

What is your nationality? - Selected Choice

		Frequency	Percent	Valid Percent	Cumulative Percent
Valid	American	106	45.5	45.5	45.5
	British	102	43.8	43.8	89.3
	Canadian	8	3.4	3.4	92.7
	Australian	1	.4	.4	93.1
	New Zealander	2	.9	.9	94.0
	Italian	1	.4	.4	94.4
	German	4	1.7	1.7	96.1
	South African	1	.4	.4	96.6
	British & American	1	.4	.4	97.0
	Irish	4	1.7	1.7	98.7
	Polish	1	.4	.4	99.1
	Lithuanian	1	.4	.4	99.6
	Dutch	1	.4	.4	100.0
	Total	233	100.0	100.0	

How old are you?

		Frequency	Percent	Valid Percent	Cumulative Percent
Valid	18-24 yrs	7	3.0	3.2	3.2
	25-34 yrs	29	12.4	13.4	16.6
	35-44 yrs	79	33.9	36.4	53.0
	45-54 yrs	66	28.3	30.4	83.4
	55-64 yrs	30	12.9	13.8	97.2
	64+ yrs	6	2.6	2.8	100.0
	Total	217	93.1	100.0	
Missing	System	16	6.9		
Total		233	100.0		

Do you have children?

		Frequency	Percent	Valid Percent	Cumulative Percent
Valid	Yes	127	54.5	59.3	59.3
	No	87	37.3	40.7	100.0
	Total	214	91.8	100.0	
Missing	System	19	8.2		
Total		233	100.0		

Is your gender identity the same as the sex you were assigned at birth?

		Frequency	Percent	Valid Percent	Cumulative Percent
Valid	Yes	217	93.1	100.0	100.0
Missing	System	16	6.9		
Total		233	100.0		

Which gender do you identify as?

		Frequency	Percent	Valid Percent	Cumulative Percent
Valid	Male	132	56.7	61.4	61.4
	Female	83	35.6	38.6	100.0
	Total	215	92.3	100.0	
Missing	System	18	7.7		
Total		233	100.0		

Which of the following best describes your sexual orientation?

		Frequency	Percent	Valid Percent	Cumulative Percent
Valid	Straight/Heterosexual	201	86.3	94.8	94.8
	Gay/Lesbian	6	2.6	2.8	97.6
	Bisexual	5	2.1	2.4	100.0
	Total	212	91.0	100.0	
Missing	System	21	9.0		
Total		233	100.0		

What is your religion (if any)? - Selected Choice

		Frequency	Percent	Valid Percent	Cumulative Percent
Valid	Not religious	128	54.9	60.7	60.7
	Spiritual, but not religious	26	11.2	12.3	73.0
	Christian	50	21.5	23.7	96.7
	Jewish	6	2.6	2.8	99.5
	Humanist	1	.4	.5	100.0
	Total	211	90.6	100.0	
Missing	System	22	9.4		
Total		233	100.0		

How would you best describe your ethnicity? - Selected Choice

		Frequency	Percent	Valid Percent	Cumulative Percent
Valid	White	202	86.7	95.3	95.3
	Hispanic/Latino/Spanish Origin	3	1.3	1.4	96.7
	South Asian	2	.9	.9	97.6
	Mixed/Multiple Ethnic Groups	4	1.7	1.9	99.5
	Pacific Islander	1	.4	.5	100.0
	Total	212	91.0	100.0	
Missing	System	21	9.0		
Total		233	100.0		

What is your level of education?

		Frequency	Percent	Valid Percent	Cumulative Percent
Valid	Up to High School/Secondary School (or equivalent)	24	10.3	11.1	11.1
	Undergraduate Bachelor's Degree (or equivalent)	72	30.9	33.3	44.4
	Postgraduate degree (or equivalent)	120	51.5	55.6	100.0
	Total	216	92.7	100.0	
Missing	System	17	7.3		
Total		233	100.0		

What is your level of household income?

