

What is your nationality? - Selected Choice

		Frequency	Percent	Valid Percent	Cumulative Percent
Valid	American	379	37.2	37.2	37.2
	British	536	52.6	52.6	89.8
	Canadian	36	3.5	3.5	93.3
	Australian	5	.5	.5	93.8
	New Zealander	4	.4	.4	94.2
	British & Canadian	1	.1	.1	94.3
	Italian	3	.3	.3	94.6
	German	12	1.2	1.2	95.8
	South African	5	.5	.5	96.3
	Spanish	1	.1	.1	96.4
	Scottish	1	.1	.1	96.5
	Israeli	1	.1	.1	96.6
	British & American	4	.4	.4	97.0
	Irish	9	.9	.9	97.8
	Hungarian	1	.1	.1	97.9
	Portugese	1	.1	.1	98.0
	Czech	2	.2	.2	98.2
	Belgian	1	.1	.1	98.3
	Polish	3	.3	.3	98.6
	Filipino	1	.1	.1	98.7
	Norwegian	2	.2	.2	98.9
	French	2	.2	.2	99.1
	Ecuadorian	1	.1	.1	99.2
	Croatian	1	.1	.1	99.3
	Lithuanian	1	.1	.1	99.4
	Mexican	1	.1	.1	99.5
	Dutch	1	.1	.1	99.6
	Swedish	1	.1	.1	99.7
	British & New Zealander	1	.1	.1	99.8
	Alaskan Native	1	.1	.1	99.9
	Austrian	1	.1	.1	100.0
	Total		1019	100.0	100.0

How old are you?

		Frequency	Percent	Valid Percent	Cumulative Percent
Valid	Less than 18 yrs	3	.3	.3	.3
	18-24 yrs	12	1.2	1.3	1.6
	25-34 yrs	139	13.6	14.7	16.3
	35-44 yrs	324	31.8	34.4	50.7
	45-54 yrs	283	27.8	30.0	80.7
	55-64 yrs	140	13.7	14.8	95.5
	64+ yrs	42	4.1	4.5	100.0
	Total	943	92.5	100.0	
Missing	System	76	7.5		
Total		1019	100.0		

Do you have children?

		Frequency	Percent	Valid Percent	Cumulative Percent
Valid	Yes	610	59.9	65.0	65.0
	No	328	32.2	35.0	100.0
	Total	938	92.1	100.0	
Missing	System	81	7.9		
Total		1019	100.0		

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

		Frequency	Percent	Valid Percent	Cumulative Percent
Valid	Yes	962	94.4	99.2	99.2
	No	8	.8	.8	100.0
	Total	970	95.2	100.0	
Missing	System	49	4.8		
Total		1019	100.0		

Which gender do you identify as?

		Frequency	Percent	Valid Percent	Cumulative Percent
Valid	Male	552	54.2	59.2	59.2
	Female	373	36.6	40.0	99.1
	Non-binary / third gender	8	.8	.9	100.0
	Total	933	91.6	100.0	
Missing	System	86	8.4		
Total		1019	100.0		

Which of the following best describes your sexual orientation?

		Frequency	Percent	Valid Percent	Cumulative Percent
Valid	Straight/Heterosexual	870	85.4	94.6	94.6
	Gay/Lesbian	16	1.6	1.7	96.3
	Bisexual	34	3.3	3.7	100.0
	Total	920	90.3	100.0	
Missing	System	99	9.7		
Total		1019	100.0		

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

		Frequency	Percent	Valid Percent	Cumulative Percent
Valid	Not religious	522	51.2	57.1	57.1
	Spiritual, but not religious	139	13.6	15.2	72.3
	Christian	228	22.4	24.9	97.3
	Buddhist	7	.7	.8	98.0
	Jewish	13	1.3	1.4	99.5
	Asatru	1	.1	.1	99.6
	Humanist	1	.1	.1	99.7
	Pagan	1	.1	.1	99.8
	Wiccan	1	.1	.1	99.9
	Jedi	1	.1	.1	100.0
	Total	914	89.7	100.0	
	Missing	System	105	10.3	
Total		1019	100.0		

How would you best describe your ethnicity? - Selected Choice

		Frequency	Percent	Valid Percent	Cumulative Percent
Valid	White	885	86.8	95.4	95.4
	Hispanic/Latino/Spanish Origin	17	1.7	1.8	97.2
	South Asian	2	.2	.2	97.4
	Chinese	2	.2	.2	97.6
	Filipino	3	.3	.3	98.0
	Vietnamese	1	.1	.1	98.1
	Mixed/Multiple Ethnic Groups	13	1.3	1.4	99.5
	American Indian (Cherokee)	2	.2	.2	99.7
	Pacific Islander	2	.2	.2	99.9
	Greek Cypriot	1	.1	.1	100.0
	Total	928	91.1	100.0	
Missing	System	91	8.9		
Total		1019	100.0		

What is your level of education?

		Frequency	Percent	Valid Percent	Cumulative Percent
Valid	Up to High School/Secondary School (or equivalent)	168	16.5	17.9	17.9
	Undergraduate Bachelor's Degree (or equivalent)	361	35.4	38.5	56.5
	Postgraduate degree (or equivalent)	408	40.0	43.5	100.0
	Total	937	92.0	100.0	
Missing	System	82	8.0		
Total		1019	100.0		

What is your level of household income?

		Frequency	Percent	Valid Percent	Cumulative Percent
Valid	Less than \$10,000	12	1.2	1.4	1.4
	\$10,000 - \$19,999	28	2.7	3.3	4.7
	\$20,000 - \$29,999	64	6.3	7.5	12.2
	\$30,000 - \$39,999	61	6.0	7.2	19.4
	\$40,000 - \$49,999	71	7.0	8.3	27.7
	\$50,000 - \$59,999	72	7.1	8.5	36.2
	\$60,000 - \$69,999	74	7.3	8.7	44.9
	\$70,000 - \$79,999	69	6.8	8.1	53.0
	\$80,000 - \$89,999	60	5.9	7.1	60.0
	\$90,000 - \$99,999	39	3.8	4.6	64.6
	\$100,000 - \$149,999	161	15.8	18.9	83.5
	More than \$150,000	140	13.7	16.5	100.0
	Total	851	83.5	100.0	
Missing	System	168	16.5		
Total		1019	100.0		

Overall how would you rate your mental health?

		Frequency	Percent	Valid Percent	Cumulative Percent
Valid	Excellent	294	28.9	31.7	31.7
	Somewhat good	391	38.4	42.1	73.8
	Average	180	17.7	19.4	93.2
	Somewhat poor	52	5.1	5.6	98.8
	Poor	11	1.1	1.2	100.0
	Total	928	91.1	100.0	
Missing	System	91	8.9		
Total		1019	100.0		

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

		Frequency	Percent	Valid Percent	Cumulative Percent
Valid	Vegetarian	107	10.5	10.5	10.5
	Vegan	64	6.3	6.3	16.8
	Paleo	18	1.8	1.8	18.5
	Mainly plant based	150	14.7	14.7	33.3
	None of these	680	66.7	66.7	100.0
	Total	1019	100.0	100.0	

Are you a member of a running club?

		Frequency	Percent	Valid Percent	Cumulative Percent
Valid	Yes	460	45.1	48.4	48.4
	No	490	48.1	51.6	100.0
	Total	950	93.2	100.0	
Missing	System	69	6.8		
Total		1019	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.	171	16.8	16.8	16.8
	I think a small or modest cash prize can be a good incentive to boost competition.	407	39.9	39.9	56.7
	Races should not have a cash prize.	96	9.4	9.4	66.1
	None of the above.	345	33.9	33.9	100.0
	Total	1019	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.	711	69.8	69.8	69.8
	Sponsorship is positive in moderation (e.g., free gear, travel expenses, a small stipend).	147	14.4	14.4	84.2
	Running should be an amateur sport. I am opposed to salaries and sponsorship for elite runners.	15	1.5	1.5	85.7
	Not sure or none of the above.	146	14.3	14.3	100.0
	Total	1019	100.0	100.0	

On a scale of 1-5, how inspiring or useful do you find the following types of media about running? (1 = not inspiring/useful, 5 = very inspiring/useful). - Free videos and films (e.g., YouTube).

		Frequency	Percent	Valid Percent	Cumulative Percent
Valid	1	159	15.6	15.6	15.6
	2	71	7.0	7.0	22.6
	3	182	17.9	17.9	40.4
	4	291	28.6	28.6	69.0
	5	316	31.0	31.0	100.0
	Total	1019	100.0	100.0	

On a scale of 1-5, how inspiring or useful do you find the following types of media about running? (1 = not inspiring/useful, 5 = very inspiring/useful). - Paid-for videos and films.

		Frequency	Percent	Valid Percent	Cumulative Percent
Valid	1	508	49.9	49.9	49.9
	2	205	20.1	20.1	70.0
	3	179	17.6	17.6	87.5
	4	82	8.0	8.0	95.6
	5	45	4.4	4.4	100.0
	Total	1019	100.0	100.0	

On a scale of 1-5, how inspiring or useful do you find the following types of media about running? (1 = not inspiring/useful, 5 = very inspiring/useful). - Paid magazine subscriptions.

		Frequency	Percent	Valid Percent	Cumulative Percent
Valid	1	483	47.4	47.4	47.4
	2	216	21.2	21.2	68.6
	3	177	17.4	17.4	86.0
	4	101	9.9	9.9	95.9
	5	42	4.1	4.1	100.0
	Total	1019	100.0	100.0	

On a scale of 1-5, how inspiring or useful do you find the following types of media about running? (1 = not inspiring/useful, 5 = very inspiring/useful). - Websites about running (including free magazine content)

		Frequency	Percent	Valid Percent	Cumulative Percent
Valid	1	155	15.2	15.2	15.2
	2	112	11.0	11.0	26.2
	3	273	26.8	26.8	53.0
	4	284	27.9	27.9	80.9
	5	195	19.1	19.1	100.0
	Total	1019	100.0	100.0	

On a scale of 1-5, how inspiring or useful do you find the following types of media about running? (1 = not inspiring/useful, 5 = very inspiring/useful). - Books about running

		Frequency	Percent	Valid Percent	Cumulative Percent
Valid	1	181	17.8	17.8	17.8
	2	78	7.7	7.7	25.4
	3	224	22.0	22.0	47.4
	4	275	27.0	27.0	74.4
	5	261	25.6	25.6	100.0
	Total	1019	100.0	100.0	

On a scale of 1-5, how inspiring or useful do you find the following types of media about running? (1 = not inspiring/useful, 5 = very inspiring/useful). - Podcasts

		Frequency	Percent	Valid Percent	Cumulative Percent
Valid	1	259	25.4	25.4	25.4
	2	119	11.7	11.7	37.1
	3	177	17.4	17.4	54.5
	4	205	20.1	20.1	74.6
	5	259	25.4	25.4	100.0
	Total	1019	100.0	100.0	

Can you name any websites, magazines, podcasts or video channels about running that you read/listen/watch regularly? List up to five.

