

Lingwood parkrun & Lingwood Leg-its – report for Annual Parish Meeting April 2024

Lingwood parkrun takes place every Saturday morning at 9am on the fields behind Lingwood Village Hall. It is a 5k / 3.1 mile timed run or walk, not a race, and is free for all participants. Once registered for parkrun you can take part in any parkrun anywhere in UK and beyond. All you need to remember is to bring a hardcopy or electronic copy of your personal barcode, which you will receive once you have registered.

We welcome runners and walkers of all abilities and have regular runners who can complete the route in a time of under 20 minutes and others who walk the course in a time in excess of one hour. There are no winners and losers at parkrun, just first finishers and other finishers and the volunteer tail walker will always be the last person to finish.

Like all parkruns we are volunteer led, so if you don't fancy running or walking why not come along and volunteer instead? All of our roles are straightforward, and you will be shown what to do by the run director. Volunteering at parkrun is an opportunity to learn new skills and we welcome young people aiming to complete the volunteering section of the Duke of Edinburgh Award scheme.

Once parkrun has finished we grab that all important post parkrun coffee in the Hug a Mug café, where we process the results. Everyone who has participated receives an email / text message with their personal result shortly afterwards.

If you are yet to experience Lingwood parkrun why not come along this Saturday to see what happens and maybe to run, walk or volunteer? It really is a great way to start the weekend.

The Lingwood Leg-its running group was originally created as a Couch to 5k running group around the time Lingwood parkrun was launched in March 2019. Since then it has grown in size and our numbers are now in excess of 50. We welcome runners of all ages and abilities and pride ourselves on our inclusivity. Our youngest runner has just turned 15 whilst our oldest is in their 70s. All of our runs are free to join and we meet every Thursday evening at 6.45pm for a social run of between 5k and 10k.

Our group now has running shirts and vests in black and green or white and green and we are very proud of how smart they look with our name emblazoned across them. Many of our group are training for Spring & Summer marathons and half marathons and will soon be running around the streets of Manchester, London, Berlin, Edinburgh and North Norfolk.

In June we are holding our annual marathon relay where teams of any size run a relay of marathon distance consisting of multiple laps of the Lingwood parkrun course. This event is a great introduction to our running group and the café and bar will be open for pre and post-race refreshment.

If anyone is interested in joining the Leg-its then follow us on social media or email us at lingwoodlegits@gmail.com

Phil Henry,
Lingwood parkrun Event Director