreeing to contribute £500 towards the start-up costs; that's really generous and has helped us take a big step towards our target of £4800.

Here is my report on our progress towards launching the event.

Junior parkruns are free events for children between 4 and 14. There are hundreds of these events around the country: all of them are completely free for children to take part in. They are a brilliant way of helping young people and their families to be fit and healthy for free. Crucially, they are not races: they are all about participating for fun and enjoyment and young people can walk, jog or run the 2k course at whatever pace they like.

More information is available here: <https://support.parkrun.com/hc/en-us/articles/201853751-What-are-junior-parkruns>

We have raised £3100, including the Town Council's contribution, which means **we are still seeking £1700**. We are confident of securing that funding soon: we currently have an active grant application with Breckland Council's Spark Fund and are in discussion with Breckland Council for Section 106 Project Funding. We are also working with Active Norfolk, who have said that they will be able to help us apply for funding.

There is already a very successful 5k parkrun event in Watton on Saturday mornings (Loch Neaton parkrun, Watton: <https://www.parkrun.org.uk/lochneaton/>), based at the Watton Sports Association and Social Club. The event started in March 2019 and has seen 3120 people run, jog or walk 5k a total of 14911 times. More than 325 different people have volunteered there. It's now a central part of the sport and exercise community in Watton.

Watton junior parkrun will build on that success and help young people (4-14) and their families get active, with huge physical and mental health benefits. They are free for everyone and once we have secured the remaining funding we will be able to book a start-date for the event. We hope that that will be in the late summer and will of course keep you informed.

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The team behind Loch Neaton parkrun secured **written permission from the Watton Sports Association and Social Club** for junior parkrun to take place on the grounds there each Sunday morning at 9am. have secured permission from the Watton Sports Association to host a weekly junior parkrun, a 2k event that will take place every Sunday at 9am.

Sarah and Vanessa will be the event directors of Watton junior parkrun and already have a **committed group of volunteers** who will help to put on the event each week.

I will be helping Sarah and Vanessa through the process of launching the event.

We will keep you 'in the loop' about how our plans are progressing. Your contribution is going to help children in Watton, and their families, to be active and have fun for free in their community.

I have attached a separate document that explains more about the start-up costs for each new parkrun event.

Please do let me know if you have any questions.

Best wishes,

Ian Edwards
parkrun regional ambassador, East of England