		Frequency	Percent	Valid Percent	Cumulative Percent
Valid	10 Junk Miles Podcast	4	.4	.6	.6
	Active.com (Website)	1	.1	.1	.7
	Adventure Jogger (Podcast/Website)	4	.4	.6	1.3
	Ali on the Run (Podcast/Website)	1	.1	.1	1.4
	Aravaipa Running (Media Company)	2	.2	.3	1.7
	Athletics Weekly (Magazine)	2	.2	.3	2.0
	Bad Boy Running (Podcast/Website)	10	1.0	1.4	3.5
	Ben is Running (YouTube)	1	.1	.1	3.6
	Ben Parkes (Media Personality/YouTube/Website)	6	.6	.9	4.5
	Billy Yang (Media Personality/Podcast/YouTube)	3	.3	.4	4.9
	Bob Graham Sounds (Podcast)	1	.1	.1	5.1
	British Ultra Running Podcast	5	.5	.7	5.8
	Centurion Running (Podcast/Website)	1	.1	.1	5.9
	Choose Strong (Podcast)	4	.4	.6	6.5
	Coach Parry (Media Personality/YouTube/Website)	2	.2	.3	6.8
	David Goggins (Media Personality)	2	.2	.3	7.1
	De Jogclub (Podcast)	1	.1	.1	7.2
	Dirt Church Radio (Podcast)	1	.1	.1	7.4
	DNF Podcast	2	.2	.3	7.7
	Ed Budd (Media Personality/YouTube)	1	.1	.1	7.8
	Fast Running (Website)	1	.1	.1	8.0
	Fastest Known Time (Podcast/Website)	7	.7	1.0	9.0
	Fellrun Like a Girl (Website)	1	.1	.1	9.1
	Fetcheveryone.com (Website)	4	.4	.6	9.7
	Film My Run (YouTube)	3	.3	.4	10.1

Can you name any websites, magazines, podcasts or video channels about running that you read/listen/watch regularly? List up to five.

	Frequency	Percent	Valid Percent	Cumulative Percent
Flora Beverley (Media Personality/YouTube/Website)	3	.3	.4	10.6
Fordy Runs (YouTube)	1	.1	.1	10.7
Free Weekly Timed (Podcast)	2	.2	.3	11.0
Freetrail (Website/Podcast/YouTube)	12	1.2	1.7	12.8
Ginger Runner (Podcast/YouTube)	15	1.5	2.2	14.9
Global Triathlon Network (Website/YouTube)	1	.1	.1	15.1
Go Mountain Goats Go (Podcast)	1	.1	.1	15.2
Her Spirit (Podcast)	1	.1	.1	15.4
Horizon Sport (Website/Video/Podcasts)	1	.1	.1	15.5
Inside Running (Podcast/Website)	1	.1	.1	15.7
iRunFar (Website)	124	12.2	18.0	33.6
James Dunne (Media Personality/Podcast)	1	.1	.1	33.8
Jeff Pelletier (YouTube/Website)	2	.2	.3	34.1
Jog On (Podcast/Website)	2	.2	.3	34.3
Kelp and Fern (YouTube)	1	.1	.1	34.5
Koopcast (Podcast/Website)	9	.9	1.3	35.8
Lets Run (Website/Podcast)	8	.8	1.2	37.0
Like the Wind (Magazine)	9	.9	1.3	38.3
Manawatu Tri Club (Website)	1	.1	.1	38.4
Marathon Handbook (Book)	1	.1	.1	38.6
Marathon Talk (Podcast)	6	.6	.9	39.4
Mark Lewis (Media Personality/YouTube/Website)	1	.1	.1	39.6
Mid Life Athlete (Podcast)	1	.1	.1	39.7
Montane Further, Faster (Podcast)	1	.1	.1	39.9
MR RunningPains Podcast	2	.2	.3	40.1
Obstacle Course Racing (Website)	1	.1	.1	40.3

Can you name any websites, magazines, podcasts or video channels about running that you read/listen/watch regularly? List up to five.

	Frequency	Percent	Valid Percent	Cumulative Percent
Outside+ (Website/Multimedia)	10	1.0	1.4	41.7
Peter Attia Drive Podcast	1	.1	.1	41.9
Rich Roll (Media Personality/Podcast)	9	.9	1.3	43.2
Road Dog Podcast	2	.2	.3	43.5
Run Steep Get High (YouTube)	3	.3	.4	43.9
Run to the Hills (Podcast)	64	6.3	9.3	53.2
Run4Adventure (YouTube)	1	.1	.1	53.3
Runners Connect (Website/Podcast)	1	.1	.1	53.5
Runners Need (Website)	1	.1	.1	53.6
Runners on Trail (Podcast)	2	.2	.3	53.9
Runners World (Magazine/Podcast)	56	5.5	8.1	62.0
Running Channel (YouTube)	1	.1	.1	62.2
Running Commentary (Podcast)	3	.3	.4	62.6
Running Explained (Podcast/Website)	1	.1	.1	62.8
Running is BS (Podcast)	1	.1	.1	62.9
Running Magazine	2	.2	.3	63.2
Running Times with Gagz (Podcast)	2	.2	.3	63.5
RunPod (Podcast)	2	.2	.3	63.8
RunRX (Website/YouTube)	2	.2	.3	64.1
Runscripted (Podcast)	2	.2	.3	64.3
Ryan Clayton (YouTube)	1	.1	.1	64.5
Sage Canaday (Media Personality/YouTube)	1	.1	.1	64.6
Salomon TV (YouTube)	6	.6	.9	65.5
Science of Ultra (Podcast/Website)	4	.4	.6	66.1
Sean Conway (Media Personality)	1	.1	.1	66.2
Seth James DeMoor (Media Personality/YouTube)	5	.5	.7	67.0
Singletrack Podcast	2	.2	.3	67.2
Some Work, All Play (Podcast/Website)	8	.8	1.2	68.4

Can you name any websites, magazines, podcasts or video channels about running that you read/listen/watch regularly? List up to five.

	Frequency	Percent	Valid Percent	Cumulative Percent
Sportsshoes.com (Website)	1	.1	.1	68.6
Steep Life Media (Podcast/YouTube)	2	.2	.3	68.8
Strength Running (Podcast/Website)	2	.2	.3	69.1
TalkUltra (Podcast)	10	1.0	1.4	70.6
Tartan Running Shorts (Podcast)	1	.1	.1	70.7
The Bioneer (Website/Podcast)	1	.1	.1	70.9
The Endurance Podcast	1	.1	.1	71.0
The Fellrunner (Magazine)	5	.5	.7	71.7
The Great Outdoors (Magazine)	1	.1	.1	71.9
The Morning Shakeout (Podcast/Website)	2	.2	.3	72.2
The Running Channel (YouTube)	18	1.8	2.6	74.8
The Running Public (Podcast)	1	.1	.1	74.9
This Messy Happy (Podcast/Website)	1	.1	.1	75.1
Three of Seven Podcast	2	.2	.3	75.4
Trail and Error (Podcast/Website)	1	.1	.1	75.5
Trail Runner (Magazine)	28	2.7	4.1	79.6
Trail Runner Nation (Podcast/Website)	24	2.4	3.5	83.0
Trail Running Couple (YouTube)	2	.2	.3	83.3
Trail Running (Magazine)	50	4.9	7.2	90.6
Trail Running Women (Podcast)	1	.1	.1	90.7
Trail Society (Podcast)	2	.2	.3	91.0
Triathlon Taren (Media Personality/YouTube)	1	.1	.1	91.2
Ultra Magazine	7	.7	1.0	92.2
Ultra Runner Podcast	3	.3	.4	92.6
Ultra Running History (Podcast)	2	.2	.3	92.9
Ultramarathon Man (Book)	1	.1	.1	93.0
Ultra Runner Magazine	1	.1	.1	93.2
Ultratrailsteven (YouTube)	3	.3	.4	93.6

Can you name any websites, magazines, podcasts or video channels about running that you read/listen/watch regularly? List up to five.

	Frequency	Percent	Valid Percent	Cumulative Percent
VO2 Max Productions (YouTube)	2	.2	.3	93.9
Wild Ginger Runner (Podcast/YouTube)	5	.5	.7	94.6
Will Frantz (Website)	2	.2	.3	94.9
With Me Now (Podcast)	1	.1	.1	95.1
Women of Distance (Podcast)	2	.2	.3	95.4
Women's Running (Magazine)	13	1.3	1.9	97.2
Young Hearts, Run Free (Podcast)	4	.4	.6	97.8
Ultra Running Magazine	15	1.5	2.2	100.0
Total	690	67.7	100.0	
Missing System	329	32.3		
Total	1019	100.0		

Can you name any websites, magazines, podcasts or video channels about running that you read/listen/watch regularly? List up to five.

	Frequency	Percent	Valid Percent	Cumulative Percent
Valid 10 Junk Miles Podcast	7	.7	1.3	1.3
220 Triathlon (Magazine)	1	.1	.2	1.5
A Runner's Life (Podcast)	1	.1	.2	1.7
Adventure Jogger (Podcast/Website)	4	.4	.8	2.5
Ali on the Run (Podcast/Website)	2	.2	.4	2.8
Another Mother Runner (Podcast)	3	.3	.6	3.4
Athletics Weekly (Magazine)	1	.1	.2	3.6
Bad Boy Running (Podcast/Website)	14	1.4	2.6	6.2
Beau Miles (Media Personality)	1	.1	.2	6.4
Becoming Ultra (Podcast/Website)	1	.1	.2	6.6
Believe in the Run (Website/YouTube)	1	.1	.2	6.8
Ben is Running (YouTube)	4	.4	.8	7.6
Ben Parkes (Media Personality/YouTube/Website)	3	.3	.6	8.1

Can you name any websites, magazines, podcasts or video channels about running that you read/listen/watch regularly? List up to five.

	Frequency	Percent	Valid Percent	Cumulative Percent
Beyond the Ultimate (Website)	1	.1	.2	8.3
Billy Yang (Media Personality/Podcast/YouTube)	17	1.7	3.2	11.5
Black Hat Ultra (Podcast)	1	.1	.2	11.7
Born to Run (Book)	2	.2	.4	12.1
British Ultra Running Podcast	3	.3	.6	12.7
Chasing Tomorrow (Podcast)	1	.1	.2	12.9
Clubfatass.com (Website)	2	.2	.4	13.2
Coach Parry (Media Personality/YouTube/Website)	1	.1	.2	13.4
Comrades Training Podcast	1	.1	.2	13.6
Cotswald Trail Runner (YouTube)	1	.1	.2	13.8
Darren Smith (Media Personality/YouTube)	1	.1	.2	14.0
David Goggins (Media Personality)	1	.1	.2	14.2
Dean Karnazes (Media Personality)	1	.1	.2	14.4
Eat Clean, Run Dirty (Magazine)	2	.2	.4	14.7
Ed Budd (Media Personality/YouTube)	1	.1	.2	14.9
Everything Endurance (Podcast)	1	.1	.2	15.1
Feisty Menopause (Podcast)	1	.1	.2	15.3
Fetcheveryone.com (Website)	1	.1	.2	15.5
Film My Run (YouTube)	1	.1	.2	15.7
Flora Beverley (Media Personality/YouTube/Website)	1	.1	.2	15.9
FOD Runner (YouTube/Website)	2	.2	.4	16.3
Fordy Runs (YouTube)	1	.1	.2	16.4
Freerail (Website/Podcast/YouTube)	9	.9	1.7	18.1
GB Ultras (Website)	1	.1	.2	18.3

Can you name any websites, magazines, podcasts or video channels about running that you read/listen/watch regularly? List up to five.

