My name is Paddy Noon and I am a Master’s Sport and Exercise Psychology student at Plymouth Marjon University. I am contacting you to ask whether some of your club members (who participate in parkruns) would be interested in participating in a study that involves trying a psychological strategy.
I have created a brief video on a psychological strategy that aims to be useful for runners who participate in parkruns. I would like to get feedback on the video and its usefulness. Participating would involve watching a short video, providing parkrun details after four parkruns, and completing some brief surveys.
Would you mind distributing this email to members of your club? I will provide detailed information on participating to those who are interested.
If you have any questions then please do not hesitate to ask me on 20055443@oncourse.marjon.ac.uk, or feel free to contact my supervisor Dr Alister McCormick (amccormick@marjon.ac.uk<mailto:amccormick@marjon.ac.uk>)