

Exploring the benefits of participation in community-based running and walking events: a cross-sectional survey of parkrun participants

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Published version

QUIRK, Helen, BULLAS, Alice, HAAKE, Steve, GOYDER, Elizabeth, GRANEY, Mike, WELLINGTON, Chrissie, COPELAND, Robert, REECE, Lindsey and STEVINSON, Clare (2021). Exploring the benefits of participation in community-based running and walking events: a cross-sectional survey of parkrun participants. *BMC Public Health*, 21 (1).

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Additional File 2

Physical activity at the survey for those who were in the inactive category (less than once per week) at registration.

| Activity category at survey | Inactive | Deprived / Inactive | Inactive | Deprived / Inactive |
|------------------------------------|-----------------|----------------------------|-----------------|----------------------------|
| <1 | 258 | 32 | 11.7% | 13.5% |
| ≈1 | 460 | 52 | 21.0% | 21.9% |
| ≈2 | 566 | 52 | 25.9% | 21.9% |
| ≈3 | 537 | 66 | 24.7% | 27.8% |
| ≥4 | 358 | 35 | 16.6% | 14.8% |
| Total | 2,179 | 237 | 100% | 100% |
| Increased | 1,921 | 205 | 88.2% | 86.5% |
| Median | | | ≈2 | ≈2 |
| Mode | | | ≈2 | ≈3 |