	Frequency	Percent	Valid Percent	Cumulative Percent
Ginger Runner (Podcast/YouTube)	10	1.0	1.9	20.2
Global Running (Website)	2	.2	.4	20.6
Go One More (YouTube)	3	.3	.6	21.2
Harrier UK (Podcast)	1	.1	.2	21.4
How to Run Your First Ultramarathon (Book)	2	.2	.4	21.7
Inov-8 (Website)	2	.2	.4	22.1
iRunFar (Website)	30	2.9	5.7	27.8
Jeff Pelletier (YouTube/Website)	1	.1	.2	28.0
Joe Rogan (Media Personality/Podcast/YouTube)	2	.2	.4	28.4
Koopcast (Podcast/Website)	10	1.0	1.9	30.2
Les Genoux dans le Gif (Website/YouTube)	1	.1	.2	30.4
Lets Run (Website/Podcast)	10	1.0	1.9	32.3
Like the Wind (Magazine)	1	.1	.2	32.5
Local Runners Podcast	1	.1	.2	32.7
Lonely Goat (Website)	2	.2	.4	33.1
Marathon Training Academy (Podcast/Website)	2	.2	.4	33.5
Mikipedia (Podcast/Website)	1	.1	.2	33.6
Montane Further, Faster (Podcast)	1	.1	.2	33.8
Nicola Runs (YouTube)	1	.1	.2	34.0
Nike Run Club App (Social Media)	2	.2	.4	34.4
Old Ghost Road (Website)	1	.1	.2	34.6
On the Back Foot (Podcast)	1	.1	.2	34.8
Outside+ (Website/Multimedia)	4	.4	.8	35.5
Patagonia (YouTube)	4	.4	.8	36.3
Real Science of Sport (Podcast)	4	.4	.8	37.1
Rich Roll (Media Personality/Podcast)	4	.4	.8	37.8
Run Mummy Run (Podcast/Website)	1	.1	.2	38.0
Run Smarter (Podcast/Website)	3	.3	.6	38.6

Can you name any websites, magazines, podcasts or video channels about running that you read/listen/watch regularly? List up to five.

	Frequency	Percent	Valid Percent	Cumulative Percent
Run Steep Get High (YouTube)	6	.6	1.1	39.7
Run Talk Run (Podcast/Website)	1	.1	.2	39.9
Run Testers (YouTube)	1	.1	.2	40.1
Run to the Hills (Podcast)	35	3.4	6.6	46.7
Run4Adventure (YouTube)	2	.2	.4	47.1
Runner Beans (Podcast)	1	.1	.2	47.3
Runner Trucker (Podcast)	1	.1	.2	47.4
Runners World (Magazine/Podcast)	37	3.6	7.0	54.4
Running Commentary (Podcast)	1	.1	.2	54.6
Running for Real (Podcast/Website)	1	.1	.2	54.8
Running is BS (Podcast)	4	.4	.8	55.6
RunPod (Podcast)	2	.2	.4	56.0
Salomon TV (YouTube)	1	.1	.2	56.1
Sarah Place (Media Personality/YouTube/Website)	4	.4	.8	56.9
Science of Ultra (Podcast/Website)	1	.1	.2	57.1
Seth James DeMoor (Media Personality/YouTube)	2	.2	.4	57.5
Shakeout (Podcast)	2	.2	.4	57.8
Simon Miller (Media Personality/YouTube)	1	.1	.2	58.0
Simon Ward (Media Personality/Podcast)	1	.1	.2	58.2
Singletrack Podcast	6	.6	1.1	59.4
Some Work, All Play (Podcast/Website)	11	1.1	2.1	61.4
Sportsshoes.com (Website)	1	.1	.2	61.6
Strength Running (Podcast/Website)	2	.2	.4	62.0
TalkUltra (Podcast)	9	.9	1.7	63.7
Tartan Running Shorts (Podcast)	1	.1	.2	63.9
That's Running (Podcast)	1	.1	.2	64.1
The Endurance Podcast	1	.1	.2	64.3
The Fellrunner (Magazine)	1	.1	.2	64.5
The Lap Count (Website)	1	.1	.2	64.7

Can you name any websites, magazines, podcasts or video channels about running that you read/listen/watch regularly? List up to five.

	Frequency	Percent	Valid Percent	Cumulative Percent
The Long Run (Podcast)	1	.1	.2	64.8
The Pyllon Ultra (Podcast/Website)	2	.2	.4	65.2
The Run Experience (Website)	2	.2	.4	65.6
The Running Channel (YouTube)	12	1.2	2.3	67.9
The Sunnywood Project (Website)	1	.1	.2	68.1
The Ultra Running Guys (Podcast/Website)	2	.2	.4	68.4
This Messy Happy (Podcast/Website)	3	.3	.6	69.0
Trail & Ultra (Website)	1	.1	.2	69.2
Trail and Error (Podcast/Website)	7	.7	1.3	70.5
Trail Runner (Magazine)	24	2.4	4.5	75.0
Trail Runner Nation (Podcast/Website)	19	1.9	3.6	78.6
Trail Running Couple (YouTube)	1	.1	.2	78.8
Trail Running (Magazine)	27	2.6	5.1	83.9
Trail Running Women (Podcast)	3	.3	.6	84.5
Trail Sisters (Website)	4	.4	.8	85.3
Trail Society (Podcast)	4	.4	.8	86.0
Ultra Runner Podcast	13	1.3	2.5	88.5
Ultra Running History (Podcast)	1	.1	.2	88.7
Ultra Runner Magazine	8	.8	1.5	90.2
Ultrarunningcommunity.com (Website)	1	.1	.2	90.4
UltraSignup (Website)	2	.2	.4	90.7
USA Triathlon (Website)	2	.2	.4	91.1
VO2 Max Productions (YouTube)	3	.3	.6	91.7
Way of the Runner (Podcast/Website)	4	.4	.8	92.4
Wild Ginger Runner (Podcast/YouTube)	5	.5	.9	93.4
With Me Now (Podcast)	2	.2	.4	93.8
Women's Running (Magazine)	6	.6	1.1	94.9
Young Hearts, Run Free (Podcast)	3	.3	.6	95.5

Can you name any websites, magazines, podcasts or video channels about running that you read/listen/watch regularly? List up to five.

	Frequency	Percent	Valid Percent	Cumulative Percent
Your Running Stories (Podcast)	2	.2	.4	95.8
Ultra Running Magazine	21	2.1	4.0	99.8
Inside Tri (Podcast)	1	.1	.2	100.0
Total	529	51.9	100.0	
Missing System	490	48.1		
Total	1019	100.0		

Can you name any websites, magazines, podcasts or video channels about running that you read/listen/watch regularly? List up to five.

	Frequency	Percent	Valid Percent	Cumulative Percent
Valid 10 Junk Miles Podcast	1	.1	.3	.3
1001 Running Tips (Book)	1	.1	.3	.5
Adventure Jogger (Podcast/Website)	5	.5	1.3	1.8
Aravaipa Running (Media Company)	4	.4	1.0	2.8
Athletics Weekly (Magazine)	3	.3	.8	3.6
Bad Boy Running (Podcast/Website)	8	.8	2.1	5.7
Becoming Ultra (Podcast/Website)	2	.2	.5	6.2
Believe in the Run (Website/YouTube)	5	.5	1.3	7.5
Ben Parkes (Media Personality/YouTube/Website)	3	.3	.8	8.3
Billy Yang (Media Personality/Podcast/YouTube)	9	.9	2.3	10.6
British Ultra Running Podcast	10	1.0	2.6	13.2
Canadian Running Magazine	2	.2	.5	13.7
Canadian Trail Runner (Magazine)	2	.2	.5	14.2
Choose Strong (Podcast)	1	.1	.3	14.5
Damian Hall (Media Personality)	1	.1	.3	14.8
Dans la tête d'un coureur (Podcast)	1	.1	.3	15.0
Emma Abrahamson (Media Personality/YouTube)	2	.2	.5	15.5

Can you name any websites, magazines, podcasts or video channels about running that you read/listen/watch regularly? List up to five.

	Frequency	Percent	Valid Percent	Cumulative Percent
Everything Endurance (Podcast)	1	.1	.3	15.8
Fast Running (Website)	2	.2	.5	16.3
Fast Women (Website)	2	.2	.5	16.8
Fastest Known Time (Podcast/Website)	3	.3	.8	17.6
Female Athlete (Podcast)	1	.1	.3	17.9
Film My Run (YouTube)	1	.1	.3	18.1
Finding Ultra (Book)	1	.1	.3	18.4
Flora Beverley (Media Personality/YouTube/Website)	3	.3	.8	19.2
FOD Runner (YouTube/Website)	1	.1	.3	19.4
Fordy Runs (YouTube)	1	.1	.3	19.7
Freerail (Website/Podcast/YouTube)	18	1.8	4.7	24.4
Ginger Runner (Podcast/YouTube)	4	.4	1.0	25.4
Global Triathlon Network (Website/YouTube)	1	.1	.3	25.6
Golden Trail Series (YouTube)	4	.4	1.0	26.7
Inov-8 (Website)	2	.2	.5	27.2
iRunFar (Website)	15	1.5	3.9	31.1
James Dunne (Media Personality/Podcast)	1	.1	.3	31.3
Jeff Pelletier (YouTube/Website)	9	.9	2.3	33.7
Kepler Challenge (Website)	1	.1	.3	33.9
Kinetic Revolution (YouTube)	1	.1	.3	34.2
Koopcast (Podcast/Website)	13	1.3	3.4	37.6
Lets Run (Website/Podcast)	6	.6	1.6	39.1
Like the Wind (Magazine)	1	.1	.3	39.4
Marathon Talk (Podcast)	8	.8	2.1	41.5
Marathon Training Academy (Podcast/Website)	1	.1	.3	41.7
Miles with Marty (Podcast)	2	.2	.5	42.2
Mountain Outpost (Podcast)	2	.2	.5	42.7

Can you name any websites, magazines, podcasts or video channels about running that you read/listen/watch regularly? List up to five.

	Frequency	Percent	Valid Percent	Cumulative Percent
Nick Bare (Media Personality/YouTube)	1	.1	.3	43.0
Off the Couch (Podcast)	2	.2	.5	43.5
Outside+ (Website/Multimedia)	5	.5	1.3	44.8
Penllyn Ultras (Website)	1	.1	.3	45.1
Philly Bowden (Media Personality/YouTube)	1	.1	.3	45.3
Portsmouth Running (Podcast)	1	.1	.3	45.6
RandomForestRunner (Website)	3	.3	.8	46.4
Rich Roll (Media Personality/Podcast)	6	.6	1.6	47.9
Run Smarter (Podcast/Website)	2	.2	.5	48.4
Run Steep Get High (YouTube)	3	.3	.8	49.2
Run Strong (YouTube)	1	.1	.3	49.5
Run to the Hills (Podcast)	8	.8	2.1	51.6
Run to the Top (Podcast)	1	.1	.3	51.8
Run4Adventure (YouTube)	3	.3	.8	52.6
Runners on Trail (Podcast)	3	.3	.8	53.4
Runners World (Magazine/Podcast)	22	2.2	5.7	59.1
Running Commentary (Podcast)	3	.3	.8	59.8
Running for Real (Podcast/Website)	1	.1	.3	60.1
Running is BS (Podcast)	1	.1	.3	60.4
Running Lean (Book)	1	.1	.3	60.6
Running Shoes Guru (YouTube/Website)	1	.1	.3	60.9
Running with Jake (Podcast/Website)	1	.1	.3	61.1
Running Your Stories (Podcast)	1	.1	.3	61.4
Runningintheusa.com (Website)	2	.2	.5	61.9
RunPod (Podcast)	3	.3	.8	62.7
Ryan Clayton (YouTube)	1	.1	.3	63.0
Salomon TV (YouTube)	9	.9	2.3	65.3
Science of Sport Podcast	1	.1	.3	65.5

Can you name any websites, magazines, podcasts or video channels about running that you read/listen/watch regularly? List up to five.

