

Appendix 1:

Questionnaire:

Thank you for taking part in this short anonymous questionnaire. We would like to know details of your first pregnancy that went over 24 weeks (ie not miscarriages). We are trying to find out if exercise affects the size of your baby and/or when and how labour occurs. If you didn't run during pregnancy, or started running after your pregnancies, the information is equally important to us, so we can compare you to those that did. The personal details (eg height/weight/ethnicity) are necessary to work out the expected weight of your baby for you. All data will remain anonymous, will not be linked to you, and overall results will be published and shared with you via parkrun website. We have all the necessary permissions from an ethics and parkrun research group to perform this work. Please feel free to email us directly if you have any queries. We estimate the questionnaire should take no more than 10 minutes. If you would like more information as to why we believe this research is important please follow this link. Your submission of this survey is taken as consent to use the information you provide. Thank you.

Dob:

Current weight:

Weight prepregnancy if currently pregnant:

Ethnicity: (key)

Your Height (cm):

These refer to your first pregnancy (over 24 weeks):

Weight of baby at birth (Kg):

Sex of baby:

How many parkruns have you completed now?

What is your parkrun PB?

Did you run in pregnancy?

How many weeks were you when you stopped running (approx.)? <14,14-24, 24-28, 28-32,>32

How many weeks pregnant were you when you gave birth?

Did your labour begin naturally with contractions?

How did you give birth?

1. Elective Caeserean
2. Emergency Caeserean in labour
3. Spontaneously (naturally)
4. With assistance by ventouse (suction) or forceps?

Did you have or develop complications in pregnancy:

1. High blood pressure
2. Diabetes
3. Other (details if you wish)

Was your child well at birth?

(If you are prepared to give details please do)?

Would you be willing for us to contact you for a follow up questionnaire if our analysis demonstrates extra data worthwhile?

If yes please give email or preferred contact method?

