

5 June 2015

Our 1st anniversary - celebrating health, fitness and participation

Hoping to celebrate our first parkrun anniversary at Mt Penang with a bit of fun and flare, everyone is invited to come dressed as their favourite superhero on Saturday 13 June.

Since its launch last year, the weekly 5km run has over 800 parkrunners from 46 athletics clubs registered with Mt Penang parkrun. Participants have completed 2,722 runs covering a total distance of 13,610km – that’s like travelling 3 times across the width of Australia.

Mt Penang parkrun Event Director Naomi Neilson says the year has gone by ‘at a run’ with people of all ages taking part in this free community initiative. This relatively flat and scenic course accommodates runners of all levels, from experienced athletes to weekend walkers.

“I am delighted to be celebrating Mt Penang parkrun’s first anniversary. Combining fitness and community spirit, this event is gaining positive momentum on the Central Coast with a weekly average of 60 parkrunners. We had our biggest attendance with 129 people for parkrun Australia’s 10th anniversary on 4 October 2014 and hope to see a bigger crowd join us for our own anniversary.”

“It’s inspiring to see so many in the community, from our tireless volunteers to individual parkrunners, support and encourage each other to bring forward the best in each of us. It’s great to see the Mt Penang parkrun family being built one run at a time.”

“I would like to thank all those who have volunteered over the past year, especially Rachel Peters who has helped me from the beginning. Volunteers enable parkrun to take place every week. Your time and dedication make it the success it is today.”

“We were especially thrilled to have Australian marathon runner, Martin Dent, run the Mt Penang course last November. As you might expect, he holds the men’s record while Stephanie Austin is the women’s record holder for this course.”

“I would also like to acknowledge the following well deserving parkrunners for their achievements over the past year. Huge congratulations to you all,” Ms Neilson said.

	Mt Penang parkrun female annual point winners	Mt Penang parkrun male annual point winners
Gold	Amanda Meyer	John Chilvers
Silver	Kyla Tucker (junior)	William Fearon
Bronze	Karen Tucker	Barry Richardson

	Most improved
Junior female	Keira Ham
Female	Estie Willemse
Junior male	Kyle Chilvers
Male	Murray Scott

Don't miss the action. Expected to be a fun filled morning, put your runners on and came along to help us celebrate.

What: Mt Penang parkrun 1st anniversary

Where: Mt Penang Gardens, Parklands Road, Kariong

When: Saturday 13 June, 8:00am start

Cost: Free

For more information on Mt Penang parkrun and the 1st anniversary event please visit www.facebook.com/mtpenangparkrun.

People wishing to take part in parkrun must register on-line in advance. To register or to find out more about parkrun, go to www.parkrun.com.au/mtpenang, follow the instructions and print your barcode. Once registered, you can turn up on any Saturday, unannounced and run.

Contact us on 4340 1002 or email info@ccrdc.nsw.gov.au if you are interested in becoming a volunteer and assisting with parkrun.

Parkrun

Parkruns are free timed runs which take place 52 weeks a year. Established in London, England in 2004, the non-profit running movement has since gone global. In Australia, parkrun now has 51 organised events and 63,690 individual runners registered.

CCRDC

The Central Coast Regional Development Corporation (CCRDC) is a State Government entity and part of the Department of Planning and Environment NSW cluster. CCRDC is a self-funded entity and does not rely on annual allocations from the State budget to fund operations.

CCRDC owns the land known as Mt Penang Parklands. The Corporation is charged with securing the on-going management of public open spaces and community facilities at Mt Penang.

The Mt Penang parkrun is a partnership between parkrun Australia, the Central Coast Regional Development Corporation (CCRDC) and local volunteers.

---Ends---

For more information and interviews contact STEPHANIE PROUSE on 0477 726 490.