



PARKRUN

Creating health benefits (and more!) for Loddon Campaspe communities

parkrun is a free, community event held in over 500 locations across Australia, where participants can walk, jog, run, volunteer or spectate. parkrun trails are 5km, free to participate in, and take place every Saturday morning.

The 2019 Active Living Census revealed that adults in the Loddon Campaspe region were nearly 13% more likely to be overweight or obese compared to the Victorian average. Many residents also reported lower life satisfaction and overall wellbeing. At the same time, over half the community said they wanted to be more physically active, but barriers like cost (21%) and lack of social support (17%) were holding them back.

To help overcome these challenges, Healthy Loddon Campaspe has partnered with local communities to bring parkrun to a variety of locations in the region. parkrun is inclusive, welcoming, and has been shown to boost physical, mental and social wellbeing.



OBJECTIVES

Increase opportunities for residents to be physically active

Improve activation of outdoor spaces



The Healthy Loddon Campaspe initiative is supported by the Victorian State Government



HOW HAS HLC HELPED BRING PARKRUN TO THE REGION?

parkrun Australia has a specific set of safety and accessibility requirements in order for a location to be approved for a parkrun. Healthy Loddon Campaspe has worked with local government and community groups in a variety of ways to smooth the path for the introduction of parkrun in targeted locations across the region.

GOLDFIELDS RESERVOIR PARKRUN, MARYBOROUGH

-  Widened gravel track
-  Installed or re-routed crossovers where required
-  Soft fall edging
-  Drinking water fountain
-  Nature play area

NOLENS PARK PARKRUN, BOORT

-  Track realignment
-  Support with parkrun application
-  Supported community partnerships and connections
-  Community launch event

PYRAMID HILL GOLF TRAIL PARKRUN

-  Support with track works
-  Support with parkrun application
-  Support with grant applications for additional works
-  Community launch event

Additionally, Healthy Loddon Campaspe is supporting plans for new parkruns in Heathcote and Kyabram, expanding the benefits of this regular, free physical activity even further across the region.

THE STATS

To date, the three parkruns that have been supported by Healthy Loddon Campaspe - Maryborough, Boort and Pyramid Hill - have helped improve health and wellbeing for:

416 parkruns held across the three locations

2,785 individuals participated at least once across the three parkruns

11,559 finishes across the three parkruns

302 volunteers across the three parkruns



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SUSTAINABILITY

HLC activation projects aim to advance equity, create opportunities for scale-up, and keep sustainability front of mind.

Following its introduction into a location, parkrun becomes a self-sustainable activity, relying on local volunteers to provide a long-term, no-cost activity for all. It also addresses social and economic disadvantage and builds supportive environments for the community.

“With parkrun we always get some people from out of town in for their coffee and breakfast after the parkrun and the volunteers call in as well. I’ve had to put on more staff on a Saturday morning, and it certainly has made our business busier.”

- Janine Worth,
Pyramid Hill Coffee Bank

In addition to the health and wellbeing benefits, parkrun also brings local commercial benefits, as seen in Pyramid Hill, where the local economy has received a boost.

Spendmapp data for the area shows at least a 5% increase in economic activity compared to the previous year.

“There is a core group of volunteers driving the event each week. There are no additional funding needs for parkrun to continue.”
– local parkrun Event Director

THE FEEDBACK



This healthy event not only provides no-cost physical and social weekly activity to a large number of local people, it also attracts visitors each week.

The upgrades to the Reservoir have been able to bring more people back to running and walking with others, with people feeling safer as a big factor.

There is pride in the community!

The parkrun community is a very inclusive, supportive, happy and fun environment. People of all walks of life interact with each other – it’s truly diverse.

Exercise is a great way to start your day and for the social catch-up afterwards.



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