

## **Brannam Medical Centre Volunteer Takeover at Barnstaple Park Run #355 – 09/11/19**

This was the second Brannam Medical Centre Volunteer takeover as part of our ongoing commitment to be an RCGP parkrun practice and also working towards becoming an RCGP accredited “Active Practice” which aims to reduce sedentary behaviours and increase activity levels in both staff and patients.

As always we were very grateful for the regular park run volunteers who helped with the setting up of the course and first timers briefing. Special thanks to Shelly the Run Director and also to many of our family members who were dragged along to help out.

This proved to be a very wet and windy day but this did not seem to affect either the numbers or spirits of all those involved on the day. There were around 140 runners who braved the conditions and most of them finished with smiles on their faces.

The event was made possible by the following volunteers:

Julia Scott, Jackie Tolhurst, Sarah Baker, Mike Baker, Suzanne Smit, Ruben Mogge, Leyla Mogge, Ben Waterfall, Rachel Nestel, Amy Parkinson, Oliver Hassall, Jacob Hassall, Tim Chesworth, Charlotte Chesworth, Ed Matthews, Anna Marquiss, Pippa Wright.

Next up will be a nominated Park Run date in the New Year, where we will try to encourage as many members of staff from Brannam MC and also patients to participate as possible.

## **Event 355 9th November 2019**

Posted on November 11, 2019 by barnstapleoffice

What a soggy event we had on Saturday. I think it was one of the wettest events we have ever had. Thank you to each and every hardcore person who came along to take part or support those taking part. This week 139 people splished, splashed, ran, jogged and fast walked the course, of whom 10 were first timers (you really do deserve a medal for coming out today) and 13 recorded new Personal Bests (you were all in rush to get home and dry). Representatives of 16 different clubs took part. We had visitors from Combe Martin, Exeter and Marlow.

We were fortunate to be overtaken by a huge team from Brannams Medical Centre who provided 14 of the High Viz Heros names below plus several others who just came along to help and support. Thank you very much for your help and support.

Iain HINDES • Shelly WILLIAMS • Suzanne SMIT • Ruben MOGGE • Lisa BEASANT • Oliver HASSALL • Tim CHESWORTH • Charlotte CHESWORTH • Sarah BAKER • Mike BAKER • Robert BUNNEY • Ben WATERFALL • Anna MARQUISS • Julia SCOTT • Ed MATTHEWS • Amy PARKINSON • Jackie TOLHURST.

We also had some milestones on Saturday. Two of you made yourselves known. Congratulations to Vicki Fillingham 50th parkrun and June Tamlyn 100th parkrun. We also had Lydia Cheyne and Russell Stewart who both completed their 50th parkruns.

Today's full results and a complete event history can be found on the Barnstaple parkrun Results Page.

The female record is held by Rachel FELTON who recorded a time of 17:52 on 19th August 2017 (event number 239).

The male record is held by Phil NORMAN who recorded a time of 15:00 on 17th February 2018 (event number 266).

The Age Grade course record is held by Angela COPSON who recorded 98.51% (21:13) on 27th April 2013 (event number 17).

Barnstaple parkrun started on 5th January 2013. Since then 8,451 participants have completed 48,661 parkruns covering a total distance of 243,305 km, including 8,466 new Personal Bests. A total of 637 individuals have volunteered 4,861 times.