

Tackling Inactivity with parkrun

Clinical Senate Assembly, 15 March 2017

Nick Pearson CEO, parkrun

World's biggest running event.

the the set of the West water a top

50

Leading the fight against inactivity.

All began in 2004...

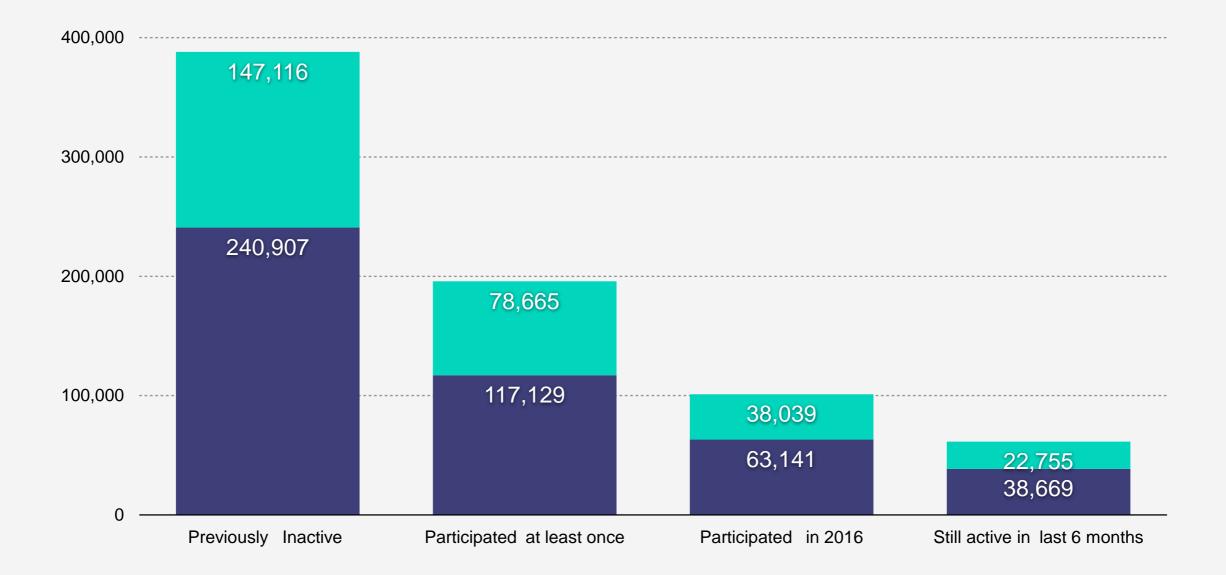
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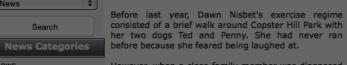


The image of the last-place parkrun f inspired others to get running

RUNNING.BE

Foto van blije loopster gaat de wereld rond





However, when a close family member was diagnosed with ovarian cancer in April 2016 she set about raising money through a charity run "to do her part and show her love"

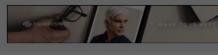
Dawn (41), of Green Lane, Gard "Feeling very powerless to help of decided to do the Pretty Muddy Rac B. B. Caid O Your account NEWS for July.

"At that point I was very overw inactive. I always felt it wasn't embarrassment of people possibly prevented me doing it." England Regions Manch

Dawn Nisbet: sets 500km go

AKING

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FUN RUN There's a heartwarming reason why this photo of a delighted woman finishing a race is being shared online

The snap of Dawn Nisbet finishing her local parkrun has lit up social media.



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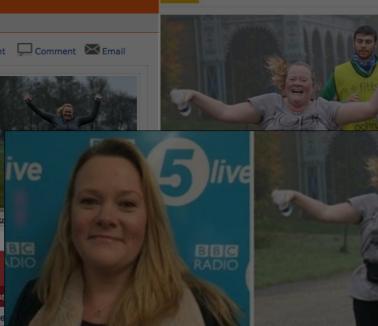
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Inspirational runner's finish line photo goes viral, In Short - BBC Radio 5 live

Photo of runner finishing last in a 5K race sparks a huge reaction online.





A woman whose photograph went viral as she celebrated crossing the finish line of a Parkrun is using her "five minutes of fame" to set new goals.

Dawn Nisbet, 41, from Oldham, finished last in the 5km run 10 minutes behind the other runners.

She said she has been "blown away" by the messages she has received since the mage was posted on social media.

She now wants to run 500km (311 miles), set up a blog and raise money for charity as a "legacy to my story".

Ms Nisbet, an NHS business manager, said the response to her photo had been absolutely phenomenal"

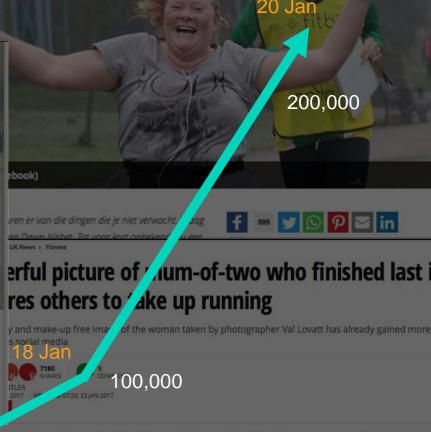
She said: "I'm just ordinary. I'm a wife and mum-of-two.

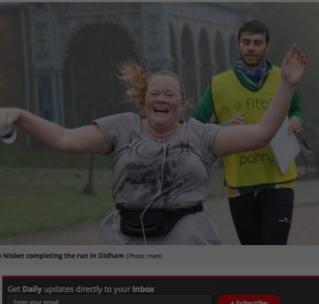


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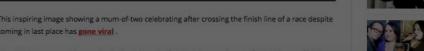


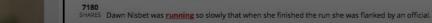


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coming in last place has gone viral



#loveparkrun

Thank you.

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Finish

Adalah .

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