

**The health benefits of volunteering at a free, weekly, 5 km event in the UK: a cross-sectional study of volunteers at parkrun**

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S2 File. Analysis of walking and running instances in volunteers

Runs	Count in 2018	Cumulative count in 2018	Cumulative proportion in 2018
0	110	110	48.5%
1	39	149	65.6%
2	15	164	72.2%
3	5	169	74.4%
4	5	174	76.7%
5	8	182	80.2%
6	10	192	84.6%
7	3	195	85.9%
8	2	197	86.8%
9	2	199	87.7%
10	5	204	89.9%
11	4	208	91.6%
12	0	208	91.6%
13	3	211	93.0%
14	2	213	93.8%
15	6	219	96.5%
16	0	219	96.5%
17	1	220	96.9%
18	0	220	96.9%
19	1	221	97.4%
20	0	221	97.4%
21	0	221	97.4%
22	0	221	97.4%
23	2	223	98.2%
24	1	224	98.7%
25	0	224	98.7%
26	0	224	98.7%
27	1	225	99.1%
28	0	225	99.1%
29	0	225	99.1%
30	0	225	99.1%
31	0	225	99.1%
32	0	225	99.1%
33	1	226	99.6%
34	0	226	99.6%
35	0	226	99.6%
36	0	226	99.6%
37	0	226	99.6%

38	0	226	99.6%
39	0	226	99.6%
40	0	226	99.6%
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41	1	227	100.0%
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