

Get your reluctant friends parkrunning

It's free

Always has been, always will be – our events only happen because of the funding from our sponsors and the immense dedication of thousands of volunteers around the country – we salute you all!

It's easy as 1, 2, 3,..

1. Register (if you haven't already).
2. Print your barcode.
3. Choose your event (event list) and run.

It's fun

While our events can be taken as seriously as you want – we've had Olympians and world champions at our events, the priority has always been on making them fun. Don't take my word for it, just see the smiles on those taking part.

It's social

There's a great buzz at all our runs, with people from all backgrounds, ages and abilities. All our events are run for and by their local communities and the social aspect of parkrun has always been important. Every event meets up for coffee afterwards – if you don't know where, just ask around or check the event pages on the website. Forget virtual social networks – parkrun is the real thing.

It's a great start to the weekend

Most people groan when they first hear that our events all start at 9.00 on Saturdays (9.30 in Scotland), I know I did. But after a few weeks, everybody's converted. It's amazing how great you feel when you've socialised, run and had coffee with friends before most people have even got up. Parkrun really is the best kick start to a weekend.

It's great as part of your regular training

Whether you're just starting to run and slowly building up the mileage, looking to monitor your training progress, or incorporating our events into longer runs on a Saturday morning, parkrun is perfect for you.

It satisfies the inner statistician

Every parkrun you ever do is recorded and presented on our website for you to peruse and study.

It's a great distance for everyone

All our runs are 5km (just a smidgen over 3 miles). For experienced runners 5km can be incorporated into a training schedule in a huge number of ways; and for novices the distance is not too daunting.

It's a great way to find out about your local running clubs

If you're looking for a running club to join, there's probably no better place than at your local parkrun. Ask around and get recommendations.

We reward persistence

If being part of the parkrun phenomenon is not enough in itself; we also reward our runners just for running.