

Brannam Medical Centre Volunteer Takeover at Barnstaple Parkrun #330 – 18/5/19

Report by Elly O'Brien

This was the first Brannam Medical Centre Volunteer takeover as part of the joint initiative between the RCGP and parkrun to become a #parkrunpractice. This links GP practices with their local parkrun and started in June 2018.

We were very grateful for a few of the regular volunteers who helped us find our feet, especially Julie the Run Director, (and Brannam patient) and also our family members who got dragged along to help.

We were lucky that the only 'incident' was that a plastic cone was knocked over at the War Memorial end and happily Dr Ben Waterfall was marshalling nearby and able to rectify this without having to ring Julie for advice

This was a great opportunity for us to continue to get involved in our local community and promote fitness and volunteering. We have been promoting parkrun to staff and the >17000 patients within our surgery over the last year, with varying success.

This was the first time some of our staff have been to parkrun and thankfully they enjoyed themselves and will (probably) come back. I am hopeful that our patients will learn about parkrun being so inclusive and pop along to check it out.

I'd also like to mention that this was a big day for one of the runners, Sarah. Sarah has recently lost her mum to mental health problems. She was running today (with her double buggy no less!) to raise awareness around Barnstaple (and the world). Her aim was to help people realise that it's ok to say what you feel, do what you want and get stuff off your chest. And to let people know the real facts of mental health and not the stiff upper lip way it's been dealt with in the past. Yellow was her mums favourite colour and it is the colour for mental health so they were all wearing yellow. She got a very large cheer crossing the finish line.

This week 212 people ran, jogged and walked the course, of whom 21 were first timers and 56 recorded new Personal Bests. Representatives of 25 different clubs took part.

The event was made possible by 26 volunteers:

Ruth TYLER • Shelly WILLIAMS • Julie KEMISH-MILLS • Mandy ROBBINS • Steven KEMISH-MILLS • Peter RUSSELL • Ashley SCOTT • Oliver HASSALL • Jacob HASSALL • Tim CHESWORTH • Charlotte CHESWORTH • Andrew SCOTT • Richard O'BRIEN • Elly O'BRIEN • Sarah BAKER • Mike BAKER • Ben WATERFALL • Anna MARQUISS • Julia SCOTT • Amelia BAKER • Edward BAKER • Mathilda BAKER • Douglas BAKER • Harriet BAKER • Frederick BAKER • Melanie JONES

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 7,871 participants have completed 44,617 parkruns covering a total distance of 223,085 km, including 7,869 new Personal Bests. A total of 598 individuals have volunteered 4,487 times.