

New parkrun FAQ

What is parkrun?

parkrun is a national initiative providing free, inclusive 5k events at 9am every Saturday in every place that wants one. Runners and walkers are all welcome to take part in some healthy exercise and get some physical and mental wellbeing at the start of the weekend. Locally there are several events in and around Cambridge, and at Wimpole, Huntingdon and March.

What is happening?

A parkrun delivered early in the development of the new town of Northstowe has long been an aspiration. Plans are now being put into place for an event here, supported by the local running club, volunteers, and the Sports and Wellbeing Committee. Detailed planning is taking place for the launch of an event later this year.

Why are you doing this?

Other parkrun events have clearly shown that there are significant benefits to physical and mental health from undertaking regular exercise. A local parkrun will provide an opportunity for people to walk and run in a supportive and encouraging environment and can provide opportunities for personal development through volunteering.

Where will it be?

The longer-term plan is to have a parkrun located near the future sports hub and using the Unity and Halcyon Mere waterpark. In the short-term Bug Hunter Waters will be used, and the landowner Anglian Water are fully supportive of the proposal. It is hoped that the parkrun will grow with Northstowe.

Does it need any funding? How much does it cost?

No. This already is fully funded, with grant funding from the A14 Legacy Fund, South Cambridgeshire District Council's Community Chest, and a donation from the Longstanton and Northstowe Limpers. The funding was secured some time ago and needs to be spent which is why an initial plan to use Bug Hunter Waters has been developed. The events are free so don't cost anything and make no profit, and put on by local teams of volunteers.