Sport RCT
Case Study

Getting adults more active - Pontypridd parkrun

In 2013 we were contacted by Allen Bevan, a resident of Pontypridd, about starting a parkrun in Ynysangharad War Memorial Park. Allen travelled weekly to Cardiff parkrun and believed there was enough interest locally to start one in RCT. We provided support and funding, working alongside the park and Pontypridd Town Council, and the first event was held on October 12th, 2013, with 176 people taking part.

Since then, the event has gone from strength to strength, attracting new runners and visitors alike. The organisers have developed a tight knit community with a strong family ethos, and have created strong links with local running groups, local community groups, hosting regular takeovers supporting good causes and charities. Park events and global pandemics aside, the parkrun takes place at 9.00am every Saturday morning, it's completely free and people of all ages and running abilities are welcome. On November 11th, 2023, the 400th Pontypridd parkrun took place, with 376 participants and 36 volunteers in attendance.

Over the **400** events that have taken place, **12,129** different people have walked/ran/jogged a total of **459,380km**. Each of those events would not have been possible without the efforts of **1,140** different volunteers. At the **91,876** parkruns that have been completed, **15,941** personal bests have been achieved. We spoke to 98 people who attend Pontypridd parkrun and asked them why it was so special.

> "It's the highlight of the week."
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> "When I started parkrun, I was an overweight smoker. Now I'm neither."
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> "I love that I am never judged on my weight, my speed or what I look like. Everyone is supportive and inclusive!"
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> "It's a great feel-good start to the weekend. Ponty parkrun is incredibly friendly and welcoming and has a real sense of family and community."
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> "I'm fitter now in my fifties than I have ever been, and it all started with Parkrun."
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> "For someone who suffers with anxiety, going to parkrun has given me the confidence to enjoy running on a weekly basis, and it certainly helps with mental health!"
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> "Parkrun helped me cope with my breast cancer treatment."
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> "I owe so much to Ponty parkrun. It did a lot for my confidence as I now coach and lead groups for my local running club."

12,129 participants

91% are now more active, more often

99% intend to continue taking part

100% feel healthier

94% feel more confident

1,140 volunteers

100% feel happier

87% made new friends

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