	Frequency	Percent	Valid Percent	Cumulative Percent
Science of Ultra (Podcast/Website)	1	.1	.3	65.8
Seth James DeMoor (Media Personality/YouTube)	3	.3	.8	66.6
Singletrack Podcast	6	.6	1.6	68.1
Some Work, All Play (Podcast/Website)	9	.9	2.3	70.5
Strength Running (Podcast/Website)	3	.3	.8	71.2
TalkUltra (Podcast)	3	.3	.8	72.0
The Body Mechanic (Podcast)	1	.1	.3	72.3
The Endurance Podcast	1	.1	.3	72.5
The Fellrunner (Magazine)	2	.2	.5	73.1
The Inspirational Runner (Podcast)	1	.1	.3	73.3
The Morning Shakeout (Podcast/Website)	4	.4	1.0	74.4
The Pylon Ultra (Podcast/Website)	1	.1	.3	74.6
The Running Channel (YouTube)	7	.7	1.8	76.4
This Messy Happy (Podcast/Website)	1	.1	.3	76.7
Trail & Ultra (Website)	2	.2	.5	77.2
Trail and Error (Podcast/Website)	2	.2	.5	77.7
Trail Runner (Magazine)	16	1.6	4.1	81.9
Trail Runner Nation (Podcast/Website)	14	1.4	3.6	85.5
Trail Running Couple (YouTube)	1	.1	.3	85.8
Trail Running (Magazine)	10	1.0	2.6	88.3
Trail Running Women (Podcast)	1	.1	.3	88.6
Trail Society (Podcast)	3	.3	.8	89.4
Trail Uncut (YouTube)	1	.1	.3	89.6
Trails Collective (YouTube)	2	.2	.5	90.2
TriDot (Podcast)	1	.1	.3	90.4
UK Climbing (Website)	1	.1	.3	90.7
Ultra Magazine	2	.2	.5	91.2
Ultra Runner Podcast	3	.3	.8	92.0
Ultra Running History (Podcast)	3	.3	.8	92.7

Can you name any websites, magazines, podcasts or video channels about running that you read/listen/watch regularly? List up to five.

	Frequency	Percent	Valid Percent	Cumulative Percent
Ultra Runner Magazine	1	.1	.3	93.0
UltraSignup (Website)	2	.2	.5	93.5
VO2 Max Productions (YouTube)	1	.1	.3	93.8
Way of the Runner (Podcast/Website)	2	.2	.5	94.3
Wild Ginger Runner (Podcast/YouTube)	6	.6	1.6	95.9
Women of Distance (Podcast)	2	.2	.5	96.4
Women's Running (Magazine)	4	.4	1.0	97.4
Young Hearts, Run Free (Podcast)	1	.1	.3	97.7
Ultra Running Magazine	8	.8	2.1	99.7
Summit Fever Media (Media Company)	1	.1	.3	100.0
Total	386	37.9	100.0	
Missing System	633	62.1		
Total	1019	100.0		

Can you name any websites, magazines, podcasts or video channels about running that you read/listen/watch regularly? List up to five.

		Frequency	Percent	Valid Percent	Cumulative Percent
Valid	10 Junk Miles Podcast	4	.4	1.6	1.6
	A Runner's Life (Podcast)	1	.1	.4	2.0
	Active.com (Website)	2	.2	.8	2.8
	Adventure Jogger (Podcast/Website)	1	.1	.4	3.2
	Aravaipa Running (Media Company)	3	.3	1.2	4.4
	Bad Boy Running (Podcast/Website)	3	.3	1.2	5.6
	Becoming Brutal (Book)	1	.1	.4	6.0
	Becoming Ultra (Podcast/Website)	3	.3	1.2	7.2
	Beer on the Run (Podcast)	1	.1	.4	7.6
	Ben Parkes (Media Personality/YouTube/Website)	2	.2	.8	8.4
	Billy Yang (Media Personality/Podcast/YouTube)	4	.4	1.6	10.0
	Bob Graham Sounds (Podcast)	1	.1	.4	10.4
	British Ultra Running Podcast	1	.1	.4	10.8
	Centurion Running (Podcast/Website)	3	.3	1.2	12.0
	Choose Strong (Podcast)	1	.1	.4	12.4
	Cockbain Events (Website)	1	.1	.4	12.7
	DevRunner (YouTube)	1	.1	.4	13.1
	Eat Clean, Run Dirty (Magazine)	2	.2	.8	13.9
	Endurance Junkie (Podcast)	1	.1	.4	14.3
	England Athletics (Website)	1	.1	.4	14.7
	Everything Endurance (Podcast)	1	.1	.4	15.1
	Extramilest (Podcast)	1	.1	.4	15.5
	Fast Women (Website)	2	.2	.8	16.3
	Fastest Known Time (Podcast/Website)	1	.1	.4	16.7
	Film My Run (YouTube)	1	.1	.4	17.1
	Flora Beverley (Media Personality/YouTube/Website)	1	.1	.4	17.5
	FOD Runner (YouTube/Website)	1	.1	.4	17.9

Can you name any websites, magazines, podcasts or video channels about running that you read/listen/watch regularly? List up to five.

	Frequency	Percent	Valid Percent	Cumulative Percent
Free Weekly Timed (Podcast)	2	.2	.8	18.7
Freetrail (Website/Podcast/YouTube)	13	1.3	5.2	23.9
Ginger Runner (Podcast/YouTube)	6	.6	2.4	26.3
Global Triathlon Network (Website/YouTube)	3	.3	1.2	27.5
Go Mountain Goats Go (Podcast)	2	.2	.8	28.3
Golden Trail Series (YouTube)	2	.2	.8	29.1
Huberman Lab (Podcast/Website)	2	.2	.8	29.9
In It for the Long Run (Book)	1	.1	.4	30.3
iRunFar (Website)	11	1.1	4.4	34.7
Jeff Pelletier (YouTube/Website)	2	.2	.8	35.5
Koopcast (Podcast/Website)	6	.6	2.4	37.8
Lets Run (Website/Podcast)	1	.1	.4	38.2
Like the Wind (Magazine)	1	.1	.4	38.6
Low Carb Athlete (Podcast)	1	.1	.4	39.0
Marathon Investigations (Website)	2	.2	.8	39.8
Marathon Talk (Podcast)	1	.1	.4	40.2
Mark Lewis (Media Personality/YouTube/Website)	1	.1	.4	40.6
Meat Free Athlete (Website)	1	.1	.4	41.0
Nicola Runs (YouTube)	2	.2	.8	41.8
Off the Couch (Podcast)	2	.2	.8	42.6
Once is Enough (Film)	1	.1	.4	43.0
Outside+ (Website/Multimedia)	4	.4	1.6	44.6
Patagonia (YouTube)	2	.2	.8	45.4
Real Science of Sport (Podcast)	1	.1	.4	45.8
Rich Roll (Media Personality/Podcast)	1	.1	.4	46.2
Run Free (Website)	1	.1	.4	46.6
Run Smarter (Podcast/Website)	1	.1	.4	47.0

Can you name any websites, magazines, podcasts or video channels about running that you read/listen/watch regularly? List up to five.

	Frequency	Percent	Valid Percent	Cumulative Percent
Run Testers (YouTube)	2	.2	.8	47.8
Run the Riot (Website)	2	.2	.8	48.6
Run to the Hills (Podcast)	1	.1	.4	49.0
Run Wild (Podcast)	2	.2	.8	49.8
Run4Adventure (YouTube)	3	.3	1.2	51.0
Runners of the Bay (Podcast/Website)	2	.2	.8	51.8
Runners on Trail (Podcast)	1	.1	.4	52.2
Runners World (Magazine/Podcast)	2	.2	.8	53.0
Running Commentary (Podcast)	6	.6	2.4	55.4
Running is BS (Podcast)	2	.2	.8	56.2
RunPod (Podcast)	1	.1	.4	56.6
Runrepeat.com (Website)	1	.1	.4	57.0
Sage Canaday (Media Personality/YouTube)	2	.2	.8	57.8
Salomon TV (YouTube)	5	.5	2.0	59.8
Science of Sport Podcast	4	.4	1.6	61.4
Science of Ultra (Podcast/Website)	4	.4	1.6	62.9
Seth James DeMoor (Media Personality/YouTube)	4	.4	1.6	64.5
Singletrack Podcast	2	.2	.8	65.3
Some Work, All Play (Podcast/Website)	4	.4	1.6	66.9
Steep Life Media (Podcast/YouTube)	1	.1	.4	67.3
Strength Running (Podcast/Website)	5	.5	2.0	69.3
TalkUltra (Podcast)	4	.4	1.6	70.9
Tartan Running Shorts (Podcast)	2	.2	.8	71.7
The Ageless Runner (Website/Podcast)	1	.1	.4	72.1
The Endurance Podcast	1	.1	.4	72.5
The Morning Shakeout (Podcast/Website)	1	.1	.4	72.9
The Running Channel (YouTube)	3	.3	1.2	74.1
Tinman Elite (Website)	1	.1	.4	74.5
Trail Runner (Magazine)	15	1.5	6.0	80.5

Can you name any websites, magazines, podcasts or video channels about running that you read/listen/watch regularly? List up to five.

	Frequency	Percent	Valid Percent	Cumulative Percent
Trail Runner Nation (Podcast/Website)	6	.6	2.4	82.9
Trail Running (Magazine)	9	.9	3.6	86.5
Trail Running Women (Podcast)	2	.2	.8	87.3
Trail Society (Podcast)	4	.4	1.6	88.8
Ultra Magazine	1	.1	.4	89.2
Ultra Potential (Website)	1	.1	.4	89.6
Ultra Runner Podcast	2	.2	.8	90.4
Ultra Running History (Podcast)	3	.3	1.2	91.6
Ultra Runner Magazine	1	.1	.4	92.0
Uphill Athlete (Podcast/Website)	2	.2	.8	92.8
USA Triathlon (Website)	2	.2	.8	93.6
Vert.run (Website)	2	.2	.8	94.4
VO2 Max Productions (YouTube)	4	.4	1.6	96.0
Welsh Runner (YouTube)	1	.1	.4	96.4
Why Running Matters (Book)	1	.1	.4	96.8
Wild Ginger Runner (Podcast/YouTube)	1	.1	.4	97.2
Women's Running (Magazine)	2	.2	.8	98.0
Ultra Running Magazine	4	.4	1.6	99.6
Random Runner (YouTube)	1	.1	.4	100.0
Total	251	24.6	100.0	
Missing System	768	75.4		
Total	1019	100.0		

Can you name any websites, magazines, podcasts or video channels about running that you read/listen/watch regularly? List up to five.

		Frequency	Percent	Valid Percent	Cumulative Percent
Valid	A Runner's Life (Podcast)	1	.1	.8	.8
	Bad Boy Running (Podcast/Website)	1	.1	.8	1.6
	Ben Parkes (Media Personality/YouTube/Website)	2	.2	1.6	3.1
	Billy Yang (Media Personality/Podcast/YouTube)	4	.4	3.1	6.3
	British Ultra Running Podcast	2	.2	1.6	7.9
	Centurion Running (Podcast/Website)	1	.1	.8	8.7
	Chris Mocko (Media Personality/Podcast)	2	.2	1.6	10.2
	Coros Convos (YouTube)	1	.1	.8	11.0
	Fast Running (Website)	1	.1	.8	11.8
	Fast Women (Website)	2	.2	1.6	13.4
	Fastest Known Time (Podcast/Website)	1	.1	.8	14.2
	Freerail (Website/Podcast/YouTube)	1	.1	.8	15.0
	Ginger Runner (Podcast/YouTube)	6	.6	4.7	19.7
	Girls Gone Gravel (Podcast/Website)	2	.2	1.6	21.3
	Global Triathlon Network (Website/YouTube)	1	.1	.8	22.0
	Golden Trail Series (YouTube)	2	.2	1.6	23.6
	Holly Martin (Media Personality/YouTube)	1	.1	.8	24.4
	iRunFar (Website)	7	.7	5.5	29.9
	Koopcast (Podcast/Website)	6	.6	4.7	34.6
	Legends of Running Endurance (Podcast)	1	.1	.8	35.4
	Lets Run (Website/Podcast)	2	.2	1.6	37.0
	Local Runners Podcast	1	.1	.8	37.8
	Marathon Talk (Podcast)	4	.4	3.1	40.9
	Montane Further, Faster (Podcast)	2	.2	1.6	42.5
	Nicola Runs (YouTube)	1	.1	.8	43.3

Can you name any websites, magazines, podcasts or video channels about running that you read/listen/watch regularly? List up to five.

