

## Summary of parkrun practice study



The parkrun practice initiative is a joint collaboration between parkrun and the Royal College of General Practitioners. It was **launched to encourage general practices to improve the health and wellbeing of patients and staff through participating in local, 5k parkrun events.** Why and how practices and event teams engage with the initiative is unknown.



- This report tells us that 306/780 (39.2%) parkrun practices completed an online survey. Sixteen practice staff (from nine parkrun practices; four non-registered practices) took part in interviews/focus groups and 322/634 (50.8%) parkrun event teams completed an online survey.



- **Key reasons for practices becoming a parkrun practice** were to improve patient/staff health and wellbeing, become more engaged with the community, and enhance practice image. Practices most commonly encouraged patients/carers and staff to take part in parkrun and displayed parkrun flyers/posters.
- **Main challenges in putting parkrun activities into action** included lack of time and getting staff involved. Where staff did engage there were positive effects on staff morale and participation. Non-registered practices were open to the initiative but had apprehensions about the commitment involved.

- **parkrun event teams were supportive of the initiative**, with a large proportion (225/322; 69.9%) linked with at least one practice. Links were usually initiated by practices.
- Only **a small amount of parkrun event teams reported challenges** (35/219; 16%), including difficulty engaging with and/or maintaining contact with practices, and a lack of time due to being volunteers. Event teams were engaged in many activities and showed willingness to support practices with new activities, e.g. publicising the initiative in event communications and enabling practices to have an information stand at their event.
- The **main reason found for not yet linking with practices** was not having yet been approached by one (67/97; 69%).



- **parkrun event teams have positively engaged with practices to support participation in parkrun.** Better communication about which practices are linked with them and how they can maintain contact may help strengthen the relationship between parkrun events and practices in their area.