

Southern Path parkrun - Takanini, Auckland

Looking for volunteer opportunities / hours?

We can help you with volunteering opportunities. You won't just be ticking off hours, you'll be part of a community event that improves peoples lives, and you'll probably have fun doing it!

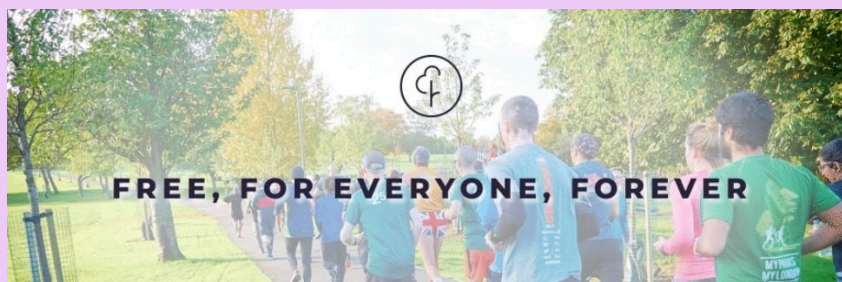


What is Southern Path parkrun?

Southern Path parkrun is a free, weekly, 5km community event held every Saturday morning at Conifer Grove Reserve. People of all ages and abilities can walk, jog, run, or volunteer. It's part of the global parkrun movement, which runs thousands of events world wide. It's not a race it's about participation, community, and supporting each other to be active and healthy.

Since launching Southern Path parkrun on 16th November 2024

Participants	Individual Volunteers	Distance covered
2400+	299	48,000km



Southern Path parkrun

southernpath@parkrun.com

Find us on Facebook | Instagram



ACKNOWLEDGEMENTS

With thanks to all volunteers who make parkrun possible, we couldn't do it without you!

Why should you do your volunteer hours with parkrun?

It's meaningful community service

You're helping create a safe, welcoming event that supports people's physical and mental wellbeing. Your time directly benefits families, kids, older adults, and first-time runners in your own community.

You build real-world skills

Volunteering can involve:

- Timekeeping
- Handing out finish tokens
- Scanning barcodes
- Setting up or packing down
- Course marshalling (encouraging participants along the route)
- Tail-walking
- Helping with social media or communications

You'll develop leadership, communication, teamwork, responsibility, and confidence. All great for CVs, university applications, and job interviews. What is even better is from 4 years old you can register to have a barcode (which enables you to volunteer with the support from your parent).

It's positive and supportive

parkrun has a friendly, inclusive culture. You're part of a team each week, not just completing hours and leaving. Many students say it feels less like "mandatory service" and more like being part of something special. At Southern Path parkrun, every second week we have Achillies join us which is an organisation that enables those with disabilities or are blind and visually impaired participants to take part with a guide. Regularly we also have "wheelies" (wheel chair users) join us too as our course is inclusive for everyone, just how we like it!

It's flexible

You can volunteer occasionally or regularly, depending on how many hours you need. Roles rotate, so you can try different things. Basically you choose when you are available and what role you want to do, just check out our website or white board on the day.

It looks great on a school or club record

Being involved in a structured, international organisation like parkrun shows commitment and reliability especially if you return consistently or take on responsibility. You can even complete the 5km course and volunteer on the same day if you really want.

