



Junior parkrun coming to Keighley

Lund Park, Sunday 1st October at 9am

It's a 2km run (twice around the park) for boys and girls aged 4 to 14, and mum and dad can run as well.



At over 170 venues throughout the UK, Junior parkrun is one big success story. We didn't want Keighley to miss out so we are trialling it here at Lund Park. All runners will be timed and results emailed (if wanted) but it's not a race, it's a run, or you can walk it, even with a pushchair.

There are no winners or losers, we all win. Don't think school cross country, think quality time with kids that you always promised yourself. This is just a brilliant family morning out in the fresh air.

And it's free, yes free, no catch, no membership, no collection, it's completely free. It's run entirely by volunteers. What have you to lose? (except maybe an hour in bed). We just want you to have a good time so just turn up and enjoy.



Where we're at!

I've heard rumours about a junior parkrun in Keighley. Why hasn't it happened already?
We have to prove there is an interest and only then can we launch Junior parkrun with a view to a weekly event. We have already run six successful trials but need a big turnout to show the event is viable. We know there is the interest we just want more people to come.

Are the local running clubs involved?

Both Keighley and Craven and Airedale Dodgers are helping us to get the event going but this isn't about club running; parkrun is for everyone. If you want to walk round you can.

Why isn't it weekly?

The Junior parkrun trials are on the first Sunday of every month and our insurance is currently funded through the Lund Park Community Group. Once we have enough interest from both runners and volunteers, it can be launched and then it will become weekly.

Are Bradford Council involved?

All the work so far has been supported by the Council and they allow us free access to the park (there is normally a charge for organised events).

How can I get involved?

Just turn up on the day and we'll find you a job! or better still send us your details and we will pop you on the data-base as a volunteer. No pressure just volunteer when you can.

So is the global parkrun organisation involved in this local venture?

Yes, it is! We receive support from a parkrun volunteer co-ordinator at every part of the process. Bradford and Skipton parkruns are also actively publicising our Keighley event.

Dates for the next Junior parkrun trials are:

Sunday 5th November 9.00am and Sunday 3rd December 9.00am

Where is it?

The Junior parkrun trials will take place in Lund Park, Malsis Road, Keighley BD21 1JQ



For more information about parkrun go to:
<http://www.parkrun.org.uk/events/juniorevents/>

Find us on Facebook at Lund Park Junior parkrun Interest Group.
For more information or to register as a volunteer please contact Derek or Jo:
derekandjo@blueyonder.co.uk or call 07539 664 668