

29 September 2014

Looking to break the Guinness World Record on International parkrun Day

Saturday is International parkrun Day. Launched on 2 October 2004, this year, parkrun is celebrating its 10th anniversary. To mark this important milestone, International parkrun Day participants from around the globe will be attempting to break the Guinness World Record for the 'most participants in a 5km run across multiple locations'.

Mt Penang parkrun will be taking part in the parkrun's celebration. Event Director Naomi Neilson says participating in an event like the International parkrun Day lets everyone know that they are part of a big and diverse community.

"International parkrun Day is about the power of participation. We are really hoping for a record turnout to break the current Guinness World Record. Bring along your family, friends, co-workers and neighbours to Mt Penang parkrun on 4 October for an 8:00am start. It's both free and fun."

"People of all ages and ability are encouraged to take part in the 5km run. You can be a fitness fanatic, push a pram, sprint or walk. To add to the fun, we are asking everyone to dress up in their pyjamas for the run! Participants will also get a chance to win one of two Jetpack Adventure door prizes drawn on the day. Join us in making the Mt Penang inaugural International parkrun Day something really special," Ms. Neilson said.

The current Guinness World Record was set by Cancer Research UK at the Race For Life One Big Day event and involved 101,246 participants at 23 locations across the UK on 4 June 2006.

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. Runners can also drop by the Waterfall Café, which opens at 9:00am for coffee or a bite to eat.

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

parkrun

Free timed runs, parkruns 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 71 organised events and 110,000 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 Corporation is tasked with protecting and enhancing the broad Mt Penang Parkland Precinct, including remnant bushland and ensuring that over one hundred years of Central Coast history is preserved and enjoyed by the community.

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

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