



Aotearoa New Zealand parkrun Practice Pilot FAQs

1. Why become a parkrun practice?

Under this pilot initiative, GP practices in Auckland and Christchurch are encouraged to develop close links with their local parkrun events to become 'parkrun practices'.

Being a parkrun practice helps you to:

- improve the health and wellbeing of practice staff and patients, reducing the need for lifelong medicine.
- support the move towards personalised care and social prescribing.
- strengthen connections with the local community.
- improve staff morale and relationships between staff members.
- have a conversation with your staff, patients, and community and get them involved in a positive community activity.

2. What is parkrun?

A free, community based physical activity initiative with more than 200,000 walkers, runners and volunteers participating across more than 70 communities nationwide.

- 5k parkrun events take place every Saturday morning in areas of open space.
- Each event is volunteer-led, with parkruns delivered by the community for the community.
- Open to people of all ages and abilities to get involved as walkers, runners, volunteers and spectators.
- There is no time limit, no winners, and nobody finishes last thanks to volunteer Tail Walkers.
- parkrun encourages and celebrates regular participation rather than performance.

All participants should [register with parkrun](#) before their first event. They will receive a personal parkrun 'barode' which becomes their passport to any parkrun in the world on any Saturday morning.

There is a dedicated support site with FAQs, or alternatively people can contact their local parkrun volunteer team via the email address on the event's website.

3. Where is parkrun?

There are more than 70 parkruns in New Zealand every Saturday morning. Find your nearest parkrun using [this interactive map](#) or by downloading [the parkrun app](#).



4. How do we become a parkrun Practice?

The parkrun practice initiative is a voluntary collaboration between a GP practice and a local parkrun event, with the practice making a commitment to promoting parkrun.

Any member of practice staff can register. It is useful if one staff member acts as the principal contact for the initiative.

When you complete the registration form, you'll be asked if you're familiar with your local parkrun event(s). If you are, we would encourage you to pop down to your local parkrun and let them know you've become a parkrun Practice.

If you're not familiar with your local parkrun, or you'd simply like parkrun to make an introduction by email, you can let us know when you register.

parkrun Practices is designed to be a community collaboration!

[Locate your local parkrun](#)

Some practices are lucky to have more than one parkrun event nearby, so you may have the opportunity to link with more than one. It is however important that you contact the team for each event.

You can find a range of resources on this website to help you have a conversation with your staff, patients, and community, get everyone involved and join in the parkrun fun!

Being a parkrun practice really doesn't take up much time, and there are huge benefits to getting involved.

Practices in Auckland and Christchurch can [register using this link](#).

5. How do people register for parkrun?

[The parkrun registration form is here](#). It is free, quick and easy, and you only need to register once.

6. Can I register to be a parkrun Practice outside of Auckland and Christchurch?

Practices in other areas can [register an Expression of Interest here](#) to become a parkrun Practice following the three-month pilot.