**Join us on a Parkrun : 5 July 2025**

Looking to make a lifestyle change to help improve your health? We are a Park Run Practice linked with the Ashton Park Run, which runs every Saturday from 9am.

These are really friendly and relaxed events, you can walk or run to complete the 5km course and you’ll be supported by a team of dedicated volunteers throughout. It’s wonderfully inclusive.

If you wish to join a run please visit [ashton court park run](https://www.parkrun.org.uk/ashtoncourt/).

There are also parkruns in Eastville, Clevedon and Blaise Castle if they are more convenient.

If you wish to help out at an event there are plenty of volunteering experiences, which are listed below. We periodically take a team to help with a run and we’d love you to join us.

The next parkrun we’re supporting is 5 July. Please do let us know if you can help or just want to know more. You’d be needed from 8.30 to 10.30am. Volunteers need to [register in advance](https://www.parkrun.org.uk/register/) with parkrun.

If you have any questions please email <bnssg.believeinbetterbvm@nhs.net>

**Volunteering Opportunities**

**Timekeeper(s)** responsible for recording the finish times of participants (using the Virtual Volunteer app). Ideally, events should use two timing devices to protect against losing one set of times.

**Finish Token** volunteers are responsible for handing out position tokens to all participants working in a team with the timekeeper.

**Barcode Scanner(s)** scans the personal barcode (using the Virtual Volunteer app), followed by the barcode on the finish position token, to ensure every participant who completes the course receives a result.

**Tail Walker(s)** a friendly face who stays at the back of the field and should be the last to go through the finish funnel, ensuring that everyone is accounted for.

**Parkwalker(s)** a friendly face who provide support and encouragement to walkers.

**Marshals** guiding, interacting and encouraging the participants around the course, warning them of any obstacles or hazards, alerting the Run Director to any incidents. The Marshal should stay in position until the Tail Walker passes them for the last time.

**Photographer** takes photographs/ videos for inclusion in parkrun communication and social media channels.

**Funnel Manager** is responsible for the whole finish area and is primarily focused on ensuring the participants move smoothly through the finish funnel.