

## big stories

# Fit Basingstoke as drummers work out

### KATHRYN DEANE

**D**rumming is as good a workout as a top athlete gets, says research according to a story from the BBC. Sound Sense members Drum Runners does the two in one, so their new show should bring the peak of physical and musical fitness.

For a parade for Balloons over Basingstoke, Drum Runners' Paul Midgley (in partnership with The Making) worked with several groups to bring together one of the biggest street sounds to be heard in Basingstoke.

"We had over 60 drummers in the Parade and it was a great success," said Midgley. "The turnout was very high and we made some great discoveries in how out of school arts activities really engage with young people, especially when some of the workshop sessions are held out of school as well as in school."

Leading up to the parade, Drum Runners provided a variety of in and out of school hours workshops resulting in a great turnout from local primary schools and communities. "The participants gave a lot of energy and focus to the Parade," said Midgley. "They're still singing the street rhymes and playing the rhythms today."

The Parade was also videoed and uploaded straight to the Drum Runners' web site using mobile phone technology (and that technology even worked out the speed and distance of the parade!).

The workshops were funded by Awards for All.



Drum for fun and fitness: over 60 Drum Runners with junk percussion in the Balloons over Basingstoke parade

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### links

#### Drum Runners

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BBC news story at <http://news.bbc.co.uk/2/hi/health/7518888.stm>