

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 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