



**Parish Council Meeting - 11th April 2022 - 19:00.**

Brundall parkrun is now in its 7th Year. We started back on the 20th June 2015. Since then we have seen 30,148 people running our course in Brundall, that is 121,672 laps of Brundall and 152,090 km completed by Brundall parkrunners.

This weekend saw our 265th parkrun Event and our current average attendance for 2022 is 73 runners each week. Since Brundall started in 2015 we have seen more events pop up in the Norwich and Norfolk area and there are lots of different choices for parkrunners, Lingwood, Yarmouth, Flegg, North Walsham and Colney (To name just 5). Even with these additions we continue to grow and develop as a parkrun. Our selling points have always been friendly, community, respect and personal growth. It does not matter if you are 1st or 73rd. The fact you are out and park running is the win. To show this we have recently seen the female Ladies 90-94 age category record set at 57:59.

On average we have 17 volunteers from the local community, a mix of ages and great to have so many people take the opportunity to help. We have aided 4 teenagers with volunteering opportunities for 12 weeks for their Duke of Edinburgh bronze awards, building them up from newbie to running the full event.

We have a close working relationship with many parts of the community, including the Yare Valley Churches who are key to the success of Brundall parkrun. You might think it's just coffee and cakes but it's a vital link to the community for both parkrun and the church.

We continue to work with the Parish Council and recently submitted a number of ideas on potential developments for the winter months at the Countryside park, when it can become quite muddy. The Countryside park offers a safe and secure environment for the community from the runners to the dog walkers to people just wanting a safe and pleasant place to exercise and enjoy the outdoors.

I hope this gives you a small idea of what we do on a Saturday at 9am at the Countryside Park.

Any queries or questions I am happy to discuss.

**Stuart Harper**

Event Director Brundall parkrun.