

## Parkrun report

No wind or rain this week, only glorious sunshine and a gentle breeze for the 140 people who enjoyed parkrun this week. Congratulations to Simon Nott who set a new course record of 16.03.

There was a disproportionately high number of doctors, nurses and general practice staff taking part this week. A year ago the Royal College of GPs launched the parkrun practice initiative which encouraged GP practices across the UK to develop close links with their local parkrun to become parkrun practices. Involvement aims to improve the health and wellbeing of practice staff, patients and carers and to contribute to the development of a local community and environment that is centred around wellness generation.

The run this week celebrated the first anniversary of this successful initiative. In the weeks before the parkrun on Saturday 1st June, GPs pledged to take part in the event and bring practice staff, friends and family. A target of a 1000 GPs and practice staff was set, but this was far surpassed.

The Old School Surgery in Great Bedwyn registered as a parkrun practice in September 2018 to coincide with the launch of Marlborough Common Parkrun. Many of our practice staff, their families and patients run, jog or walk regularly. Our health and wellbeing have improved measurably. Pounds have been lost, blood pressures have plummeted, pre-diabetes has resolved, diabetes become better controlled, asthma symptoms improved and happiness abounds! In exchange the volunteers have learnt how to use the defibrillator and perform cardiopulmonary resuscitation.

It is wonderful to see so many people of all ages, shapes and sizes getting fitter, healthier and happier by coming to the parkrun.

Thank you to all the volunteers for making this possible.

Dr Angela Paddon