



Parish Council Meeting - 5th April 2023 - 19:00.

Brundall parkrun is a free, timed weekly event, put on by volunteers each and every week and has been part of Brundall since July 2015.

2022 was our first full year back after the enforced COVID break which saw us not put on parkrun across the Country for 71 weeks. 2022 saw 4,633 people run at Brundall over 52 weeks with only 2 weeks when we did not put on a free run. Our average attendance over the 52 weeks was 89 people.

Since Brundall parkruns inception in 2015 we have seen over 35,000 run at the Countryside Park and we have seen a great community grow on a Saturday morning, with many people discovering the Countryside Park through parkrun.

At the time of this meeting we will have completed our 316th parkrun at Brundall. We are always trying to develop and keep the community aspect especially with further new parkruns opening in adjoining areas. In October we saw a national campaign launched to promote parkwalk and this is something we have heavily focused on giving different options to many people in the community, and has proven a great way to get involved if you are not a runner.

While you may think running is at our core, I would say community is much more of a focus. We have appeared in the EDP with local resident Marie completing her 100th parkrun at the young age of 92 in May. I also got to promote Brundall parkrun on Chris Goreham's Radio Norfolk show. We have had two Scout takeovers and helped the 1st Brundall & Blofield group raise over £300. We have helped to fundraise nearly £400 for local runners completing the London Marathon and celebrated our first person to complete 200 Brundall parkruns. Lastly we ran a Christmas foodbank drive with Yare Valley Churches and donated a lot of food to help local people.

There is and never should be any barrier at Brundall and something my team are very passionate about and something we strive for every week, to make it a friendly and welcoming place that you want to return to, even if that means another 4 laps of the Countryside Park.

This event does not just happen by magic and takes many hours of planning and working with volunteers to put on the event, we are seeing a lot of Duke of Edinburgh volunteers requesting 3 month volunteering which is great to see and to see some of our younger members of the community getting involved. One even attended the Broadland Community awards and was put forward for Young Volunteer of the year. Getting young people involved with parkrun for me is something I am very proud of and something that I hope will give back to the whole of Brundall in later years.

We have a close working relationship with many parts of the community, including Matt and his team at 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. I would like to put on record my thanks to Matt and his team for their continued support and I hope this can continue.

I hope this gives you a small idea of what we do on a Saturday at 9am at the Countryside Park. I always say there is an open invite and a coffee waiting for you if you want to join or if you just want to come down and see what we do, you don't even have to run, just come for a chat. Any queries or questions I am happy to discuss.

Stuart Harper

Event Director Brundall parkrun.

Appendix

Attendance Figures

for Brundall since 2015,with male/female splits and average attendance

Year	Attendance	Male	%	Ladies	%	Unknown	%	Average attendance	Cancelled
2023	1,102	686	62%	396	36%	20	2%	100.18	1
2022	4,633	3,008	65%	1,559	34%	66	1%	89.10	2
2021	1,956	1,207	62%	692	35%	57	3%	97.80	33
2020	1,123	706	63%	384	34%	33	3%	102.09	43
2019	5,514	3,311	60%	2,042	37%	161	3%	119.87	8
2018	5,883	3,336	57%	2,361	40%	186	3%	140.07	12
2017	7,888	4,262	54%	3,340	42%	286	4%	154.67	3
2016	5,407	3,154	58%	2,110	39%	143	3%	102.02	2
2015	1,627	1,025	63%	566	35%	36	2%	58.11	1
Total	35,133	20,695	60%	13,450	33%	988	3%	111.89	105

Yare Valley Food bank donation.

We decided to do this before Christmas and was taken aback by the response. It took a few trips to get this all in the Church.



The Countryside Park, our home, from inception in May 2015 to March 2023. Great to see the changes



Marie's 100th parkrun