	Frequency	Percent	Valid Percent	Cumulative Percent
Northernrunner.co.uk (Website)	1	.1	.8	44.1
Off the Couch (Podcast)	2	.2	1.6	45.7
Outside+ (Website/Multimedia)	2	.2	1.6	47.2
Outlandish (Podcast)	1	.1	.8	48.0
Pain Cave (Podcast)	2	.2	1.6	49.6
Run Testers (YouTube)	1	.1	.8	50.4
Run to the Hills (Podcast)	1	.1	.8	51.2
Run4Adventure (YouTube)	1	.1	.8	52.0
Runners World (Magazine/Podcast)	4	.4	3.1	55.1
Running Commentary (Podcast)	1	.1	.8	55.9
Running with Jake (Podcast/Website)	1	.1	.8	56.7
Ryan Clayton (YouTube)	1	.1	.8	57.5
Sage Canaday (Media Personality/YouTube)	2	.2	1.6	59.1
Salomon TV (YouTube)	6	.6	4.7	63.8
Sandy Nypaver (Media Personality)	1	.1	.8	64.6
Scott Jurek (Media Personality)	1	.1	.8	65.4
Seconds Flat (Podcast)	2	.2	1.6	66.9
Singletrack Podcast	2	.2	1.6	68.5
Solereview.com (Website)	1	.1	.8	69.3
Some Work, All Play (Podcast/Website)	2	.2	1.6	70.9
TalkUltra (Podcast)	3	.3	2.4	73.2
The Endurance Podcast	1	.1	.8	74.0
The Fellrunner (Magazine)	2	.2	1.6	75.6
The Pylon Ultra (Podcast/Website)	2	.2	1.6	77.2
Trail Runner (Magazine)	1	.1	.8	78.0
Trail Runner Nation (Podcast/Website)	8	.8	6.3	84.3
Trail Running (Magazine)	2	.2	1.6	85.8
Trail Running Women (Podcast)	2	.2	1.6	87.4
Trail Society (Podcast)	1	.1	.8	88.2
Ultra Running History (Podcast)	1	.1	.8	89.0
Ultrarunningcommunity.com (Website)	2	.2	1.6	90.6

Can you name any websites, magazines, podcasts or video channels about running that you read/listen/watch regularly? List up to five.

	Frequency	Percent	Valid Percent	Cumulative Percent
Uphill Athlete (Podcast/Website)	1	.1	.8	91.3
VO2 Max Productions (YouTube)	1	.1	.8	92.1
Way of the Runner (Podcast/Website)	3	.3	2.4	94.5
Women of Distance (Podcast)	2	.2	1.6	96.1
Young Hearts, Run Free (Podcast)	2	.2	1.6	97.6
Ultra Running Magazine	3	.3	2.4	100.0
Total	127	12.5	100.0	
Missing System	892	87.5		
Total	1019	100.0		

Athlete_1

	Frequency	Percent	Valid Percent	Cumulative Percent
Valid Abby Hall	1	.1	.1	.1
Adharanand Finn	2	.2	.3	.4
Alex Nicols	2	.2	.3	.7
Allie Bailey	1	.1	.1	.9
Andrew Miller	3	.3	.4	1.3
Anna McNuff	1	.1	.1	1.5
Anna Troup	1	.1	.1	1.6
Ann Trason	2	.2	.3	1.9
Anton Krupicka	12	1.2	1.8	3.7
Aoife Mundow	1	.1	.1	3.9
Ben Mounsey	1	.1	.1	4.0
Ben Parkes	1	.1	.1	4.2
Beth Pascall	2	.2	.3	4.5
Calum Johnson	1	.1	.1	4.6
Camille Herron	10	1.0	1.5	6.1
Candice Burt	2	.2	.3	6.4
Carla Molinaro	2	.2	.3	6.7
Carol Morgan	1	.1	.1	6.8
Catra Corbett	3	.3	.4	7.3
Chrissie Wellington	2	.2	.3	7.6
Christopher McDougall	3	.3	.4	8.0
Clare Gallagher	4	.4	.6	8.6
Coree Woltering	2	.2	.3	8.9
Courtney Dauwalter	93	9.1	13.8	22.7

Athlete_1

	Frequency	Percent	Valid Percent	Cumulative Percent
Damian Hall	38	3.7	5.6	28.4
Dan Lawson	2	.2	.3	28.7
Dan Williams	2	.2	.3	29.0
Dave Mackey	2	.2	.3	29.3
David Bedford	1	.1	.1	29.4
David Goggins	6	.6	.9	30.3
David Roche	1	.1	.1	30.5
Dean Karnazes	2	.2	.3	30.8
Debbie Martin-Consani	1	.1	.1	30.9
Deena Kastor	4	.4	.6	31.5
Devon Yanko	2	.2	.3	31.8
Donnie Campbell	1	.1	.1	31.9
Dylan Bowman	4	.4	.6	32.5
Edwina Sutton	2	.2	.3	32.8
Eilish McColgan	9	.9	1.3	34.2
Elise Downing	1	.1	.1	34.3
Ellie Greenwood	2	.2	.3	34.6
Ellis Bland	1	.1	.1	34.8
Eley Davis	2	.2	.3	35.1
Emelie Forsberg	5	.5	.7	35.8
Eoin Keith	1	.1	.1	36.0
Finlay Wild	9	.9	1.3	37.3
François D'Haene	2	.2	.3	37.6
Gary Robbins	6	.6	.9	38.5
Geoff Brierley	1	.1	.1	38.6
George Bate	1	.1	.1	38.8
Gerda Steyn	1	.1	.1	38.9
Harvey Lewis	4	.4	.6	39.5
Hillary Allen	7	.7	1.0	40.6
Holly Stables	1	.1	.1	40.7
Holly Wick	2	.2	.3	41.0
Ian Sharman	2	.2	.3	41.3
Ida Nilsson	1	.1	.1	41.5
Jacky Hunt-Broersma	1	.1	.1	41.6
Jim Walmsley	26	2.6	3.9	45.5
James Elson	1	.1	.1	45.6
James Gibson	1	.1	.1	45.8
Jamie Gane	1	.1	.1	45.9
Jared Campbell	2	.2	.3	46.2
Jasmin Paris	44	4.3	6.5	52.7
Jeff Pelletier	4	.4	.6	53.3
Jeffrey Binney	1	.1	.1	53.5

Athlete_1

	Frequency	Percent	Valid Percent	Cumulative Percent
Jo Meek	1	.1	.1	53.6
Jo Murphy	1	.1	.1	53.8
Joan Benoit Samuelson	2	.2	.3	54.1
John Kelly	16	1.6	2.4	56.5
John Stocker	1	.1	.1	56.6
Jon Albon	1	.1	.1	56.8
Joshua Stevens	1	.1	.1	56.9
Joss Naylor	6	.6	.9	57.8
Judith Wyder	1	.1	.1	57.9
Kaori Niwa	2	.2	.3	58.2
Karel Sabbe	1	.1	.1	58.4
Karl Meltzer	2	.2	.3	58.7
Kate van Buskirk	2	.2	.3	59.0
Kerry Ward	2	.2	.3	59.3
Kilian Jornet	83	8.1	12.3	71.6
Kim Collison	2	.2	.3	71.9
Eliud Kipchoge	35	3.4	5.2	77.1
Kyle Skaggs	3	.3	.4	77.6
Laura Muir	2	.2	.3	77.9
Leor Pantilat	2	.2	.3	78.2
Liz McColgan	3	.3	.4	78.6
Lizzie Hawker	2	.2	.3	78.9
Lowri Morgan	1	.1	.1	79.0
Magda Boulet	2	.2	.3	79.3
Marcus Scotney	1	.1	.1	79.5
Matt Frazer	2	.2	.3	79.8
Matt Rees	1	.1	.1	79.9
Max King	2	.2	.3	80.2
Michael Versteeg	2	.2	.3	80.5
Mike Wardian	8	.8	1.2	81.7
Mimi Anderson	2	.2	.3	82.0
Mo Farah	6	.6	.9	82.9
Nick Butters	1	.1	.1	83.1
Nicky Spinks	16	1.6	2.4	85.4
Nicola Forwood	1	.1	.1	85.6
Nikki Kimball	2	.2	.3	85.9
Patrick Reagan	2	.2	.3	86.2
Paul Tierney	1	.1	.1	86.3
Paula Radcliffe	6	.6	.9	87.2
Rich Roll	3	.3	.4	87.7
Rickey Gates	2	.2	.3	88.0
Ricky Lightfoot	1	.1	.1	88.1

Athlete_1

	Frequency	Percent	Valid Percent	Cumulative Percent
Robbie Simpson	1	.1	.1	88.3
Ron Hill	2	.2	.3	88.6
Ryan Sandes	1	.1	.1	88.7
Sabrina Vergee	9	.9	1.3	90.0
Sage Canaday	3	.3	.4	90.5
Sally McRae	12	1.2	1.8	92.3
Sarah Hall	1	.1	.1	92.4
Sarah Perry	1	.1	.1	92.6
Scott Jurek	17	1.7	2.5	95.1
Sean Conway	2	.2	.3	95.4
Seb Coe	1	.1	.1	95.5
Seth Demoor	2	.2	.3	95.8
Shalane Flanagan	1	.1	.1	96.0
Simon Roberts	1	.1	.1	96.1
Sophie Power	3	.3	.4	96.6
Stephanie Case	1	.1	.1	96.7
Stephen Kirk	1	.1	.1	96.9
Steve Birkinshaw	1	.1	.1	97.0
Steve Way	1	.1	.1	97.2
Susie Chan	1	.1	.1	97.3
Taylor Nowlin	2	.2	.3	97.6
Tommy Rivs	2	.2	.3	97.9
Tyler Green	2	.2	.3	98.2
Karen Nicol	1	.1	.1	98.4
Usain Bolt	3	.3	.4	98.8
Vasos Alexander	1	.1	.1	99.0
Zola Budd	1	.1	.1	99.1
Tom Evans	5	.5	.7	99.9
Yiannis Kouros	1	.1	.1	100.0
Total	673	66.0	100.0	
Missing System	346	34.0		
Total	1019	100.0		