		Frequency	Percent	Valid Percent	Cumulative Percent
Valid	Less than \$10,000	4	1.7	2.1	2.1
	\$10,000 - \$19,999	4	1.7	2.1	4.1
	\$20,000 - \$29,999	14	6.0	7.2	11.3
	\$30,000 - \$39,999	9	3.9	4.6	15.9
	\$40,000 - \$49,999	24	10.3	12.3	28.2
	\$50,000 - \$59,999	13	5.6	6.7	34.9
	\$60,000 - \$69,999	8	3.4	4.1	39.0
	\$70,000 - \$79,999	11	4.7	5.6	44.6
	\$80,000 - \$89,999	7	3.0	3.6	48.2
	\$90,000 - \$99,999	3	1.3	1.5	49.7
	\$100,000 - \$149,999	60	25.8	30.8	80.5
	More than \$150,000	38	16.3	19.5	100.0
	Total	195	83.7	100.0	
Missing	System	38	16.3		
Total		233	100.0		

Overall how would you rate your mental health?

		Frequency	Percent	Valid Percent	Cumulative Percent
Valid	Excellent	77	33.0	35.8	35.8
	Somewhat good	79	33.9	36.7	72.6
	Average	47	20.2	21.9	94.4
	Somewhat poor	12	5.2	5.6	100.0
	Total	215	92.3	100.0	
Missing	System	18	7.7		
Total		233	100.0		

Do you follow any of these diets (select one)?

		Frequency	Percent	Valid Percent	Cumulative Percent
Valid	Vegetarian	41	17.6	17.6	17.6
	Vegan	16	6.9	6.9	24.5
	Paleo	6	2.6	2.6	27.0
	Mainly plant based	32	13.7	13.7	40.8
	None of these	138	59.2	59.2	100.0
	Total	233	100.0	100.0	

Are you a member of a running club?

		Frequency	Percent	Valid Percent	Cumulative Percent
Valid	Yes	115	49.4	52.5	52.5
	No	104	44.6	47.5	100.0
	Total	219	94.0	100.0	
Missing	System	14	6.0		
Total		233	100.0		

What do you think about cash prizes for race winners. Select one statement.

		Frequency	Percent	Valid Percent	Cumulative Percent
Valid	I think a large cash prize is a good thing. It can make races more competitive and push standards overall.	44	18.9	18.9	18.9
	I think a small or modest cash prize can be a good incentive to boost competition.	103	44.2	44.2	63.1
	Races should not have a cash prize.	23	9.9	9.9	73.0
	None of the above.	63	27.0	27.0	100.0
	Total	233	100.0	100.0	

What do you think about elite runners receiving sponsorship and/or a salary from commercial companies? Select one statement.

		Frequency	Percent	Valid Percent	Cumulative Percent
Valid	It is good that some elite runners receive a salary. It allows them to develop the sport and push the competitive boundaries of running.	173	74.2	74.2	74.2
	Sponsorship is positive in moderation (e.g., free gear, travel expenses, a small stipend).	27	11.6	11.6	85.8
	Running should be an amateur sport. I am opposed to salaries and sponsorship for elite runners.	5	2.1	2.1	88.0
	Not sure or none of the above.	28	12.0	12.0	100.0
	Total	233	100.0	100.0	

For your old kit, have you ever sold it online.

		Frequency	Percent	Valid Percent	Cumulative Percent
Valid	Yes	39	16.7	16.7	16.7
	No	194	83.3	83.3	100.0
	Total	233	100.0	100.0	

For your old kit, have you ever donated it to a charity shop or other runners.

		Frequency	Percent	Valid Percent	Cumulative Percent
Valid	Yes	131	56.2	56.2	56.2
	No	102	43.8	43.8	100.0
	Total	233	100.0	100.0	

For your old kit, have you ever repaired and reused.

		Frequency	Percent	Valid Percent	Cumulative Percent
Valid	Yes	121	51.9	51.9	51.9
	No	112	48.1	48.1	100.0
	Total	233	100.0	100.0	

How old were you when you started running?

		Frequency	Percent	Valid Percent	Cumulative Percent
Valid	Less than 18 yrs	66	28.3	28.3	28.3
	18-24 yrs	34	14.6	14.6	42.9
	25-34 yrs	56	24.0	24.0	67.0
	35-44 yrs	44	18.9	18.9	85.8
	45-54 yrs	28	12.0	12.0	97.9
	55+ yrs	5	2.1	2.1	100.0
	Total	233	100.0	100.0	

How long have you been running?

