

**Parkrun: Much More Than Just A Run In The Park By
Debra Bourne**

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timed, FREE, run. But South Australia is not on 1 December 2012 Torrens parkrun launched with much fanfare and strong support from the local running

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This book charts the rise of parkrun and how our weekly ritual has become more than just a run in a park. Penned by Debra Bourne, Event Director at Lloyd parkrun in

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I was unable to run at the first Eastleigh parkrun Reaching 100 parkruns finally. I stood on the start line with 71 others not realising just how

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