

RIBBLE VALLEY BOROUGH COUNCIL REPORT TO COMMUNITY SERVICES COMMITTEE

Agenda Item No.

meeting date: 16 MAY 2017
title: JUNIOR PARK RUN
submitted by: JOHN HEAP, DIRECTOR OF COMMUNITY SERVICES
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1 PURPOSE

1.1 To provide information on an offer from Ribble Valley Runners to gain permission, set up, and establish a Junior Park Run event within the Castle grounds, Clitheroe.

1.2 Relevance to the Council's ambitions and priorities:

- Community Objectives – To improve the opportunity for young people to participate in recreational and sporting activity.
- Corporate Priorities - To help make people's lives safer and healthier, to promote stronger, more confident, and more active communities throughout the borough.
- Other Considerations – To develop, with relevant partners, measures to support the visitor economy (Park Run tourists). To support Sport England and NHS to tackle inactivity.

2 BACKGROUND

2.1 Park Run is a national charity aimed at getting more people running across the country and the globe. They offer free, safe, timed runs every week in parks around the UK and the world. The runs are normally 5km on Saturday mornings. The nearest local Park Runs for Ribble Valley residents are at Towneley Park, Burnley, or Avenham Park, Preston.

2.2 Junior Park Run follows an identical model, but is exclusively for 4-14yr olds. The junior events are still timed, but cover a junior distance of 2km. The events are free, safe, and easy to take part in. Junior park runs currently operate in 157 locations throughout the UK.

2.3 Ribble Valley Runners is a community group which has as its objective, the interest of the whole running community within Ribble Valley. The group is in the process of being constituted, and anyone with an interest can become a member of the group.

2.4 Ribble Valley, mirroring the national trend, has seen a real surge in running, and running groups, in the area recently.

2.5 The current guideline from the NHS for young people aged 5-18 is 60 minutes of physical activity per day. Running is classed as a vigorous activity.

2.6 A Junior Park Run event would look to be held every Sunday morning at 9am. It would comprise of two laps of a 1km circuit, using the existing tarmac paths within the castle grounds.

3 ISSUES

- 3.1 Park Run, as an organisation, requires that landowners (Ribble Valley Borough Council, in this instance) provide written consent that they are happy for event to be staged on their land every week.
- 3.2 Park Run provides substantial public liability insurance for any runner injured during an event.
- 3.3 Park Run requires that there is an AED (defibrillator) within five minutes of the event. There is a publicly accessible AED located at Trinity Methodist Church.
- 3.4 Park Run requires that there is an established volunteer group to administer events: Ribble Valley Runners is headed up by Dr Jennifer Fairwood (Clitheroe Health Centre), who is passionate about this project, and has recruited a team of event volunteers to help.
- 3.5 Ribble Valley Runners will be required to fund the initial outlay of a Junior Park Run, which is £3000. The group has already explored funding for this, but may approach the Council for a Recreational and Culture grant. This outlay is for IT equipment to monitor runners' registration, and keep track of times.
- 3.6 Clitheroe town centre is quiet on Sunday mornings, so this event will have little impact. Staging the run does not prevent other members of the public from using the Castle Grounds at the same time; the organisers are not seeking, nor require, exclusive use.

4 RISK ASSESSMENT

The approval of this report may have the following implications:

- Resources – The Council is responsible for the maintenance of the parks path, however, the impact of the proposal will be minimal, taking into account the age of the runners.
- Technical, Environmental and Legal – The Council will have to provide written consent to Ribble Valley Runners to formally allow a Junior Park Run to take place.
- Reputation – Granting permission of a Junior Park Run can only be seen as enhancing the reputation of the Council as an organisation that wants to make people's lives safer and healthier, support young people in physical activity, and tackle the nation's problem of inactivity.

5 RECOMMENDED THAT COMMITTEE

Authorises the Director of Community Services to formally write to Ribble Valley Runners and give them approval to set-up a Junior Park Run within Clitheroe Castle Grounds.

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