		Frequency	Percent	Valid Percent	Cumulative Percent
Valid	Less than 2 yrs	5	2.1	2.1	2.1
	2-5 yrs	23	9.9	9.9	12.0
	5-10 yrs	58	24.9	24.9	36.9
	10-15 yrs	44	18.9	18.9	55.8
	More than 15 yrs	103	44.2	44.2	100.0
	Total	233	100.0	100.0	

What is the farthest you have ever run?

		Frequency	Percent	Valid Percent	Cumulative Percent
Valid	Half Marathon (approx. 21km)	2	.9	.9	.9
	Marathon (approx. 42km)	9	3.9	3.9	4.7
	50km	23	9.9	9.9	14.6
	80km / 50 miles	48	20.6	20.6	35.2
	100km	46	19.7	19.7	54.9
	160km / 100 miles	57	24.5	24.5	79.4
	More than 100 miles	48	20.6	20.6	100.0
	Total	233	100.0	100.0	

What is your normal/average training mileage per week?

		Frequency	Percent	Valid Percent	Cumulative Percent
Valid	61-80km	152	65.2	65.2	65.2
	81-120km	71	30.5	30.5	95.7
	More than 120km	10	4.3	4.3	100.0
	Total	233	100.0	100.0	

How often do you run?

		Frequency	Percent	Valid Percent	Cumulative Percent
Valid	Every day	41	17.6	17.6	17.6
	5-6 times per week	192	82.4	82.4	100.0
	Total	233	100.0	100.0	

How often do you run with other people?

		Frequency	Percent	Valid Percent	Cumulative Percent
Valid	Every week	98	42.1	44.7	44.7
	Maybe once or twice a month	38	16.3	17.4	62.1
	Occasionally	64	27.5	29.2	91.3
	Never	19	8.2	8.7	100.0
	Total	219	94.0	100.0	
Missing	System	14	6.0		
Total		233	100.0		

Have you competed in a Track race?

		Frequency	Percent	Valid Percent	Cumulative Percent
Valid	No	159	68.2	68.2	68.2
	Yes	74	31.8	31.8	100.0
	Total	233	100.0	100.0	

Have you competed in a Road race?

		Frequency	Percent	Valid Percent	Cumulative Percent
Valid	No	20	8.6	8.6	8.6
	Yes	213	91.4	91.4	100.0
	Total	233	100.0	100.0	

Have you competed in a Trail Race?

		Frequency	Percent	Valid Percent	Cumulative Percent
Valid	No	6	2.6	2.6	2.6
	Yes	227	97.4	97.4	100.0
	Total	233	100.0	100.0	

Have you competed in a Ultra race?

		Frequency	Percent	Valid Percent	Cumulative Percent
Valid	No	16	6.9	6.9	6.9
	Yes	217	93.1	93.1	100.0
	Total	233	100.0	100.0	

Have you competed in a Fell race?

		Frequency	Percent	Valid Percent	Cumulative Percent
Valid	No	182	78.1	78.1	78.1
	Yes	51	21.9	21.9	100.0
	Total	233	100.0	100.0	

Have you competed in a Sky race?

		Frequency	Percent	Valid Percent	Cumulative Percent
Valid	No	201	86.3	86.3	86.3
	Yes	32	13.7	13.7	100.0
	Total	233	100.0	100.0	

Have you competed in a Cross Country race?

		Frequency	Percent	Valid Percent	Cumulative Percent
Valid	No	136	58.4	58.4	58.4
	Yes	97	41.6	41.6	100.0
	Total	233	100.0	100.0	

How often do you race?

		Frequency	Percent	Valid Percent	Cumulative Percent
Valid	Most weeks	5	2.1	2.1	2.1
	Once or twice a month	45	19.3	19.3	21.5
	Every two months or so	60	25.8	25.8	47.2
	3-5 times per year	81	34.8	34.8	82.0
	1-2 times per year	42	18.0	18.0	100.0
	Total	233	100.0	100.0	

Have you raced in your local area (within 50 miles)

		Frequency	Percent	Valid Percent	Cumulative Percent
Valid	No	19	8.2	8.2	8.2
	Yes	214	91.8	91.8	100.0
	Total	233	100.0	100.0	

Have you raced in other parts of your country (more than 50 miles away)

		Frequency	Percent	Valid Percent	Cumulative Percent
Valid	No	13	5.6	5.6	5.6
	Yes	220	94.4	94.4	100.0
	Total	233	100.0	100.0	

Have you raced in another country?