Athlete_2

		Frequency	Percent	Valid Percent	Cumulative Percent
Valid	Abby Hall	2	.2	.3	.3
	Adam Peterman	1	.1	.2	.5
	Allie Bailey	1	.1	.2	.7
	Alyson Dixon	1	.1	.2	.8
	Ameila Boone	2	.2	.3	1.2
	Anna Frost	2	.2	.3	1.5
	Anna McNuff	1	.1	.2	1.7
	Anna Troup	1	.1	.2	1.9
	Anton Krupicka	6	.6	1.0	2.9
	Ben Felton	1	.1	.2	3.1
	Beth Pascall	12	1.2	2.0	5.1
	Beth Potter	1	.1	.2	5.3
	Bill Rodgers	1	.1	.2	5.4
	Billy Bland	1	.1	.2	5.6
	Billy Yang	1	.1	.2	5.8
	Bolota Asmerom	2	.2	.3	6.1
	Bongmusa Mthembu	1	.1	.2	6.3
	Bryony Gordon	1	.1	.2	6.4
	Camille Herron	9	.9	1.5	8.0
	Carla Molinaro	4	.4	.7	8.6
	Catra Corbett	5	.5	.8	9.5
	Charlotte Purdue	2	.2	.3	9.8
	Chrissie Wellington	3	.3	.5	10.3
	Claire Maxted	1	.1	.2	10.5
	Claire Smith	2	.2	.3	10.8
	Clare Gallagher	2	.2	.3	11.2
	Courtney Dauwalter	56	5.5	9.5	20.7
	Damian Hall	30	2.9	5.1	25.8
	Dan Lawson	3	.3	.5	26.3
	Daniel Alexander	1	.1	.2	26.4
	Dave Mackey	2	.2	.3	26.8
	David Goggins	5	.5	.8	27.6
	Dean Karnazes	7	.7	1.2	28.8
Deborah Livingston	2	.2	.3	29.2	
Debbie Martin-Consani	3	.3	.5	29.7	
Deena Kastor	1	.1	.2	29.8	
Des Linden	2	.2	.3	30.2	
Devon Yanko	2	.2	.3	30.5	
Dylan Bowman	9	.9	1.5	32.0	
Eddy Healey	1	.1	.2	32.2	
Eilish McColgan	4	.4	.7	32.9	
Elaine Bisson	1	.1	.2	33.1	

Athlete_2

	Frequency	Percent	Valid Percent	Cumulative Percent
Elinor Purrier St. Pierre	2	.2	.3	33.4
Emelie Forsberg	6	.6	1.0	34.4
Emily Hawgood	1	.1	.2	34.6
Eoin Keith	4	.4	.7	35.3
Eric Senseman	2	.2	.3	35.6
Erik Sowinski	2	.2	.3	35.9
Finlay Wild	3	.3	.5	36.4
Fiona Oakes	2	.2	.3	36.8
François D'Haene	5	.5	.8	37.6
Gary Dudley	2	.2	.3	38.0
Gary House	1	.1	.2	38.1
Gary Robbins	4	.4	.7	38.8
Gary Thwaites	2	.2	.3	39.2
Gerda Steyn	2	.2	.3	39.5
Guy Thompson	1	.1	.2	39.7
Haile Gebrselassie	2	.2	.3	40.0
Harvey Lewis	3	.3	.5	40.5
Huw Jack Brassington	2	.2	.3	40.8
Jack Fultz	2	.2	.3	41.2
Jacky Hunt-Broersma	2	.2	.3	41.5
Jim Walmsley	37	3.6	6.3	47.8
James Cracknell	1	.1	.2	48.0
Jamil Coury	2	.2	.3	48.3
Jared Hazen	2	.2	.3	48.6
Jasmin Paris	31	3.0	5.3	53.9
Jeff Browning	2	.2	.3	54.2
Jenny Tough	1	.1	.2	54.4
Jo Pavey	1	.1	.2	54.6
John Kelly	21	2.1	3.6	58.1
Jon Albon	1	.1	.2	58.3
Joss Naylor	1	.1	.2	58.5
Kaci Lickteig	2	.2	.3	58.8
Kara Goucher	1	.1	.2	59.0
Karl Grey	1	.1	.2	59.2
Karl Meltzer	7	.7	1.2	60.3
Katherine Switzer	1	.1	.2	60.5
Kilian Jornet	54	5.3	9.2	69.7
Kim Collison	3	.3	.5	70.2
Eliud Kipchoge	15	1.5	2.5	72.7
Kriste Peoples	2	.2	.3	73.1
Laura Muir	2	.2	.3	73.4
Leah Yingling	2	.2	.3	73.7

Athlete_2

	Frequency	Percent	Valid Percent	Cumulative Percent
Lisa Migliorini	1	.1	.2	73.9
Lucy Bartholomew	2	.2	.3	74.2
Luke Nelson	2	.2	.3	74.6
Maggie Guterl	4	.4	.7	75.3
Marc Pelletier	2	.2	.3	75.6
Marcus Smith	1	.1	.2	75.8
Matt Runs	1	.1	.2	75.9
Matthew Dalton	1	.1	.2	76.1
Maude Mathys	1	.1	.2	76.3
Max King	2	.2	.3	76.6
Megan Roche	4	.4	.7	77.3
Mike Foote	2	.2	.3	77.6
Mike Wardian	4	.4	.7	78.3
Mimmi Kokta	1	.1	.2	78.5
Mira Rai	1	.1	.2	78.6
Mo Farah	4	.4	.7	79.3
Molly Seidel	4	.4	.7	80.0
Nickademus de la Rosa	2	.2	.3	80.3
Nicky Spinks	20	2.0	3.4	83.7
Paul Tierney	1	.1	.2	83.9
Paul Tonkinson	1	.1	.2	84.1
Paula Radcliffe	3	.3	.5	84.6
Pavel Paloncy	1	.1	.2	84.7
Ranulph Fiennes	1	.1	.2	84.9
Rich Roll	1	.1	.2	85.1
Rickey Gates	3	.3	.5	85.6
Ricky Lightfoot	4	.4	.7	86.3
Robbie Balenger	2	.2	.3	86.6
Roger Robinson	2	.2	.3	86.9
Rory Bosio	1	.1	.2	87.1
Ruth Croft	1	.1	.2	87.3
Sabrina Stanley	4	.4	.7	88.0
Sabrina Vergee	7	.7	1.2	89.2
Sally McRae	7	.7	1.2	90.3
Samantha Amend	1	.1	.2	90.5
Sarah Perry	1	.1	.2	90.7
Sarah Place	3	.3	.5	91.2
Scott Jurek	18	1.8	3.1	94.2
Seb Coe	1	.1	.2	94.4
Seth Demoor	2	.2	.3	94.7
Shalane Flanagan	2	.2	.3	95.1
Sophie Power	4	.4	.7	95.8

Athlete_2

	Frequency	Percent	Valid Percent	Cumulative Percent
Stephanie Case	1	.1	.2	95.9
Steve Birkinshaw	1	.1	.2	96.1
Steve Prefontaine	3	.3	.5	96.6
Stian Angermund	2	.2	.3	96.9
Tatyana McFadden	2	.2	.3	97.3
Tim Nelson	2	.2	.3	97.6
Tim Tollefson	2	.2	.3	98.0
Tim Twietmeyer	2	.2	.3	98.3
Tommy Rivs	6	.6	1.0	99.3
Wendy Dodds	1	.1	.2	99.5
Zach Miller	1	.1	.2	99.7
Tom Evans	1	.1	.2	99.8
Sophie Woods	1	.1	.2	100.0
Total	590	57.9	100.0	
Missing System	429	42.1		
Total	1019	100.0		

Athlete_3

	Frequency	Percent	Valid Percent	Cumulative Percent
Valid Adam Holland	1	.1	.2	.2
Adam Peterman	2	.2	.4	.6
Alex Nicols	2	.2	.4	1.0
Alexandra Sandiforth	1	.1	.2	1.2
Alexander Sorokin	2	.2	.4	1.7
Allyson Felix	2	.2	.4	2.1
Rhys Jenkins	1	.1	.2	2.3
Amby Burfoot	2	.2	.4	2.7
Anna Frost	2	.2	.4	3.1
Anna Troup	3	.3	.6	3.7
Ann Trason	2	.2	.4	4.1
Anton Krupicka	6	.6	1.2	5.4
Beau Miles	1	.1	.2	5.6
Beth Pascall	13	1.3	2.7	8.3
Billy Yang	2	.2	.4	8.7
Brendan Leonard	1	.1	.2	8.9
Camille Herron	8	.8	1.7	10.6
Carla Molinaro	3	.3	.6	11.2
Charlotte Purdue	1	.1	.2	11.4
Christopher McDougall	2	.2	.4	11.8
Clare Gallagher	3	.3	.6	12.4
Cory Reese	2	.2	.4	12.8

Athlete_3

	Frequency	Percent	Valid Percent	Cumulative Percent
Courtney Dauwalter	45	4.4	9.3	22.2
Damian Hall	21	2.1	4.3	26.5
Dan Howarth	1	.1	.2	26.7
Dan Lawson	1	.1	.2	26.9
Darren Thomas	2	.2	.4	27.3
David Dawson	1	.1	.2	27.5
David Goggins	5	.5	1.0	28.6
David Roche	2	.2	.4	29.0
Davide Magnini	1	.1	.2	29.2
Dean Karnazes	4	.4	.8	30.0
Debbie Martin-Consani	5	.5	1.0	31.1
Dougie Zinis	1	.1	.2	31.3
Dylan Bowman	6	.6	1.2	32.5
Edwina Sutton	1	.1	.2	32.7
Ellie Greenwood	3	.3	.6	33.3
Eley Davis	2	.2	.4	33.7
Emil Zátopek	1	.1	.2	34.0
Finlay Wild	2	.2	.4	34.4
Fiona Oakes	2	.2	.4	34.8
Flora Beverley	1	.1	.2	35.0
Florian Neuschwander	1	.1	.2	35.2
François D'Haene	6	.6	1.2	36.4
Frank Shorter	3	.3	.6	37.1
Gary Devine	1	.1	.2	37.3
Gary Robbins	4	.4	.8	38.1
Gary Thwaites	1	.1	.2	38.3
George Foster	1	.1	.2	38.5
Georgia Tindley	1	.1	.2	38.7
Gerda Steyn	1	.1	.2	38.9
Grayson Murphy	2	.2	.4	39.3
Haile Gebrselassie	1	.1	.2	39.5
Hal Koerner	2	.2	.4	40.0
Harvey Lewis	7	.7	1.4	41.4
Hillary Allen	2	.2	.4	41.8
Ida Sophie Hegemann	1	.1	.2	42.0
Jacky Hunt-Broersma	3	.3	.6	42.7
Jim Walmsley	13	1.3	2.7	45.3
James Elson	1	.1	.2	45.5
Jamil Coury	2	.2	.4	46.0
Jasmin Paris	21	2.1	4.3	50.3
Jeff Browning	2	.2	.4	50.7
Jeff Pelletier	2	.2	.4	51.1

Athlete_3

	Frequency	Percent	Valid Percent	Cumulative Percent
Jen Scotney	1	.1	.2	51.3
Jenn Shelton	2	.2	.4	51.8
Jennifer Zielinski	2	.2	.4	52.2
Jess Piasecki	1	.1	.2	52.4
Jesse Owens	1	.1	.2	52.6
Jo Pavey	2	.2	.4	53.0
Joan Benoit Samuelson	2	.2	.4	53.4
John Fegyveresi	3	.3	.6	54.0
John Kelly	17	1.7	3.5	57.6
Jon Albon	1	.1	.2	57.8
Joss Naylor	6	.6	1.2	59.0
Karl Meltzer	1	.1	.2	59.2
Kate Jayden	1	.1	.2	59.4
Kaytlyn Gerbin	2	.2	.4	59.8
Katherine Switzer	1	.1	.2	60.0
Katie Grossman	3	.3	.6	60.7
Keely Henninger	3	.3	.6	61.3
Kilian Jornet	43	4.2	8.9	70.2
Kim Collison	1	.1	.2	70.4
Eliud Kipchoge	10	1.0	2.1	72.5
Kyle Pietari	2	.2	.4	72.9
Ladia Albertson-Junkans	2	.2	.4	73.3
Lanni Marchant	2	.2	.4	73.7
Laura DeWald	2	.2	.4	74.1
Lauren Fleshman	2	.2	.4	74.5
Lizzie Hawker	1	.1	.2	74.7
Maggie Guterl	4	.4	.8	75.6
Matthew Pritchard	1	.1	.2	75.8
Megan Roche	2	.2	.4	76.2
Mike Foote	2	.2	.4	76.6
Mike Wardian	1	.1	.2	76.8
Mira Rai	1	.1	.2	77.0
Mirna Valerio	3	.3	.6	77.6
Mo Farah	2	.2	.4	78.1
Mo Katir	2	.2	.4	78.5
Neal Emmerson	1	.1	.2	78.7
Nicky Spinks	24	2.4	5.0	83.6
Paddy O'Leary	4	.4	.8	84.5
Paula Radcliffe	1	.1	.2	84.7
Pavel Paloncy	1	.1	.2	84.9
Rea Kolbl	1	.1	.2	85.1
Rich Roll	3	.3	.6	85.7

