

Couch to 5k Beginners Running Course - Participant Feedback Form

We would like to gain your feedback on the recent Couch to 5K course you participated in, firstly to measure its impact and secondly to help us improve future courses. Please complete all questions below, your responses will remain anonymous.

1. Which Couch to 5K course did you attend and how did you hear about it?

2. Will you continue to run following the course? (Please highlight those that are relevant)

On Your Own	With Others	With Emsworth Joggers or other running groups
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3. Have you planned to enter any running events in the future such as Race for Life?

If Yes please state:

4. Having participated in the course what impact has this had on your physical activity rates?

5. Has participating in the course improved your health? If so please explain in what way?

6. How would you rate the administration of the course, thinking about the booking process and the information received prior to the start. (Please highlight one)

Very Poor	Poor	OK	Good	Very Good
Any further comments:				

7. How would you rate the delivery of the course, thinking of the coaches and volunteers involved, location of runs and running routes completed. (Please highlight one)

Very Poor	Poor	OK	Good	Very Good
Any further comments:				

8. Do you have any further feedback or comments you would like to add about the course?

Thank you for taking the time to complete this form, your response is very valuable to us.