



## The LiveWyer guide to RUNNING IN LONDON

### PARKRUN

You may already know or participate in Parkrun in your own city, but it started in London way back in 2004 (even older than Kubernetes!). There are now 800 different Parkruns across the UK and dozens to choose from in London.

The only constants are that they take place at 9am on Saturdays, the run is 5km and they're free – and each has a designated coffee stop afterwards! You can find the full list online, but we've picked out a few of our favourites too.

There are two runs nearby to the conference venue, the first of which starts at **Victoria Dock** and runs right alongside the ExCel Centre.

<https://www.parkrun.org.uk/victoriadock/>

If you want something bit more green you can head over to **Beckton Park** for a more traditional circuit.

<https://www.parkrun.org.uk/beckton/>

Those based in North London could run through the ancient woodlands of **Hampstead Heath**.

<https://www.parkrun.org.uk/hampsteadheath/>

If you're staying in Central London or south of the river then **Battersea** parkrun is a popular option with lots of post-run

cafes to choose from.

<https://www.parkrun.org.uk/battersea/>

Of course it is a saturday morning, so you might just find that the best parkrun is the one that's nearest to you, so check out their locations online.

<https://www.parkrun.org.uk/>

### RUNNING CLUBS

**Track Mafia** hold a weekly run in Paddington Recreation Ground, every Thursday at 6.30pm.

[https://www.instagram.com/trackmafia\\_/](https://www.instagram.com/trackmafia_/)

And for something a bit different there's **Tempo LDN**, holding a 5k run / DJ workshop at Peckham Levels on Saturday 29th, along with a regular weekly run club.

<https://www.instagram.com/tempo.ldn/>

**Let's Do This** have a list of organised runs, with options before and after KubeCon.

<https://www.letsdothis.com/gb>

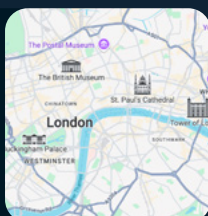
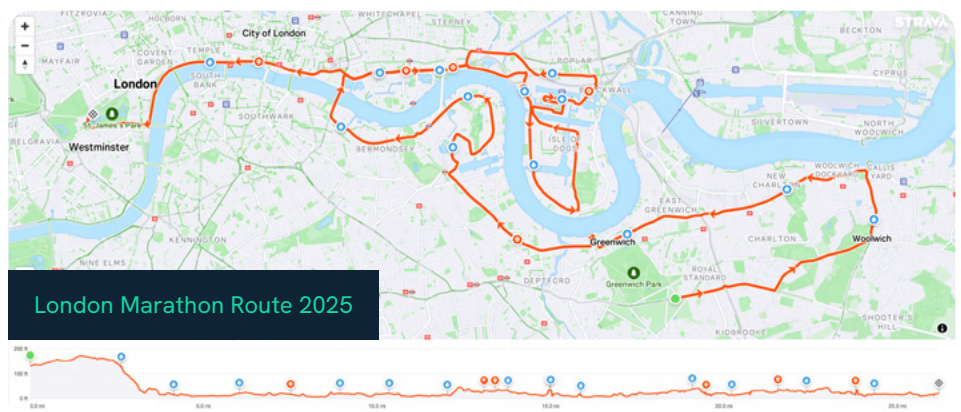
### LONDON MARATHON

The marathon was famously not invented in London, but a famous marathon occurs every year in April. You'll be here too early to witness it, but there's nothing to stop you looking up the route and doing sections in your own time.

<https://www.londonmarathonevents.co.uk/>

For a (somewhat) less intense experience that will also take in some of London's top sights, you can check out the route for the **London Landmarks Half Marathon**, which takes place on 6th April (too late to sign up for the actual event though).

<https://llhm.co.uk/>



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