

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

QUIRK, Helen <<http://orcid.org/0000-0003-2716-4681>>, BULLAS, Alice, HAAKE, Steve <<http://orcid.org/0000-0002-4449-6680>>, GOYDER, Elizabeth, GRANEY, Mike, WELLINGTON, Chrissie, COPELAND, Robert <<http://orcid.org/0000-0002-4147-5876>>, REECE, Lindsey and STEVINSON, Clare

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### Additional File 3

Data for participants who were runners/walkers and runners/walkers who volunteer for the full sample (see also Table 2) and a truncated sample who participated in  $\leq 8.85$  parkruns per year. Data in grey-italic indicate numbers  $<10$ .

(a) Demographic	Full sample/sub-sample				Truncated sample/sub-sample				
	Full sample	Deprived sub-sample	Inactive sub-sample	Deprived / inactive sub-sample	Full sample	Deprived sub-sample	Inactive sub-sample	Deprived / inactive sub-sample	
Survey responses (n)	60,000	4,384	2,184	237	31,632	1,868	789	94	
Proportion female	51.7%	52.5%	54.8%	56.1%	55.2%	56.4%	59.7%	58.5%	
Age (years)	n	59,618	4,377	2,183	237	18,168	1,862	788	237
	Mean	48.0	44.3	45.6	43.6	46.9	42.8	43.6	44.0
	Standard deviation	13.1	12.7	12.6	12.0	13.3	12.6	12.8	12.6
	Effect size		0.29	0.19	0.34		0.31	0.25	0.22
Index of multiple deprivation	n	46,153	4,384	2,134	237	18,709	1,868	766	94
	Quartile 1	9.5%	100%	11.1%	100%	10.0%	100%	12.3%	100%
	Quartile 2	20.4%		22.2%		20.4%		23.0%	
	Quartile 3	30.0%		30.4%		29.5%		28.9%	
	Quartile 4	40.1%		36.3%		40.1%		35.9%	
Physical activity level at registration	n	42,747	4,041	2,184	237	16,925	1,679	789	94
	Inactive $<1$ per week	5.1%	5.9%	100%	100%	4.7%	5.6%	100%	100%
	Active $\approx 1$ per week	11.5%	11.3%			10.4%	11.8%		
	Active $\approx 2$ per week	22.8%	22.5%			21.6%	21.4%		
	Active $\approx 3$ per week	33.8%	34.0%			34.1%	33.4%		
	Active $\geq 4$ per week	26.9%	26.3%			29.4%	27.8%		
Ethnicity	n	59,340	4,342	2,167	233	31,530	1,850	780	91
	White	96.4%	94.0%	94.9%	93.1%	96.1%	93.1%	94.5%	92.3%

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Black, Asian or Other ethnic background		2.9%	5.3%	4.5%	6.0%	3.1%	6.0%	5.1%	6.6%
Rather not say		0.8%	0.8%	0.6%	0.9%	0.8%	0.9%	0.4%	1.1%
Employment status	n	58,433	4,277	2,117	229	31,110	1,826	761	91
	Full-time paid employment	55.7%	64.6%	59.3%	64.2%	56.2%	64.8%	58.7%	57.1%
	Part-time paid employment	14.0%	11.6%	15.7%	15.3%	14.1%	11.2%	15.9%	16.5%
	Fully retired	12.5%	7.4%	8.1%	4.4%	11.3%	6.3%	7.2%	3.3%
	Self-employed	9.5%	8.0%	8.6%	6.6%	9.6%	8.8%	9.1%	12.1%
	Student	3.1%	3.4%	3.3%	3.1%	3.6%	3.6%	4.7%	4.4%
	Unemployed and not working	1.2%	1.7%	2.1%	3.1%	1.2%	1.5%	2.0%	1.1%
	Other	4.1%	3.4%	2.8%	3.5%	4.0%	3.9%	2.4%	5.5%

(b) Health at survey		Full sample/sub-sample				Truncated sample/sub-sample			
		Full sample	Deprived sub-sample	Inactive sub-sample	Deprived / inactive sub-sample	Full sample	Deprived sub-sample	Inactive sub-sample	Deprived / inactive sub-sample
Happiness (0 – 10)	n	59,998	4,384	2,184	237	31,994	1,868	789	94
	Mean	7.52	7.35	7.26	7.11	7.49	7.32	7.10	7.16
	Standard deviation	1.72	1.80	1.79	1.95	1.75	1.80	1.91	2.22
	Effect size		0.10	0.15	0.24		0.10	0.22	0.19
Life satisfaction (0 – 10)	n	59,993	4,384	2,183	237	31,993	1,868	789	94
	Mean	7.76	7.58	7.48	7.37	7.72	7.52	7.29	7.27
	Standard deviation	1.46	1.54	1.53	1.60	1.49	1.56	1.64	1.80
	Effect size		0.12	0.19	0.27		0.13	0.29	0.30
Health today (0 – 100)	n	57,283	4,205	2,093	225	30,313	1,784	752	90
	Mean	81.0	79.3	77.3	74.7	80.6	78.7	75.6	73.3
	Standard deviation	12.7	13.7	14.3	15.2	13.1	14.1	15.0	16.5
	Effect size		0.13	0.29	0.50		0.14	0.38	0.56

