

MEDIA RELEASE

NEWS FROM THE UNIVERSITY OF TASMANIA

DATE: WEDNESDAY 6 NOVEMBER 2013

ATTENTION: Chiefs of Staff, News Directors



Launceston embraces first year of parkrun

More than 1000 Launcestonians have embraced the concept of parkrun since its launch in partnership with Active Launceston in November last year, with organisers declaring it a successful fitness initiative for the region.

On the eve of its first anniversary volunteer event director Craig Boon said that participants had completed 4959 runs and covered a distance of 24,795km.

“This is a wonderful effort and a great opportunity for families to get together and get fit at a free community event,” he said.

“Launceston parkrun leaves from Inveresk behind Aurora Stadium, York Park, every Saturday at 9am. We meet at the same time, same location and run the same course so there are heaps of opportunities for participants to improve on their personal best, with 1485 personal bests recorded so far.”

Launceston parkrun is a spinoff from the original parkrun which began in London in 2004 with a group of mates running a weekly 5km.

Since this humble beginning it has grown into a global event and in Australia parkrun now has 51 organised events and 63,690 individual parkrunners registered.

“Events such as this are exactly what Active Launceston is about, getting out getting active, having fun and improving the health and well-being of the community in a friendly social environment,” said Active Launceston coordinator Sharon King.

Parkrun Australia general manager Tim Oberg said that he was honoured to be in attendance at the launch of Launceston parkrun 12 months ago and has been delighted to watch it grow under the leadership of Mr Boon and run director Cathy Lawrence.

“The event has been fully embraced by the Launceston community and everyone involved should feel justifiably proud of their achievements,” he said.

Individuals of all athletic abilities are encouraged to take part in parkrun - from those taking their first steps in running to Olympians - everyone is welcome. The largest attendance so far in Launceston has been 159 runners with an average attendance of 101.

Participant Lance Beament said that when he started parkrun he was recovering from surgery, slow and overweight.

“I have now cut my run time by almost 14 minutes and lost 26.2kg. Not only have I been able to improve my own health and fitness but I have been afforded the opportunity to help other parkrunners by volunteering at three events so far.”

Leanne Evans has also participated in the event since December 2012 and has seen her health improve dramatically, taking five minutes off her time and losing 18kg.

“I feel better than I have in years; I now run four to six days a week and have met some fantastic people along the way.”

Active Launceston is a community-driven partnership with the vision of improving the health and wellbeing of the Launceston community through physical activity. Active Launceston is managed by the University of Tasmania in partnership with Launceston City Council. For more information please visit the website www.activelaunceston.com.au or phone 6324 4047.

PHOTO AND INTERVIEW OPPORTUNITY

EVENT: Media are invited to attend a photo and interview opportunity.

WHO: Parkrun event director Craig Boon, run director Cathy Lawrence, participants Leanne Evans and Lance Beament, Active Launceston coordinator Sharon King.

WHEN: 10am, Thursday 7th November 2013

WHERE: Inveresk precinct, behind Aurora Stadium, York Park. Media to please park near the School of Architecture and walk up, or in the roundhouse car park area and walk across. Parkrun flags will be in place so people will know where to meet.

For more information contact Active Launceston coordinator Sharon King 6324 4047 or visit www.parkrun.com.au/launceston/

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