

Join the parkrun practice community

What is parkrun?

parkruns are free, weekly, community 5k events held every Saturday morning across the UK. Everyone is welcome at parkrun and you can walk, jog, run or volunteer. junior parkruns are 2k, take place on a Sunday and are for 4-14 year olds and their families.



What is a parkrun practice?

This is a GP practice that has linked with a local parkrun event through a social prescribing practice initiative. This project was launched in 2018 by RCGP and parkrun.



Improves staff and patient health and wellbeing



Reduces the need for lifelong medication



Raise awareness of practice services



Progress to Active Practice status



Build strong healthy communities centred on wellness



To sign up

Find your local event at parkrun.org.uk/events

Chat to your local parkrun event team

Visit rcgp.org.uk/parkrun

For more information:
rcgp.org.uk/parkrun
membershipcommunities@rcgp.org.uk
support@parkrun.com



Royal College of
General Practitioners