Athlete_3

	Frequency	Percent	Valid Percent	Cumulative Percent
Richard Askwith	1	.1	.2	85.9
Ricky Lightfoot	1	.1	.2	86.1
Rob Deering	1	.1	.2	86.3
Rob Krar	1	.1	.2	86.5
Ruperto Romero	2	.2	.4	87.0
Ruth Croft	1	.1	.2	87.2
Ryan Sandes	1	.1	.2	87.4
Sabrina Vergee	14	1.4	2.9	90.3
Sally McRae	4	.4	.8	91.1
Sarah Hall	2	.2	.4	91.5
Sarah McCormack	1	.1	.2	91.7
Sarah Perry	1	.1	.2	91.9
Scott Hawker	1	.1	.2	92.1
Scott Jurek	9	.9	1.9	94.0
Seth Demoor	1	.1	.2	94.2
Shalane Flanagan	2	.2	.4	94.6
Sophie Mullins	1	.1	.2	94.8
Sophie Power	3	.3	.6	95.4
Stephanie Case	1	.1	.2	95.7
Stephanie Howe	1	.1	.2	95.9
Steve Birkinshaw	1	.1	.2	96.1
Steven Cousins	1	.1	.2	96.3
The Brownlee Brothers	1	.1	.2	96.5
Tim Olson	3	.3	.6	97.1
Tim Tollefson	2	.2	.4	97.5
Tommy Rivs	4	.4	.8	98.3
Vic Owens	1	.1	.2	98.6
Zach Bitter	5	.5	1.0	99.6
Zach Miller	2	.2	.4	100.0
Total	483	47.4	100.0	
Missing System	536	52.6		
Total	1019	100.0		

Athlete_4

		Frequency	Percent	Valid Percent	Cumulative Percent
Valid	Abdi Abdirahman	2	.2	.5	.5
	Adam Campbell	2	.2	.5	1.1
	Adharanand Finn	3	.3	.8	1.9
	Alexander Sorokin	2	.2	.5	2.4
	Allie Bailey	1	.1	.3	2.7
	Alison Walker	1	.1	.3	3.0
	Amanda Basham	2	.2	.5	3.5
	Ameila Boone	2	.2	.5	4.1
	Anna Troup	1	.1	.3	4.3
	Ann Trason	2	.2	.5	4.9
	Anton Krupicka	4	.4	1.1	5.9
	Ben Parkes	1	.1	.3	6.2
	Beth Pascall	7	.7	1.9	8.1
	Boff Whalley	1	.1	.3	8.4
	Bongmusa Mthembu	2	.2	.5	8.9
	Bruce Fordyce	1	.1	.3	9.2
	Callum Hawkins	1	.1	.3	9.5
	Camille Herron	4	.4	1.1	10.5
	Carla Molinaro	1	.1	.3	10.8
	Catra Corbett	3	.3	.8	11.6
	Chris Mocko	1	.1	.3	11.9
	Christopher McDougall	1	.1	.3	12.2
	Clare Gallagher	2	.2	.5	12.7
	Coree Woltering	2	.2	.5	13.2
	Courtney Dauwalter	18	1.8	4.9	18.1
	Damian Hall	19	1.9	5.1	23.2
	Dan Lawson	3	.3	.8	24.1
	David Laney	2	.2	.5	24.6
	Dean Karnazes	4	.4	1.1	25.7
	Debbie Martin-Consani	1	.1	.3	25.9
	Des Linden	2	.2	.5	26.5
	Dom Layfield	1	.1	.3	26.8
	Dylan Bowman	11	1.1	3.0	29.7
	Edwina Sutton	1	.1	.3	30.0
Eilish McColgan	2	.2	.5	30.5	
Elise Downing	1	.1	.3	30.8	
Ellie Greenwood	2	.2	.5	31.4	
Ellie Pell	2	.2	.5	31.9	
Eley Davis	1	.1	.3	32.2	
Emelie Forsberg	3	.3	.8	33.0	
Emil Zátopek	1	.1	.3	33.2	
Eoin Keith	2	.2	.5	33.8	

Athlete_4

	Frequency	Percent	Valid Percent	Cumulative Percent
Ethan Newberry	2	.2	.5	34.3
Finlay Wild	1	.1	.3	34.6
François D'Haene	8	.8	2.2	36.8
Galen Rupp	1	.1	.3	37.0
Gary Robbins	4	.4	1.1	38.1
Gary Thwaites	1	.1	.3	38.4
Gavin Mulholland	1	.1	.3	38.6
Gina Lucrezi	2	.2	.5	39.2
Hal Koerner	2	.2	.5	39.7
Harvey Lewis	3	.3	.8	40.5
Hillary Allen	3	.3	.8	41.4
Huw Jack Brassington	3	.3	.8	42.2
Jim Walmsley	11	1.1	3.0	45.1
James Elson	2	.2	.5	45.7
Jasmin Paris	21	2.1	5.7	51.4
Jeff Browning	2	.2	.5	51.9
Jeff Pelletier	1	.1	.3	52.2
Jim Mann	3	.3	.8	53.0
Jo Pavey	2	.2	.5	53.5
Joan Benoit Samuelson	3	.3	.8	54.3
Joe McConaughy	3	.3	.8	55.1
John Kelly	6	.6	1.6	56.8
John Kynaston	1	.1	.3	57.0
Jorge Pacheco	2	.2	.5	57.6
Joss Naylor	3	.3	.8	58.4
Karel Sabbe	1	.1	.3	58.6
Katie Asmuth	3	.3	.8	59.5
Katie Schide	2	.2	.5	60.0
Keira D'Amato	1	.1	.3	60.3
Kerry Ward	2	.2	.5	60.8
Kevin Cassidy	2	.2	.5	61.4
Kevin Webber	1	.1	.3	61.6
Kilian Jornet	21	2.1	5.7	67.3
Kim Collison	1	.1	.3	67.6
Eliud Kipchoge	6	.6	1.6	69.2
Letesenbet Gidey	2	.2	.5	69.7
Liz McColgan	1	.1	.3	70.0
Lizzie Hawker	1	.1	.3	70.3
Magda Boulet	2	.2	.5	70.8
Maggie Guterl	3	.3	.8	71.6
Marco Olmo	1	.1	.3	71.9
Mark Derbyshire	1	.1	.3	72.2

Athlete_4

	Frequency	Percent	Valid Percent	Cumulative Percent
Meryl Cooper	1	.1	.3	72.4
Mike Wardian	4	.4	1.1	73.5
Mimi Anderson	3	.3	.8	74.3
Mimmi Kokta	1	.1	.3	74.6
Mirna Valerio	2	.2	.5	75.1
Mo Farah	4	.4	1.1	76.2
Molly Sheridan	1	.1	.3	76.5
Nicky Spinks	13	1.3	3.5	80.0
Paddy O'Leary	1	.1	.3	80.3
Paul Tierney	2	.2	.5	80.8
Paula Radcliffe	1	.1	.3	81.1
Phily Bowden	1	.1	.3	81.4
Rich Roll	1	.1	.3	81.6
Rickey Gates	1	.1	.3	81.9
Ricky Lightfoot	2	.2	.5	82.4
Ross Jenkin	1	.1	.3	82.7
Ryan Clayton	1	.1	.3	83.0
Ryan Sandes	1	.1	.3	83.2
Sabrina Stanley	2	.2	.5	83.8
Sabrina Vergee	3	.3	.8	84.6
Sage Canaday	2	.2	.5	85.1
Sally McRae	6	.6	1.6	86.8
Samantha Amend	2	.2	.5	87.3
Sarah Keyes	2	.2	.5	87.8
Scott Jurek	4	.4	1.1	88.9
Sophie Power	4	.4	1.1	90.0
Stephanie Case	3	.3	.8	90.8
Steve Scott	2	.2	.5	91.4
Susie Chan	1	.1	.3	91.6
Sydney McLaughlin-Levrone	2	.2	.5	92.2
The Brownlee Brothers	1	.1	.3	92.4
Tim Olson	1	.1	.3	92.7
Tim Tollefson	4	.4	1.1	93.8
Tommy Rivs	8	.8	2.2	95.9
Tony Riddle	1	.1	.3	96.2
Vasos Alexander	1	.1	.3	96.5
Victoria Wilkinson	1	.1	.3	96.8
Wendy Dodds	1	.1	.3	97.0
Yiou Wang	2	.2	.5	97.6
Zach Miller	7	.7	1.9	99.5
Tom Evans	1	.1	.3	99.7

Athlete_4

		Frequency	Percent	Valid Percent	Cumulative Percent
	Gabriele Grunewald	1	.1	.3	100.0
	Total	370	36.3	100.0	
Missing	System	649	63.7		
	Total	1019	100.0		

Athlete_5

		Frequency	Percent	Valid Percent	Cumulative Percent
Valid	Adam Stacey	1	.1	.4	.4
	Adharanand Finn	1	.1	.4	.8
	Alicia Woodside	1	.1	.4	1.2
	Aliphine Tuliamuk	2	.2	.8	2.0
	Andy Jones-Wilkins	2	.2	.8	2.9
	Anna Frost	2	.2	.8	3.7
	Anna McNuff	1	.1	.4	4.1
	Anna Troup	3	.3	1.2	5.3
	Anton Krupicka	6	.6	2.4	7.8
	Bart Przedwojewski	1	.1	.4	8.2
	Beth Pascall	4	.4	1.6	9.8
	Camille Herron	3	.3	1.2	11.0
	Carla Molinaro	1	.1	.4	11.4
	Charlotte Purdue	1	.1	.4	11.8
	Chris Mocko	2	.2	.8	12.7
	Christopher McDougall	1	.1	.4	13.1
	Clare Gallagher	2	.2	.8	13.9
	Colin Valentine	1	.1	.4	14.3
	Coree Woltering	2	.2	.8	15.1
	Courtney Dauwalter	11	1.1	4.5	19.6
	Craig Virgin	2	.2	.8	20.4
	Dakota Jones	2	.2	.8	21.2
	Damian Hall	6	.6	2.4	23.7
	Dan Lawson	3	.3	1.2	24.9
	David Roche	2	.2	.8	25.7
	David Rushida	1	.1	.4	26.1
	Dean Karnazes	5	.5	2.0	28.2
	Dot Kesterton	1	.1	.4	28.6
	Dylan Bowman	1	.1	.4	29.0
	Eilish McColgan	1	.1	.4	29.4
	Ellie Greenwood	2	.2	.8	30.2
	Ellie Pell	2	.2	.8	31.0
	Ellis Bland	1	.1	.4	31.4
	Emelie Forsberg	1	.1	.4	31.8

