

Thursday 24 October 2024

Parkrun establishes new event at Macquarie Park

Parkrun Australia, which stages popular organised running events at more than 500 locations throughout the country, has established its latest weekly Sydney event at a new course in Macquarie Park.

This free, fun, and friendly community activity is held every Saturday at 8.00am and people of all ages and athletic ability who can walk, jog, or run around the 5km course situated within the scenic Macquarie University campus are welcome. Opportunities to volunteer are also available.

The start/finish line is on Wally's Walk, near the intersection of Sir Christopher Ondaatje Ave and the predominantly flat course is on sealed surfaces.

The Macquarie Park Parkrun is the result of a resolution at the September 2023 Ordinary Council Meeting from a Notice of Motion tabled by Cllr Daniel Han.

Macquarie University was identified by a subsequent Council investigation as the most suitable site to host Parkrun events within the LGA. There are ongoing investigations into another potential Parkrun site at the Riverside Walk from Kissing Point Park to Anderson Park in Putney.

City of Ryde Mayor Trenton Brown welcomed the addition of Parkrun to Council's already impressive portfolio of sport and recreation options.

"Our community treasures its opportunities to utilise the City's open spaces for exercise, which makes a vital contribution to our overall health and sense of wellbeing," he said.

"There are Parkrun events each Saturday and Sunday in 20 countries all around the world, with all these events organised by a group of dedicated, local community volunteers.

"Parkrun is about inclusiveness and wellbeing, regardless of athletic ability. It is an effective community fitness initiative where everyone has the chance to feel part of not only a local community but also a global fitness community."

Parkrun is free but a one-off registration is required to obtain a scannable barcode to keep a record of your times.

For more details, click [here](#)

**Media Contact: Brett Thomas, City of Ryde Communications m • 0466 479 556
e • media@ryde.nsw.gov.au**