**Additional File 3**

Data for participants who were runners/walkers and runners/walkers who volunteer for the full sample and a truncated sample who participated in ≤ 8.85 *parkruns* per year.

|  |  |  |
| --- | --- | --- |
| **(a) Demographic** | **Survey/sub-sample** | **Truncated** |
|  | **Full sample** | **Deprived**  | **Inactive**  | **Deprived / inactive** | **Full sample** | **Deprived**  | **Inactive**  | **Deprived / inactive** |
| 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 (n) | 59,619 | 4,377 | 2,233 | 237 |  |  |  |  |
| Mean age (years) | 48.0 | 44.3 | 45.6 | 43.6 | 46.9 | 42.8 | 43.6 | 44.0 |
| Index of multiple deprivation (n) | 46,153 | 4,384 | 2,134 | 237 | 18,709 | 1,868 | 766 | 94 |
| Index of multiple deprivation: as proportion of n |   |  |  |  |  |  |  |  |
| Q1 | 9.5% | 100% | 11.1% | 100% | 10.0% | 100% | 12.3% | 100% |
| Q2 | 20.4% |  | 22.2% |  | 20.4% |  | 23.0% |  |
| Q3 | 30.0% |  | 30.4% |  | 29.5% |  | 28.9% |  |
| Q4 | 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 |
| Physical activity level at registration (as % of n) |   |  |  |  |  |  |  |  |
| Inactive <1 per week | 5.1% | 5.9% | 100% | 100% | 4.7% | 5.6% | 100% | 100% |
| Active ≈ 1 per week | 11.5% | 11.3% |  |  | 10.4% | 11.8% |  |  |
| Active ≈ 2 per week | 22.8% | 22.5% |  |  | 21.6% | 21.4% |  |  |
| Active ≈ 3 per week | 33.8% | 34.0% |  |  | 34.1% | 33.4% |  |  |
| Active ≥ 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 |
| Ethnicity as proportion of n |   |  |  |  |   |  |  |  |
| White | 96.4% | 94.0% | 94.9% | 93.1% | 96.1% | 93.1% | 94.5% | 92.3% |
| Black, Asian, Minority, Ethnic (BAME) | 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  |
| Employment status as proportion of n |   |  |  |  |   |  |  |  |
| Employed (full, part-time, self-employed) | 79.1% | 84.2% | 83.7% | 86.0% | 79.9% | 82.3% | 81.9% | 76.9% |
| Fully retired | 12.5% | 8.0% | 8.1% | 4.4% | 11.3% | 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** | **Survey/sub-sample** | **Truncated** |
|  | **Full sample** | **Deprived**  | **Inactive**  | **Deprived / inactive** | **Full sample** | **Deprived**  | **Inactive**  | **Deprived / inactive** |
| Happiness (n) | 59,998 | 4,384 | 2,184 | 237 | 31,994 | 1,868 | 789 | 94 |
| Life satisfaction (n) | 59,993 | 4,384 | 2,183 | 237 | 31,993 | 1,868 | 789 | 94 |
| Happiness score (mean) | 7.52 | 7.35 | 7.26 | 7.11 y | 7.49 | 7.32 | 7.10 | 7.16 |
| Life satisfaction score (mean) | 7.76 | 7.58 | 7.48 | 7.37 | 7.72 | 7.52 | 7.29 | 7.27 |
| Health today (n) |  57,283  |  4,205  |  2,093  |  225  |  30,313  |  1,784  |  752  |  90  |
| Health today (/100) |  81.0  |  79.3 |  77.3 |  74.7 |  80.6  |  78.7  |  75.6  |  73.3  |
|  |   |   |   |   |   |   |   |   |
| **(c) Motives** | **Survey/sub-sample** | **Truncated** |
|  | **Full sample** | **Deprived**  | **Inactive**  | **Deprived / inactive** | **Full sample** | **Deprived**  | **Inactive**  | **Deprived / inactive** |
| Minimum 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) 45.1% | (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) 48.1% | (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) 25.5% | (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) 32.3% | (5) 19.5% | (5) 20.4% | (3) 30.1% | (=3) 24.7% |
| My friends, family or colleagues encouraged me to | (6) 15.2% | (7) 15.2% | (5) 24.5% | (4) 26.0% | (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) 18.7% | (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) 10.2% | (9) 11.3% | (9) 12.0% | (9) 8.9% | (8) *10.8%* |
|  |  |  |
| **(d) parkrun participation** | **Survey/sub-sample** | **Truncated** |
|  | **Full sample** | **Deprived**  | **Inactive**  | **Deprived / inactive** | **Full sample** | **Deprived**  | **Inactive**  | **Deprived / inactive** |
| 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 |
| Median | 2.6 | 2.2 | 2.0 | 1.8 | 3.0 | 2.5 | 2.6 | 2.2 |
| [Q1-Q3]  |  [0.9-4.8] |  [0.7-4.2] |  [0.7-3.8] |  [0.7-3.5] |  [1.4-5.1] |  [1.1-4.4] |  [1.2-4.2] |  [0.9-3.7] |
| 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 |
| Median  | 11.3 | 10.7 | 12.2 | 12.7 | 3.3 | 3.4 | 3.3 | 3.2 |
| [Q1-Q3]  | [4.0-23.3] | [3.9-22.5] | [4.4-25.4] | [3.9-24.1] | [1.6-5.7] | [1.5-5.9] | [1.7-5.9] | [1.9-6.6] |
| Total parkruns run/walked |  |  |  |  |  |  |  |  |
| n | 45,708 | 4,193 | 2,116 | 232 | 17,703 | 1,677 | 790 | 95 |
| Mean  | 46.0 | 39.2 | 37.4 | 35.0 | 13.1 | 11.4 | 10.8 | 10.0 |
| 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] |
|  |  |  |  |  |  |  |  |  |

|  |  |  |
| --- | --- | --- |
| **(e) physical activity at the survey** | **Survey/sub-sample** | **Truncated** |
|  | **Full sample** | **Deprived**  | **Inactive**  | **Deprived / inactive** | **Full sample** | **Deprived**  | **Inactive**  | **Deprived / inactive** |
| 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 |
| 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] |
| 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% |