

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

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Additional File 4

Perceived impact of running or walking at parkrun using the question “Thinking about the impact of parkrun on your health and wellbeing, to what extent has running or walking at parkrun changed”. Allowed responses were ‘much worse, worse, no impact, better, much better’. Data in the table is a combined value for ‘better’ and ‘much better’.

Reporting 'better' or 'much better'		Survey				Truncated sample			
Reporting 'better' or 'much better'		Full sample	Deprived	Inactive	Deprived / inactive	Full sample	Deprived	Inactive	Deprived / inactive
Your sense of personal achievement	n	56,276	4,131	2,071	223	29,382	1,742	732	85
	%	90.7%	91.7%	93.4%	93.3%	87.4%	88.2%	89.1%	91.8%
Fitness	n	56,269	4,125	2,072	223	29,378	1,740	735	86
	%	89.3%	91.3%	92.9%	92.4%	85.2%	86.3%	86.1%	84.9%
Physical health	n	56,262	4,134	2,077	225	29,360	1,743	735	87
	%	84.7%	87.0%	88.5%	89.8%	80.3%	81.2%	81.8%	83.9%
Happiness	n	56,217	4,126	2,068	224	29,342	1,740	730	86
	%	78.8%	81.8%	80.8%	83.5%	73.8%	74.4%	74.1%	77.9%
The amount of time you spend outdoors	n	56,251	4,134	2,076	225	29,358	1,743	735	87
	%	74.1%	78.7%	82.1%	85.8%	68.6%	71.8%	73.7%	79.3%
Your enjoyment of competing	n	56,253	4,126	2,072	224	29,369	1,739	733	86
	%	72.7%	74.2%	70.6%	70.1%	68.2%	68.5%	62.5%	68.6%
How much you feel part of a community	n	56,217	4,120	2,076	225	29,346	1,738	734	87
	%	69.7%	70.6%	68.2%	69.8%	62.5%	61.6%	57.1%	63.2%

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Mental health	n	56,215	4,127	2,074	225	29,342	1,743	735	87
	%	69.3%	73.9%	72.3%	76.4%	66.1%	68.8%	68.6%	72.4%
Confidence	n	56,225	4,132	2,075	225	29,340	1,742	735	87
	%	61.3%	66.3%	64.0%	70.7%	57.8%	61.4%	58.9%	67.8%
Your ability to be active in a safe environment	n	56,193	4,122	2,072	225	29,328	1,739	733	87
	%	59.9%	65.3%	69.3%	72.4%	56.4%	59.7%	61.9%	65.5%
Number of new people you meet	n	56,237	4,127	2,075	225	29,351	1,739	735	87
	%	57.5%	58.7%	55.8%	60.9%	47.2%	45.5%	39.7%	50.6%
Ability to control your weight	n	56,208	4,124	2,074	224	29,336	1,740	733	86
	%	52.3%	54.7%	56.3%	54.0%	47.8%	47.9%	49.5%	45.3%
Overall lifestyle choices (e.g. diet & smoking)	n	56,209	4,118	2,074	224	29,332	1,736	733	86
	%	51.8%	56.4%	57.2%	65.2%	47.7%	49.8%	49.4%	57.0%
The amount of time you spend with friends	n	56,181	4,125	2,073	224	29,320	1,741	733	87
	%	41.1%	42.4%	41.1%	46.0%	34.8%	34.3%	33.7%	40.2%
Amount of time you spend with family	n	56,140	4,123	2,071	224	29,296	1,735	735	86
	%	27.7%	26.2%	31.7%	29.5%	25.2%	22.0%	29.8%	33.7%