

Press release

Minister Hildegarde Naughton encourages people to be more active as she announces funding for Parkrun Ireland

From [Department of Health \(/en/organisation/department-of-health/\)](/en/organisation/department-of-health/)

Published on 18 June 2023

Last updated on 17 July 2023

The Minister for Public Health, Wellbeing and the National Drugs Strategy Hildegarde Naughton has joined Oranmore Parkrun in County Galway where she announced €150,000 in funding for Parkrun Ireland.

Parkrun is a free weekly walking and running event. There are 5km events held every Saturday for adults in 104 locations nationwide, and 2km events held on Sundays for children aged 2 to 14, in 33 locations.

With over 370,000 adults and children registered to participate it is a key programme supporting government policies including the National Physical Activity Plan and the National Sports Policy.

Parkrun Ireland is a key partner of Healthy Ireland, the National Framework for improving health and wellbeing, and this has been reflected in the support provided through the Health Service Executive (HSE) and Healthy Ireland to date.

Funding of €150,000 will enable the programme to extend the number of Parkrun locations in Ireland and expand the age groups of participants.

Speaking at Oranmore Parkrun where she announced the funding, Minister Naughton said:

"The promotion of physical activity is one of my priorities as Minister for Public Health and Wellbeing. Parkrun Ireland, with its emphasis on volunteer-led community activity, is a fantastic example of how to enable and encourage adults, children and young people to start and continue on their wellbeing journey.

"I am very happy that Healthy Ireland has been able to provide funding to enable Parkrun Ireland to expand and improve their activities. This initiative has a great record of success across the country and I look forward to seeing even greater achievements in the coming years."

Parkrun Ireland Country Manager Matt Shields said:

"Parkrun's commitment to promoting active lifestyles perfectly embodies Healthy Ireland principles.

"By working together, we form a positive force, inspiring individuals of all ages and backgrounds to reclaim their physical and mental health and well-being. As Parkrun continues to strive toward more inclusive and accessible community-based events, we look to align with the Healthy Ireland vision of a more active Ireland.

"I am very happy today to celebrate the power of our grassroots movements, reminding us of the strength we build by coming together to create a healthier and happier planet."

Chief Medical Officer Professor Breda Smyth said:

"Physical activity such as walking, jogging or running is a great way to boost our physical and mental wellbeing and should be incorporated into our daily lives from a very young age.

"As a regular participant in Parkrun events, I've seen first-hand how it provides a great opportunity for people to be active in a safe social setting.

"I'm delighted that Healthy Ireland funding will assist Parkrun in expanding the programme to reach additional age groups, engaging even more people in positive lifestyle behaviours."

Notes

Parkrun 5km events for adults are held on Saturday mornings in 104 locations nationwide.

Junior Parkrun events, covering 2km, are held every Sunday morning for children aged 2 to 14 in 33 locations.

Support for Parkrun will enable its expansion in Ireland, in line with the Healthy Ireland strategic objective of increasing levels of participation in physical activity in order to improve physical and mental health and wellbeing. Parkrun also aligns closely with the goals of Ireland's [National Physical Activity Plan \(https://www.gov.ie/en/policy-information/b60202-national-physical-activity/\)](https://www.gov.ie/en/policy-information/b60202-national-physical-activity/) and [National Sports Policy \(https://www.gov.ie/en/publication/aaa7d9-national-sports-policy-2018-2027/\)](https://www.gov.ie/en/publication/aaa7d9-national-sports-policy-2018-2027/).

Part of

Policies

[Health \(/en/policy/c75aa0-health/\)](/en/policy/c75aa0-health/)

BETA

This is a prototype - your feedback will help us to improve it.

Help us improve gov.ie**[Leave feedback](#)****Departments and publications**[Circulars \(/en/circulars/\)](/en/circulars/)[Consultations \(/en/consultations/\)](/en/consultations/)[Directory \(/en/directory/\)](/en/directory/)[Policies \(/en/policies/\)](/en/policies/)[Publications \(/en/publications/\)](/en/publications/)**About gov.ie**[About gov.ie \(/en/help/about-govie/\)](/en/help/about-govie/)[Accessibility \(/en/help/accessibility/\)](/en/help/accessibility/)[Privacy policy \(/en/help/privacy-policy/\)](/en/help/privacy-policy/)[Who does what \(/en/help/e170a-who-does-what/\)](/en/help/e170a-who-does-what/)

Rialtas na hÉireann
Government of Ireland

Manage cookie preferences[Manage preferences](#)