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.

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

As at October 2025



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, including upgrading paths, installing drinking fountains, supporting volunteers to complete the application, navigating government agencies and administrative processes and providing community launch events.

PARKRUN EVENTS HLC HAS HELPED TO ESTABLISH

- GOLDFIELDS RESERVOIR PARKRUN, MARYBOROUGH
- NOLENS PARK PARKRUN, BOORT
- PYRAMID HILL GOLF TRAIL PARKRUN
- BREEN AVENUE WALKING TRACK PARKRUN, KYABRAM
- MCIVOR CREEK TRAIL PARKRUN, HEATHCOTE

THE STATS

624 parkruns held across the three locations

4,769 individuals participated at least once across the five parkruns

18,243 finishes across the three parkruns

500 volunteers across the three parkruns



Healthy Loddon Campaspe | Regional Partnerships Loddon Campaspe | Victoria State Government

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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, driven by 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.

**"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**

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.

**"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**

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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