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<b>(c) Motives</b>		<b>Sample/sub-sample</b>				<b>Sample/sub-sample</b>			
		<b>Full sample</b>	<b>Deprived sub-sample</b>	<b>Inactive sub-sample</b>	<b>Deprived / inactive sub-sample</b>	<b>Full sample</b>	<b>Deprived sub-sample</b>	<b>Inactive sub-sample</b>	<b>Deprived / inactive sub-sample</b>
Motives	n	59,263	4,344	2,161	234	31,466	1,845	778	91
(Rank) Proportion of n for top 10 motives									
	To contribute to my fitness	(1) 56.2%	(1) 52.2%	(1) 50.6%	(2) 45.3%	(1) 55.4%	(1) 53.2%	(1) 50.8%	(2) 47.3%
	To improve my physical health	(2) 37.0%	(2) 39.5%	(2) 49.1%	(1) 48.3%	(2) 35.0%	(2) 37.7%	(2) 45.3%	(1) 54.8%
	To gain a sense of personal achievement	(3) 26.9%	(3) 26.0%	(4) 25.4%	(5) 25.6%	(3) 25.5%	(3) 24.1%	(4) 23.0%	(=3) 24.7%
	To get a recorded time for a 5k	(4) 21.4%	(4) 22.0%	(7) 11.7%	(7) 12.8%	(4) 23.2%	(4) 23.1%	(7) 13.8%	(7) 11.8%
	To manage my weight	(5) 19.8%	(5) 21.4%	(3) 29.2%	(3) 32.5%	(5) 19.5%	(5) 20.4%	(3) 30.1%	(=3) 24.7%
	My friends, family or colleagues encouraged me to	(6) 15.2%	(7) 15.1%	(5) 24.5%	(4) 26.1%	(7) 13.3%	(8) 13.8%	(5) 20.5%	(5) 23.7%
	To train for another sport/event	(7) 14.2%	(8) 13.9%	(10) 6.7%	(9) 8.1%	(6) 16.0%	(7) 16.3%	(8) 9.4%	(9) 7.5%
	To improve my mental health	(8) 13.0%	(6) 16.8%	(6) 17.1%	(6) 18.8%	(8) 13.2%	(6) 17.6%	(6) 18.0%	(6) 22.6%
	To feel part of a community	(9) 11.0%	(9) 11.3%	(9) 6.8%	(10) 6.0%	(11)10.3%	(11) 8.6%	(11) 7.1%	(10) 4.3%
	To spend time outdoors	(10)10.3%	(10)10.2%	(8) 8.2%	(8) 10.3%	(9) 11.3%	(9) 12.0%	(9) 8.9%	(8) 10.8%

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(d) parkrun participation		Survey				Truncated			
		Full sample	Deprived sub-sample	Inactive sub-sample	Deprived / inactive sub-sample	Full sample	Deprived sub-sample	Inactive sub-sample	Deprived / inactive sub-sample
Years registered with parkrun	n	47,701	4,300	2,184	237	18,696	1,784	798	94
	Mean	3.13	2.71	2.40	2.28	3.44	2.93	2.82	2.56
	SD	2.53	2.30	1.92	1.80	2.58	2.25	1.88	1.83
	Median	2.61	2.17	1.99	1.84	3.05	2.46	2.55	2.22
	Q1-Q3	0.94-4.81	0.72-4.20	0.74-3.82	0.68-3.46	1.37-5.05	1.07-4.36	1.16-4.2	0.90-3.70
	Effect size		0.17	0.29	0.34		0.20	0.24	0.34
Total parkruns run/walked	n	45,708	4,193	2,116	232	17,703	1,677	790	89
	Mean	46.0	39.2	37.4	35.0	13.12	11.4	10.8	10.0
	Standard deviation	61.1	54.7	46.9	48.2	13.91	12.6	10.4	10.6
	Median	21	17	18	15	8	7	7	6
	Q1-Q3	6 - 62	5 - 51	6 - 50	6 - 44	3-18	3-15	3-15	2-14
	Effect size		0.11	0.14	0.18		0.12	0.17	0.22
parkruns run/walked per year	n	34,211	2,942	1,447	151	14,756	1,320	586	66
	Mean	14.60	14.12	15.53	14.78	3.73	3.77	3.79	3.88
	Standard deviation	12.15	12.02	12.50	12.67	2.46	2.50	2.47	3.25
	Median	11.3	10.7	12.2	11.0	3.33	3.42	3.30	3.25
	Q1-Q3	4.0-23.3	3.9-22.5	4.4-25.4	3.9-24.1	1.58-5.71	1.50-5.90	1.68-5.89	1.89-6.57
	Effect size		0.04	0.08	0.01		0.02	0.02	0.06

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(e) physical activity at the survey	Survey				Truncated			
	Full sample	Deprived sub-sample	Inactive sub-sample	Deprived / inactive sub-sample	Full sample	Deprived sub-sample	Inactive sub-sample	Deprived / inactive sub-sample
Single activity question n	59,967	4,382	2,183	236	31,975	1,869	790	95
Mean	3.59	3.45	2.41	2.47	3.57	3.40	2.35	2.52
Standard deviation	1.77	1.81	1.67	1.71	1.81	1.88	1.74	1.87
Median	3	3	2	2	3	3	2	2
Q1 – Q3	2 – 5	2 – 5	1 – 3	1 - 3	2 – 5	2 – 5	1 – 3	1 – 4
Effect size		0.08	0.67	0.64		0.09	0.67	0.58
IPAQ n	45,496	3,303	1,568	171	23,250	1,380	545	67
Proportion low or moderate physical activity	35.8%	38.0%	62.2%	59.6%	35.9%	38.9%	62.8%	56.7%
Proportion high physical activity (health enhancing)	64.2%	62.0%	37.8%	40.4%	64.1%	61.1%	37.2%	43.3%