



Dear Grown-Ups,

Swadlincote junior parkrun are delighted to have partnered with **Linton Primary School!** We are aware that this may be the first time you have heard about parkrun (fun fact- parkrun is always spelt with a little 'p'!) so we have put together some information to tell you more about the parkrun concept and our event.

What is Swadlincote junior parkrun?

The concept is that everyone can come together to walk, run and/or volunteer every weekend at an event of their choosing.

Swadlincote junior parkrun takes place every Sunday at 9AM at **Maurice Lea Memorial Park in Swadlincote**. Address: Common Rd, Church Gresley, Swadlincote DE11 9NW.

Anyone aged 4-14 can take place in a junior parkrun event.

Why do junior parkrun?

Children participate in junior parkrun to have fun while staying active, improving their health, fitness, and confidence in a supportive, family-friendly community. The free, weekly 2km events offer a welcoming environment for running, walking, and volunteering for the whole family, promoting a growth mindset by celebrating effort and resilience over speed.

Registration

parkrun is completely free! You just need to register online (<https://www.parkrun.org.uk/register/>) for your free barcode which is your passport to every event in the world.

Scan here to register for your free barcode!

The barcode can be printed off, saved on your phone in your photo album, or parkrun sell wristbands you can buy that have the barcode on them so they are easily to hand once the event is complete. The one important reminder about parkrun is #DFYB (don't forget your barcode!). No barcode means no time will be recorded so it's important to bring it along to record your achievements.



Event Day Schedule

8:40: Children arrive around and can attend the 'first timers briefing' at 8:45 where one of the friendly team will explain to them all about the event and how it works.

8:50-8:55- Milestone awards for those who have done the equivalent junior parkruns to equal a half marathon, marathon, 50 or 100 runs! These are completely free. We love to acknowledge the commitment of our participants and volunteers.

8:55- Quick warm up and off to the start!

9:00- 3, 2, 1 GO!

The course is 2 laps of our park, and there are a minimum of 12 marshals in hi-vis jackets to direct children and cheer them on round the course. Children are in sight of at least 2 marshals at any point of the course. At the end of the second lap children are directed to the finish funnel!

Once someone crosses the finish line, they are given a plastic chip called a 'finish token' - this is then scanned by a volunteer with a barcode scanner, along with your child's personal barcode, and then the plastic chip is given back to us. Participants keep their barcode and bring it back every time they complete a parkrun anywhere in the world.

Once the run is complete, our RD will process the results and the grown ups will receive an email and/or text (depending on what they requested at sign up) with their child's time. This is also published online on our webpage <https://www.parkrun.org.uk/swadlincote-juniors/>

Can Adults take part?

Adults are welcome to run with their juniors we just ask that they don't go through the finish funnel with them as it can confuse the timekeepers. Only participants aged 4-14 can be timed at junior events.

They can take part on Saturday events though!

If adults don't fancy running, we ask them to remain in the park for the duration of their child's participation.

Volunteers

We are run completely by volunteers and warmly welcome anyone who wants to come and join the hi-viz hero fun! A team consists of the RD, marshals, funnel managers (keeping the juniors in order from the finish until they get their token), scanners, tailwalkers, timekeepers, token givers, warm up leaders, set up and pack away teams and someone to welcome first timers. If you want to volunteer, make sure you have also registered for a parkrun barcode because you get volunteer credits added to your profile! The roles are all straightforward and we provide brief training on the morning of the event. Check out our webpage, or email us, to find out more.

Linton Primary School parkrun Launch Event!

As of today, Linton Primary School is now a 'parkrun Primary!' This means they will be working in partnership with us to encourage as many pupils to start attending junior parkrun- with a launch event on Sun **May 17th 2026!** On this date, Mrs Insley, Mrs Green and Mrs Hollis will also be attending and we are hoping that lots of students and their families are able to join us too.

