



## **parkrun Volunteers, Hayes**

Are you a running or fitness enthusiast or someone who is looking for an opportunity to do something meaningful? There are several volunteer roles needed for the next parkrun in Hillingdon.

**Lake Farm junior parkrun is coming to Hayes in February 2026**

### **Volunteering roles**

(full role descriptions are available for each role upon request)

- **Event director**

Each parkrun event is managed by 1 or 2 event directors, who are responsible for ensuring the event is delivered appropriately, for building relationships with landowners, and for liaising with parkrun headquarters.

- **Run director**

The run director has overall responsibility for event safety and oversees proceedings during the event and at the finish line. They must be near the start and / or finish area at all times. The run director has the ultimate authority to decide whether the event should be cancelled or postponed, or if an adjustment to the course is required.

- **Warm-up leader**

This role involves taking the juniors through a short pre-defined warm-up routine. It is also an opportunity to create a fun environment. parkrun has developed a warm-up routine that should be used.

- **Marshal**

Marshals at junior parkrun events are positioned no more than 100 metres apart and maintain line-of-sight to the next marshal. Marshals perform a variety of tasks, which include giving directions, ensuring safety on the course and cheerleading.

- **Timekeeper**

The timekeeper is responsible for recording the finish times of all participants at the event (using the Virtual Volunteer app). Ideally, events should use 2 timing devices to protect against losing 1 set of times.

- **Barcode scanner**

This volunteer scans the personal barcode (using the Virtual Volunteer app), followed by the barcode on the finish position token, to ensure every participant who completes the course receives a result.

- **Tail walker**

The tail walker role is a friendly face or faces, who stay right at the back of the field and should be the last to go through the finish funnel, ensuring that everyone is accounted for. A tail walker is entitled to receive both a volunteer credit and a walk / run credit (providing they brought their barcode along to be scanned) when carrying out this role.

- **Funnel manager**

The funnel manager is responsible for the whole finish area and is primarily focused on ensuring the participants move smoothly and swiftly through the finish funnel. At junior parkrun, we have children as young as 4 participating unaccompanied, and when you add in parents trying to shepherd their own children as well, this can make the finish funnel a challenging area to manage. It's critical, therefore, to both the safeguarding of our younger participants and efficient event delivery, that every junior parkrun finish funnel has a dedicated volunteer whose sole responsibility is to ensure the children pass through this area safely and appropriately.

## **Interested in volunteering?**

### **To Apply**

1. Visit [www.h4all.org.uk](http://www.h4all.org.uk) and download or print an application form OR Email [volunteerhub@h4all.org.uk](mailto:volunteerhub@h4all.org.uk) to request an application form to be sent to you by email or post.
2. Send your completed form by email to [volunteerhub@h4all.org.uk](mailto:volunteerhub@h4all.org.uk) OR post to H4ALL, Volunteer Development Team, Key House, Yiewsley, UB7 9BQ.
3. Call 01895-676-111 to speak to a member of the H4ALL volunteering team in person.