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Exploring the public health potential of a mass community participation event

In one of the earliest pieces of parkrun research, Stevinson & Hickson (2014) demonstrate the public health potential of parkrun for non-runners, women, older adults and overweight people through survey findings from over 7,000 parkrunners in the UK.

parkrun: a panacea for health and wellbeing?

McIntosh (2021) talks about the role parkrun could play in improving community health and facilitating social reconnection after the Covid-19 lockdowns. parkrun is framed as a social prescription for patients, but also a worthwhile opportunity for nurses to prioritise their own health and wellbeing.

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

Based on a survey of around 60,000 parkrunners in the UK, Quirk et al. (2021) discuss what motivates the least active parkrunners from the most socioeconomically deprived areas to participate and report the impact of parkrun on health and wellbeing.

How can we get more people with long-term health conditions involved in parkrun? A qualitative study evaluating parkrun's PROVE project

The PROVE project aimed to reach out to people living with health conditions to increase their representation at parkrun. Quirk & Haake (2019) report findings from interviews with PROVE volunteer ambassadors that cover what worked well as well as challenges.

Engagement with and delivery of the 'parkrun practice initiative' in general practice: a mixed methods study

The 'parkrun practice initiative' is a collaboration between parkrun UK and the Royal College of General Practitioners to link General Practices to local parkruns. Fleming (2020) shows the motivators and challenges to being a 'parkrun practice'.

parkrun and the promotion of physical activity: insights for primary care clinicians from an online survey

Haake et al (2022) provide primary care clinicians with insights about parkrunners, especially those with long-term health conditions. These include motives for participation and perceived impact of parkrun on health and wellbeing.

parkrun: stories of inspirational people

Tobin (2022), a GP who prescribes parkrun, shares stories of inspiring people whose lives have been transformed by parkrun. He explores stories of five people - including a care home resident and former prisoner - who all found parkrun to be the catalyst to a life of health, happiness and social connection.

Evidence on the reach and impact of the social physical activity phenomenon parkrun: A scoping review

Grunseit et al. (2020) bring together all the worldwide parkrun research published between 2014-2019 in a review that suggests parkrun has good reach and can positively impact participants' health and wellbeing.