

**Table 22: All participants — duration of organised and non-organised participation, 2006 (a)**

		Total organised (b)	Total non-organised (b)	Total (c)
		Number ('000)		
Five hours or more	More than three sessions weekly	1,506.6	2,476.0	2,858.8
	Two or three sessions weekly	398.7	254.9	511.9
	Less than two sessions weekly	93.0	58.9	131.4
	<i>Total</i>	<i>1,998.2</i>	<i>2,789.8</i>	<i>3,502.2</i>
Two hours or more but less than five hours	More than three sessions weekly	589.4	2,072.4	2,191.5
	Two or three sessions weekly	693.3	1,082.5	1,455.2
	Less than two sessions weekly	377.2	390.6	659.7
	<i>Total</i>	<i>1,660.0</i>	<i>3,545.5</i>	<i>4,306.3</i>
Less than two hours	More than three sessions weekly	31.2	232.5	250.0
	Two or three sessions weekly	199.4	942.3	1,020.5
	Less than two sessions weekly	639.5	1,655.9	2,167.9
	<i>Total</i>	<i>870.1</i>	<i>2,830.6</i>	<i>3,438.3</i>
Total	More than three sessions weekly	2,127.2	4,780.9	5,300.3
	Two or three sessions weekly	1,291.4	2,279.6	2,987.5
	Less than two sessions weekly	1,109.8	2,105.5	2,959.0
	<b>Total</b>	<b>4,528.3</b>	<b>9,166.0</b>	<b>11,246.8</b>
		Participation rate (%)		
Five hours or more	More than three sessions weekly	13.4	22.0	25.4
	Two or three sessions weekly	3.5	2.3	4.6
	Less than two sessions weekly	0.8	0.5	1.2
	<i>Total</i>	<i>17.8</i>	<i>24.8</i>	<i>31.1</i>
Two hours or more but less than five hours	More than three sessions weekly	5.2	18.4	19.5
	Two or three sessions weekly	6.2	9.6	12.9
	Less than two sessions weekly	3.4	3.5	5.9
	<i>Total</i>	<i>14.8</i>	<i>31.5</i>	<i>38.3</i>
Less than two hours	More than three sessions weekly	0.3	2.1	2.2
	Two or three sessions weekly	1.8	8.4	9.1
	Less than two sessions weekly	5.7	14.7	19.3
	<i>Total</i>	<i>7.7</i>	<i>25.2</i>	<i>30.6</i>
Total	More than three sessions weekly	18.9	42.5	47.1
	Two or three sessions weekly	11.5	20.3	26.6
	Less than two sessions weekly	9.9	18.7	26.3
	<b>Total</b>	<b>40.3</b>	<b>81.5</b>	<b>100.0</b>

(a) Relates to persons aged 15 years and over who participated in one of their 'top three' physical activities for exercise, recreation and sport over a two-week period prior to interview in 2006. 'Top three' activities refer to the physical activities that respondents participated in most over the 12 months prior to interview

(b) Includes persons who reported participating in both organised and non-organised activity

(c) Components may not add to totals as persons may report both organised and non-organised activity