

These Parkrun Girls Can!



By Jo Savage – PR & Communications Officer, Active Sussex

What do you get if you mix a chilly, damp & blustery Saturday morning in March, four bleary-eyed, not very energetic-feeling 30-something-year olds ladies, with a brisk 5km parkrun at Preston Park starting at 9am involving THREE hill climbs?

Flipping FANTASTIC!

To our amazement that's what we found out when we all made it to the finish line without too much difficulty. By 9.30 we were all leaving the park with smiles on our faces, ready to start the weekend – and feeling pretty smug about the fact that we had managed to force ourselves out from under our duvets at 8am.

I'm a fairly regular parkrunner – and despite having a mental battle with myself every Saturday morning – I've never once regretted a parkrun. Getting out of the front door is by far the hardest part. Once you're there, the atmosphere is great with 300+ runners of all abilities and a fantastic network of volunteers cheering you on all the way – it makes the running part really not so bad!

We also realised (afterwards by default) that we were demonstrating expert County Sports Partnership collaboration – with Active Sussex's Gemma & Jo, and Living Sport's Hannah & mate Laura. And of course we were keen to shout about Sport England's This Girl Can campaign.

So all in all, if you're a lady or a man, we reckon you should give it a go if you haven't done already. There's been an explosion of parkruns in the last year with 316 across the country and 8 in Sussex alone – so there's bound to be one near you. Check out their [website](#) to find your nearest one.