		Frequency	Percent	Valid Percent	Cumulative Percent
Valid	No	133	57.1	57.1	57.1
	Yes	100	42.9	42.9	100.0
	Total	233	100.0	100.0	

Have you ever regularly participated in gravel/mountain biking?

		Frequency	Percent	Valid Percent	Cumulative Percent
Valid	No	162	69.5	69.5	69.5
	Yes	71	30.5	30.5	100.0
Total		233	100.0	100.0	

Have you ever regularly participated in cycling (road, indoor exercise bike, track)?

		Frequency	Percent	Valid Percent	Cumulative Percent
Valid	No	120	51.5	51.5	51.5
	Yes	113	48.5	48.5	100.0
Total		233	100.0	100.0	

Have you ever regularly participated in mountaineering/alpinism?

		Frequency	Percent	Valid Percent	Cumulative Percent
Valid	No	191	82.0	82.0	82.0
	Yes	42	18.0	18.0	100.0
Total		233	100.0	100.0	

Have you ever regularly participated in rock climbing?

		Frequency	Percent	Valid Percent	Cumulative Percent
Valid	No	183	78.5	78.5	78.5
	Yes	50	21.5	21.5	100.0
Total		233	100.0	100.0	

Have you ever regularly participated in orienteering?

		Frequency	Percent	Valid Percent	Cumulative Percent
Valid	No	215	92.3	92.3	92.3
	Yes	18	7.7	7.7	100.0
Total		233	100.0	100.0	

Have you ever regularly participated in skiing (i.e., downhill skiing)?

		Frequency	Percent	Valid Percent	Cumulative Percent
Valid	No	174	74.7	74.7	74.7
	Yes	59	25.3	25.3	100.0
Total		233	100.0	100.0	

Have you ever regularly participated in cross country skiing?

		Frequency	Percent	Valid Percent	Cumulative Percent
Valid	No	193	82.8	82.8	82.8
	Yes	40	17.2	17.2	100.0
	Total	233	100.0	100.0	

Have you ever regularly participated in ski mountaineering?

		Frequency	Percent	Valid Percent	Cumulative Percent
Valid	No	218	93.6	93.6	93.6
	Yes	15	6.4	6.4	100.0
	Total	233	100.0	100.0	

Have you ever regularly participated in triathlon/duathlon?

		Frequency	Percent	Valid Percent	Cumulative Percent
Valid	No	184	79.0	79.0	79.0
	Yes	49	21.0	21.0	100.0
	Total	233	100.0	100.0	

Have you ever regularly participated in obstacle course racing?

		Frequency	Percent	Valid Percent	Cumulative Percent
Valid	No	218	93.6	93.6	93.6
	Yes	15	6.4	6.4	100.0
	Total	233	100.0	100.0	

Have you ever regularly participated in paddle or surf boarding?

		Frequency	Percent	Valid Percent	Cumulative Percent
Valid	No	222	95.3	95.3	95.3
	Yes	11	4.7	4.7	100.0
	Total	233	100.0	100.0	

Have you ever regularly participated in rowing (indoor or outdoor)?

		Frequency	Percent	Valid Percent	Cumulative Percent
Valid	No	209	89.7	89.7	89.7
	Yes	24	10.3	10.3	100.0
	Total	233	100.0	100.0	

Have you ever regularly participated in canoeing/kayaking/rafting?

		Frequency	Percent	Valid Percent	Cumulative Percent
Valid	No	181	77.7	77.7	77.7
	Yes	52	22.3	22.3	100.0
	Total	233	100.0	100.0	

Sports total

		Frequency	Percent	Valid Percent	Cumulative Percent
Valid	.00	44	18.9	18.9	18.9
	1.00	55	23.6	23.6	42.5
	2.00	41	17.6	17.6	60.1
	3.00	33	14.2	14.2	74.2
	4.00	20	8.6	8.6	82.8
	5.00	19	8.2	8.2	91.0
	6.00	10	4.3	4.3	95.3
	7.00	7	3.0	3.0	98.3
	8.00	1	.4	.4	98.7
	9.00	1	.4	.4	99.1
	11.00	2	.9	.9	100.0
Total		233	100.0	100.0	

Do you do supplementary training (e.g., strength, flexibility, yoga)?

