

parkrun primary

parkrun's mission is to create a **healthier and happier planet** for everyone. Become a **parkrun primary** and join this mission with schools everywhere! Actively promoting junior parkrun within your school will support young people's health and wellbeing, it will help to create opportunities for physical activity and support your school to connect with the local community.

First timer at

junior parkrun?

Here's what it's all about:

It's a weekly, free, 2k community event in open spaces for 4 to 14 year olds and their families.

With a focus on fun, you can walk, jog, run, volunteer or spectate.



How can being a parkrun primary benefit your school?

Fostering a love for movement:

junior parkrun encourages children, families, and staff to enjoy regular physical activity outside school hours, supporting physical and mental wellbeing. It nurtures healthy habits and lays the foundation for a lifelong positive mindset toward movement.

Community engagement:

Connecting with your local junior parkrun(s) strengthens community links and fosters a sense of belonging. It provides opportunities for pupils, families, and staff to come together in a positive, inclusive environment beyond the classroom.

Volunteering and personal development:

Through junior parkrun help pupils to build confidence, develop new skills, and contribute meaningfully to your community. These experiences support the national educational framework, promoting resilience and social growth.

Enhancing education and school values:

junior parkrun supports the PE and PSHE curriculum by offering real-world application of learning. It demonstrates a school's commitment to holistic education, strategic leadership, and promoting wellbeing, inclusivity, and active citizenship.

67%

67% of parents report that junior parkrun improves their child's

Find your local event



There are currently hundreds of junior parkrun events and new ones are starting all the time so there is bound to be one on your school's doorstep. You can find your local junior parkrun

event on our map here:

<http://parkrun.me/jpevents>



junior parkrun

What is Shipley Country junior parkrun?

A free, fun, and friendly weekly 2k event for juniors (4 to 14 year olds).

When is it?

It is held every Sunday at 9:00am.

Where is it?

The event takes place at Shipley Country Park, Slack Lane, Heanor, Derbyshire, DE75 7GX.



The Course

The course is at Shipley Country Park, Heanor. The course is 2000m (2K) long. The course is run entirely on trail paths. The course will be marshalled so that juniors will be in sight of a marshal at all times.



Join us at Shipley Junior Parkrun

Date – 29th March 2026

Time – 9am Start (Please arrive before the briefing at 8.50am)

As a school, we are looking at joining Shipley Junior Parkrun.

We will run, walk, skip our way around the course.

All you need to do to join us is to log onto the Shipley website page (address below) and select 'Register for Parkrun'

<https://www.parkrun.org.uk/register/?eventName=shipleycountry-juniors>

You then receive a barcode. This can be downloaded, or added to your phone so your child's time can be logged.
