

Case Study

Sport RCT Volunteer – Lynnette

Lynnette is a Run leader for Dark in the Park, a running group in Pontypridd. The group meets every Wednesday evening. She also has an administrative role, keeping records of attendance and updating their social media page. Lynnette regularly attends Pontypridd parkrun and she has volunteered there also.

Why does she do it?

“ I first joined the group as a beginner runner. I was scared as I was unfit, overweight and didn't know anyone. I really enjoyed the session and began attending every week! Not long after they were asking group members to train as leaders. I knew that if I volunteered I would have to keep going, which would improve my running. Plus I wanted to make sure the group continued, as I could see how much everyone enjoyed and benefitted from it. It wasn't just about the running. ”

What does she enjoy about volunteering?

“ My life is all the richer for having joined this group. I'm happier, healthier and fitter. I've met new people and made new friends. The group is absolutely fantastic. They are so supportive. We have even arranged social events, meals and drinks locally and the group gets new members every week. ”

There is real progress made in terms of the runners who turn up every week. Many are achieving PBs at parkrun every week, and others have gone on to do 10Ks and half marathons. We track everybody's progress and celebrate it on social media.

I can honestly say, it's one of the best things I have ever done. It's given me so much confidence. I have even encouraged others to join and have loved seeing them improve. ”

What impact has been made?

This running group would not exist without the hard work of volunteers like Lynnette. Their dedication has allowed the group to continue and go from strength to strength. Members of the group have benefitted in many ways, shown by the stats below.

68% 
feel healthier

92% 
feel happier

76% 
are more active,
more often

60% 
feel more
confident

 **80%**
 have made
new friends

100% 
will continue
to be active