		Frequency	Percent	Valid Percent	Cumulative Percent
Valid	Yes	127	54.5	54.5	54.5
	No	22	9.4	9.4	63.9
	I try, but not as regularly as I think I should.	84	36.1	36.1	100.0
	Total	233	100.0	100.0	

Thinking about your outdoor skills (e.g., navigation, moving on technical terrain etc), please select the statement that best describes your abilities:

		Frequency	Percent	Valid Percent	Cumulative Percent
Valid	I feel confident in my outdoor skills - I have a great deal of experience and/or training.	65	27.9	27.9	27.9
	I have adequate outdoor skills, but there is definite room for improvement.	155	66.5	66.5	94.4
	My outdoor skills are fairly basic and/or I lack experience.	13	5.6	5.6	100.0
	Total	233	100.0	100.0	

Which of these statements best describes running in your weekly routine?

		Frequency	Percent	Valid Percent	Cumulative Percent
Valid	I try very hard to ensure that I get out running, even if this means moving other priorities around.	164	70.4	70.4	70.4
	Running is the most important part of my daily/weekly routine.	69	29.6	29.6	100.0
	Total	233	100.0	100.0	

How strongly do you identify with Road Running? (1 = not at all, 5 = very strongly).

		Frequency	Percent	Valid Percent	Cumulative Percent
Valid	1	33	14.2	14.2	14.2
	2	54	23.2	23.2	37.3
	3	62	26.6	26.6	63.9
	4	53	22.7	22.7	86.7
	5	31	13.3	13.3	100.0
	Total	233	100.0	100.0	

How strongly do you identify with Track Running? (1 = not at all, 5 = very strongly).

		Frequency	Percent	Valid Percent	Cumulative Percent
Valid	1	155	66.5	66.5	66.5
	2	60	25.8	25.8	92.3
	3	10	4.3	4.3	96.6
	4	3	1.3	1.3	97.9
	5	5	2.1	2.1	100.0
	Total	233	100.0	100.0	

How strongly do you identify with Trail Running? (1 = not at all, 5 = very strongly).

		Frequency	Percent	Valid Percent	Cumulative Percent
Valid	1	1	.4	.4	.4
	2	2	.9	.9	1.3
	3	12	5.2	5.2	6.4
	4	55	23.6	23.6	30.0
	5	163	70.0	70.0	100.0
	Total	233	100.0	100.0	

How strongly do you identify with Ultra Running? (1 = not at all, 5 = very strongly).

		Frequency	Percent	Valid Percent	Cumulative Percent
Valid	1	3	1.3	1.3	1.3
	2	1	.4	.4	1.7
	3	28	12.0	12.0	13.7
	4	57	24.5	24.5	38.2
	5	144	61.8	61.8	100.0
	Total	233	100.0	100.0	

How strongly do you identify with Fell/Hill Running? (1 = not at all, 5 = very strongly).

		Frequency	Percent	Valid Percent	Cumulative Percent
Valid	1	102	43.8	43.8	43.8
	2	29	12.4	12.4	56.2
	3	46	19.7	19.7	76.0
	4	27	11.6	11.6	87.6
	5	29	12.4	12.4	100.0
	Total	233	100.0	100.0	

How strongly do you identify with Sky Running? (1 = not at all, 5 = very strongly).

		Frequency	Percent	Valid Percent	Cumulative Percent
Valid	1	149	63.9	63.9	63.9
	2	26	11.2	11.2	75.1
	3	31	13.3	13.3	88.4
	4	17	7.3	7.3	95.7
	5	10	4.3	4.3	100.0
	Total	233	100.0	100.0	

How strongly do you identify with Mountain Running? (1 = not at all, 5 = very strongly).

		Frequency	Percent	Valid Percent	Cumulative Percent
Valid	1	56	24.0	24.0	24.0
	2	28	12.0	12.0	36.1
	3	59	25.3	25.3	61.4
	4	40	17.2	17.2	78.5
	5	50	21.5	21.5	100.0
	Total	233	100.0	100.0	

How important to you is the following reason for running? (1 = not important, 5 = very important). - Running is important for my mental health and helps me to feel more positive in life.

