

## Hilly Fields junior parkrun - weekly free 2k timed event for juniors

<https://www.parkrun.org.uk/register/>

It is only for juniors - if you're not a junior, how about trying one of the **weekly Saturday parkrun events**?

### What is Hilly Fields junior parkrun?

It is a 2k event for juniors only (4-14 year olds). If you are not a junior please try one of our weekly Saturday parkrun events instead.

### When is it?

It is held every Sunday at 9:00am.

### Where is it?

The event takes place in Hilly Fields park, off Adelaide Avenue, Ladywell / Brockley, London, SE4 1LD. See [Course page](#) for more details.

### What does it cost to join in?

Nothing - it's free! but please **register** before your first visit. Only ever

register with parkrun once. Don't forget to bring a **printed** copy of your barcode ([request a reminder](#)).

### How fast do I have to be?

The aim is to have fun. Please come along and join in whatever your pace!



## The course

The course is in Hilly Fields park, off Adelaide Avenue, Ladywell / Brockley, London. The course is 2000m (2K) long. This has been accurately measured by us with a professional measuring wheel. The course is run on a mixture of tarmac paths and grass. Some sections of the course may accumulate mud, leaves and puddles after rain. Marshals will be located along the course.

The course will be marshalled so that juniors will be in sight of a marshal at all times.

Please remember that the parkrun uses shared paths. **Please give way to other park users.** This won't slow you down and will help ensure the overall success of the event.

Please, wherever possible walk, jog, cycle or use public transport when attending the event. If you do have to drive, please consider car-sharing to reduce our impact on both the environment and other park users. Please also watch out for other park users when arriving and leaving. Parking may be limited so try to arrive early.

## Junior parkrun rules and guidelines

Hilly Fields junior parkrun is a fun, free event organised by volunteers for the benefit of everyone. To make the event as safe as possible, participants, spectators and volunteers are asked to take note of the following rules and guidelines:

- Whilst parkrun fully accepts its duty of care and will do everything it can to minimise risk of injury and harm to all participants whilst at parkrun events, it is **parent/guardians who ultimately have responsibility for the welfare of their children.**
- It is not mandatory for a parent/guardian to participate in junior parkruns, but children under the age of 11 must be accompanied to/from the event by a responsible adult, and the responsible adult **must remain in attendance for the duration of the event.**
- Junior events are **open and inclusive.** Disabled people may participate wherever it is safe for them to do so. The event team can provide disabled participants with course information in order that the participant (or their parent/guardian) can make an informed decision about their safe participation.
- Whilst more competitive children can use junior parkruns to test themselves against their own time, and against others, **participation should ultimately be for fun,** and we urge all parents/guardians/volunteers not to put children under undue pressure to perform.
- Participants should be able to complete (run, jog, walk) 2km. Health advice about running can be found at the excellent [Runners' Medical Resource website](#) (although this external website focuses on preparation for a race and does not describe parkrun events).
- junior parkruns are running, jogging and walking events, and the use of children's scooters, balance bikes, trikes or cycles is prohibited.
- Slower runners are encouraged to seed themselves, by starting towards the back of the group especially if an adult is accompanying them.
- junior parkruns are timed events. Only those aged between 4-14 years old and on foot (eg not those in a buggy or on the shoulders of an adult) can cross the finish line and be recorded in the results list.
- Exceptions to this rule are subject to the discretion of the Event and/or Run Director. Examples include those over 14 with special educational needs (SEN) or those with a registered disability, for whom social interaction and physical activity may be difficult but important.
- A strict 'no barcode no result' policy will be enforced.

- Buggies are allowed, subject to course conditions, but only if the adult pushing the buggy is accompanying a junior runner. Adults with buggies are urged to position themselves appropriately for the safety and enjoyment of all.
- Dogs or other pets are not allowed to take part in junior parkruns.
- When running, take care should be taken on uneven surfaces and participants should watch out for other park users, animals, vehicles, park maintenance work, trees, posts and other obstacles around the course. All parkrunners should be considerate to the park and all other park users at all times.
- Spectators should keep clear of participants on the course and keep control of any children and dogs.
- Participants should take care near roads and car parks, congregate away from the cars and be careful if driving to/from the event.
- Photography or filming is likely to take place at junior parkrun events. Please see our photos page for more details.
- Lyme Disease is a bacterial infection spread to humans by infected ticks. Consider protecting yourself by wearing repellent when at parkrun events in grassy or wooded areas. See [lymediseaseuk.com](http://lymediseaseuk.com) for further details.
- This is a free event and all participants attend and run at their own risk.

### **A Walk in the Woods for Parents and Children**

We are collaborating with The Novum Partnership ([The Baring Road Medical Centre](#)), [King's College London](#) medical school and [GCDA](#) to bring you '[A Walk in the Woods](#)' for new and expectant parents, grandparents, childminders and carers with children.

Join us and enjoy being in the woods and explore the hidden gem of Grove Park Nature Reserve. Being in nature, gentle exercise, good company are all good for your wellbeing.

Every Tuesday starting at 1pm. The walk is approximately 45 minutes in Grove Park Nature Reserve followed by refreshments and healthy snacks at the GP surgery afterwards, where you can interact with the Dr and medical students as well as other parents.

We will be out in all weathers, so please dress appropriately. It may be muddy but it is fairly level! You can just turn up or, for more information, email [baring.walks@gmail.com](mailto:baring.walks@gmail.com) or [info@thebaringtrust.com](mailto:info@thebaringtrust.com) or call 07878 913598.

The sessions are kindly sponsored by The Baring Road Medical Centre and [L&Q](#).