		Frequency	Percent	Valid Percent	Cumulative Percent
Valid	1	2	.9	.9	.9
	2	5	2.1	2.1	3.0
	3	11	4.7	4.7	7.7
	4	57	24.5	24.5	32.2
	5	158	67.8	67.8	100.0
	Total	233	100.0	100.0	

How important to you is the following reason for running? (1 = not important, 5 = very important). - Running provides me with a connection to nature and wild landscapes.

		Frequency	Percent	Valid Percent	Cumulative Percent
Valid	1	1	.4	.4	.4
	2	7	3.0	3.0	3.4
	3	20	8.6	8.6	12.0
	4	46	19.7	19.7	31.8
	5	159	68.2	68.2	100.0
	Total	233	100.0	100.0	

How important to you is the following reason for running? (1 = not important, 5 = very important). - I like to run by myself and have time alone with my thoughts and feelings.

		Frequency	Percent	Valid Percent	Cumulative Percent
Valid	1	4	1.7	1.7	1.7
	2	4	1.7	1.7	3.4
	3	50	21.5	21.5	24.9
	4	67	28.8	28.8	53.6
	5	108	46.4	46.4	100.0
	Total	233	100.0	100.0	

How important to you is the following reason for running? (1 = not important, 5 = very important). - I like the social aspects of running with and meeting other people.

		Frequency	Percent	Valid Percent	Cumulative Percent
Valid	1	26	11.2	11.2	11.2
	2	46	19.7	19.7	30.9
	3	73	31.3	31.3	62.2
	4	54	23.2	23.2	85.4
	5	34	14.6	14.6	100.0
	Total	233	100.0	100.0	

How important to you is the following reason for running? (1 = not important, 5 = very important). - Running is a way for me to escape from the pressures of work, family etc.

		Frequency	Percent	Valid Percent	Cumulative Percent
Valid	1	15	6.4	6.4	6.4
	2	35	15.0	15.0	21.5
	3	45	19.3	19.3	40.8
	4	59	25.3	25.3	66.1
	5	79	33.9	33.9	100.0
	Total	233	100.0	100.0	

How important to you is the following reason for running? (1 = not important, 5 = very important). - Running is important to me for weight loss.

		Frequency	Percent	Valid Percent	Cumulative Percent
Valid	1	85	36.5	36.5	36.5
	2	54	23.2	23.2	59.7
	3	44	18.9	18.9	78.5
	4	19	8.2	8.2	86.7
	5	31	13.3	13.3	100.0
	Total	233	100.0	100.0	

How important to you is the following reason for running? (1 = not important, 5 = very important). - I like to use running to push to the edge of my physical and mental limitations.

		Frequency	Percent	Valid Percent	Cumulative Percent
Valid	1	1	.4	.4	.4
	2	13	5.6	5.6	6.0
	3	42	18.0	18.0	24.0
	4	75	32.2	32.2	56.2
	5	102	43.8	43.8	100.0
	Total	233	100.0	100.0	

How important to you is the following reason for running? (1 = not important, 5 = very important). - Running can be a spiritual or inner experience that connects to deep personal feelings and values.

		Frequency	Percent	Valid Percent	Cumulative Percent
Valid	1	20	8.6	8.6	8.6
	2	31	13.3	13.3	21.9
	3	58	24.9	24.9	46.8
	4	52	22.3	22.3	69.1
	5	72	30.9	30.9	100.0
	Total	233	100.0	100.0	

How important to you is the following reason for running? (1 = not important, 5 = very important). - I am motivated by the competitive aspects of running (e.g., races, Strava segments, personal bests).

		Frequency	Percent	Valid Percent	Cumulative Percent
Valid	1	30	12.9	12.9	12.9
	2	52	22.3	22.3	35.2
	3	50	21.5	21.5	56.7
	4	57	24.5	24.5	81.1
	5	44	18.9	18.9	100.0
	Total	233	100.0	100.0	

How important to you is the following reason for running? (1 = not important, 5 = very important). - I like the structure and discipline of regular training.

		Frequency	Percent	Valid Percent	Cumulative Percent
Valid	1	12	5.2	5.2	5.2
	2	9	3.9	3.9	9.0
	3	41	17.6	17.6	26.6
	4	84	36.1	36.1	62.7
	5	87	37.3	37.3	100.0
	Total	233	100.0	100.0	