Athlete_5

	Frequency	Percent	Valid Percent	Cumulative Percent
Emma Coburn	1	.1	.4	32.2
Eoin Keith	1	.1	.4	32.7
Eric Senseman	2	.2	.8	33.5
Ethan Newberry	2	.2	.8	34.3
Iwan Gwyn Thomas	1	.1	.4	34.7
François D'Haene	3	.3	1.2	35.9
Gary Robbins	2	.2	.8	36.7
Grant Fisher	2	.2	.8	37.6
Grayson Murphy	2	.2	.8	38.4
Harvey Lewis	4	.4	1.6	40.0
Hayden Hawks	2	.2	.8	40.8
Heather Hart	2	.2	.8	41.6
Hillary Allen	3	.3	1.2	42.9
Holly Rush	1	.1	.4	43.3
Jim Walmsley	11	1.1	4.5	47.8
Jamil Coury	3	.3	1.2	49.0
Jasmin Paris	8	.8	3.3	52.2
Jenny Simpson	3	.3	1.2	53.5
John Kelly	12	1.2	4.9	58.4
Jon Albon	1	.1	.4	58.8
Joss Naylor	4	.4	1.6	60.4
Karel Sabbe	1	.1	.4	60.8
Karl Meltzer	3	.3	1.2	62.0
Katherine Switzer	1	.1	.4	62.4
Keely Henninger	1	.1	.4	62.9
Keira D'Amato	2	.2	.8	63.7
Kevin Webber	1	.1	.4	64.1
Kilian Jornet	13	1.3	5.3	69.4
Eliud Kipchoge	5	.5	2.0	71.4
Krissy Moehl	2	.2	.8	72.2
Laura Muir	1	.1	.4	72.7
Liz Canty	2	.2	.8	73.5
Liz McColgan	1	.1	.4	73.9
Lizzie Hawker	1	.1	.4	74.3
Lorraine Moller	2	.2	.8	75.1
Lowri Morgan	2	.2	.8	75.9
Lucy Bartholomew	1	.1	.4	76.3
Lucy Charles-Barclay	1	.1	.4	76.7
Luis Alberto Hernando	1	.1	.4	77.1
Magda Boulet	2	.2	.8	78.0
Maggie Guterl	6	.6	2.4	80.4
Mike Foote	2	.2	.8	81.2

Athlete_5

	Frequency	Percent	Valid Percent	Cumulative Percent
Mo Farah	2	.2	.8	82.0
Molly Seidel	6	.6	2.4	84.5
Nick Bamford	1	.1	.4	84.9
Nicky Spinks	5	.5	2.0	86.9
Pau Capell	1	.1	.4	87.3
Paul Tierney	2	.2	.8	88.2
Paula Radcliffe	2	.2	.8	89.0
Rich Roll	1	.1	.4	89.4
Rickey Gates	2	.2	.8	90.2
Ricky Lightfoot	1	.1	.4	90.6
Sabrina Pace-Humphreys	2	.2	.8	91.4
Sabrina Vergee	8	.8	3.3	94.7
Sage Canaday	2	.2	.8	95.5
Scott Jurek	1	.1	.4	95.9
Sophie Carpenter Speidel	2	.2	.8	96.7
Steve Birkinshaw	2	.2	.8	97.6
Steve Way	1	.1	.4	98.0
Stian Angermund	1	.1	.4	98.4
Tom Adams	1	.1	.4	98.8
Vasos Alexander	1	.1	.4	99.2
Zach Miller	1	.1	.4	99.6
Tom Evans	1	.1	.4	100.0
Total	245	24.0	100.0	
Missing System	774	76.0		
Total	1019	100.0		

Can you name any specific races or competitive non-race routes that you think are inspiring or important for the sport? List up to five.

		Frequency	Percent	Valid Percent	Cumulative Percent
Valid	Abrahams Tea Round	1	.1	.1	.1
	Angeles Crest 100	2	.2	.2	.3
	Appalachian Trail	2	.2	.2	.5
	Arc of Attrition	7	.7	.7	1.2
	Arrochar 10k	1	.1	.1	1.3
	Backyard Ultra	3	.3	.3	1.6
	Badwater Ultramarathon	6	.6	.6	2.2
	Barkley Marathons	67	6.6	6.9	9.1
	Bartram Trail	2	.2	.2	9.3
	Beachy Head Marathon	1	.1	.1	9.4
	Beyond the Ultimate Ultras	1	.1	.1	9.5
	Big Bear Events	1	.1	.1	9.6
	Black Canyon Ultras	1	.1	.1	9.7
	Bob Graham Round	72	7.1	7.4	17.1
	Born to Run Ultra	2	.2	.2	17.3
	Broken Arrow Skyrace	2	.2	.2	17.5
	Burning River 100	2	.2	.2	17.7
	Canadian Death Race	2	.2	.2	17.9
	Cape Wrath Ultra	4	.4	.4	18.3
	Coast to Coast (UK)	3	.3	.3	18.6
	Cocodona 250	5	.5	.5	19.1
	Comrades Marathon	15	1.5	1.5	20.7
	Continental Divide Trail	1	.1	.1	20.8
	Crazy Mountain 100	2	.2	.2	21.0
	Dipsea Race	3	.3	.3	21.3
	Don Morrison Fell Race	1	.1	.1	21.4
	Dorset Coastline	1	.1	.1	21.5
	Dragon's Back	30	2.9	3.1	24.5
	Earth Day Challenge	1	.1	.1	24.6
	Endure 24	2	.2	.2	24.8
	Finlayson Arm	2	.2	.2	25.1
	Four Inns	1	.1	.1	25.2
	Golden Gate Half Marathon	1	.1	.1	25.3
	Golden Trail Series	4	.4	.4	25.7
	Grand Union Canal	2	.2	.2	25.9
	Great Lakeland 3 Day	1	.1	.1	26.0
	Great North Run	3	.3	.3	26.3
	Hadrian's Wall	2	.2	.2	26.5
	Hardmoors 110	4	.4	.4	26.9
	Hardrock 100	45	4.4	4.6	31.5
	Hellbender 100	2	.2	.2	31.7

Can you name any specific races or competitive non-race routes that you think are inspiring or important for the sport? List up to five.

	Frequency	Percent	Valid Percent	Cumulative Percent
Ice Age Trail 50	2	.2	.2	31.9
Javelina Jundred	2	.2	.2	32.1
Jedburgh Three Peaks	2	.2	.2	32.3
Knee Knackering North Shore Trail Run	2	.2	.2	32.5
La Saintélyon	2	.2	.2	32.7
Lake Sonoma 50	2	.2	.2	32.9
Lakeland 50/100	21	2.1	2.1	35.1
Lakeland Trails	2	.2	.2	35.3
Land's End to John o'Groats (LEJOG)	1	.1	.1	35.4
Lavaredo Ultra Trail	2	.2	.2	35.6
Leadville Trail 100	26	2.6	2.7	38.2
Lidingöloppet	1	.1	.1	38.3
Liverpool to Leeds Canal Ultra	1	.1	.1	38.4
Lon Las Cymru	1	.1	.1	38.5
Long Distance Walkers Association Events	1	.1	.1	38.7
Madeira Sky Race	1	.1	.1	38.8
Manchester Marathon	1	.1	.1	38.9
Manitou Incline	2	.2	.2	39.1
Marathon des Sables	12	1.2	1.2	40.3
Marathon Rotterdam	1	.1	.1	40.4
Marine Corps Marathon	1	.1	.1	40.5
Maurice Mullins Ultra	1	.1	.1	40.6
Moab 240	6	.6	.6	41.2
Mount Marathon	2	.2	.2	41.4
Mount Rainier	2	.2	.2	41.6
Old Ghost Ultra	1	.1	.1	41.7
Paddy Buckley Round	4	.4	.4	42.1
Parkrun	6	.6	.6	42.7
Pendle Fell Race	1	.1	.1	42.8
Pennine Way	5	.5	.5	43.4
Pikes Peak	4	.4	.4	43.8
Prazka Stovka	1	.1	.1	43.9
Race to the Kings	3	.3	.3	44.2
Ragnar Relay Series	2	.2	.2	44.4
Ramsay's Round	4	.4	.4	44.8
Rankin Round	1	.1	.1	44.9
Rat Race	1	.1	.1	45.0
Rim to Rim to Rim	12	1.2	1.2	46.2

Can you name any specific races or competitive non-race routes that you think are inspiring or important for the sport? List up to five.

	Frequency	Percent	Valid Percent	Cumulative Percent
Ring of Steall	1	.1	.1	46.3
River Parrett Trail	1	.1	.1	46.4
Round Sheffield Run	1	.1	.1	46.5
Salomon Skyline	1	.1	.1	46.6
Sierra-Zinal	1	.1	.1	46.7
Siskiyou Out Back	2	.2	.2	46.9
South Downs Way 100	10	1.0	1.0	48.0
South West Coastal Path	2	.2	.2	48.2
South Yorkshire Cross Country	1	.1	.1	48.3
South Yorkshire Road League	1	.1	.1	48.4
Spartan Races	2	.2	.2	48.6
Spartathlon	2	.2	.2	48.8
Spine Race	63	6.2	6.4	55.2
Squamish 50	2	.2	.2	55.4
Tahoe Rim Trail 100	2	.2	.2	55.6
Tarawera Ultramarathon	1	.1	.1	55.7
The Grizzly	1	.1	.1	55.8
The Hebden	1	.1	.1	55.9
The Heights Ultra	1	.1	.1	56.0
The Highland Fling	7	.7	.7	56.7
John Muir Trail	4	.4	.4	57.2
The Kan	2	.2	.2	57.4
The Ridgeway	1	.1	.1	57.5
The Rut	2	.2	.2	57.7
Serpent Trail	1	.1	.1	57.8
Tolkein Trail	1	.1	.1	57.9
Wonderland Trail	4	.4	.4	58.3
Threshold Trail Series	1	.1	.1	58.4
Timberline Trail	2	.2	.2	58.6
Tor des Géants	3	.3	.3	58.9
Tough Mudder	2	.2	.2	59.1
Trofeo Kima	1	.1	.1	59.2
Ultra Tour de Monta Rosa	1	.1	.1	59.3
Ultra Trail Australia	1	.1	.1	59.4
Ultra Trail Mont Blanc	185	18.2	18.9	78.3
Ultra Trail Mt. Fuji	1	.1	.1	78.4
Ultra Trail Snowdonia	2	.2	.2	78.6
Unbound Gravel	1	.1	.1	78.7
Vermont 50	3	.3	.3	79.0
Wainwrights	2	.2	.2	79.2

Can you name any specific races or competitive non-race routes that you think are inspiring or important for the sport? List up to five.

	Frequency	Percent	Valid Percent	Cumulative Percent
Welsh 1000s	2	.2	.2	79.4
West Highland Way	12	1.2	1.2	80.7
Western States Endurance Run	121	11.9	12.4	93.0
Wicklow Way	1	.1	.1	93.1
Wild Horse 200	1	.1	.1	93.3
World Athletics Cross Country Championships	1	.1	.1	93.4
World Marathon Majors	51	5.0	5.2	98.6
Yeti Race Series	2	.2	.2	98.8
Yorkshire Three Peaks	3	.3	.3	99.1
Zion Ultra Marathons	2	.2	.2	99.3
The Lap	1	.1	.1	99.4
Darkside Running Events	1	.1	.1	99.5
Longs Peak	3	.3	.3	99.8
Punk Panther Events	1	.1	.1	99.9
Val d'Aran	1	.1	.1	100.0
Total	978	96.0	100.0	
Missing System	41	4.0		
Total	1019	100.0		

Can you name any specific races or competitive non-race routes that you think are inspiring or important for the sport? List up to five.

		Frequency	Percent	Valid Percent	Cumulative Percent
Valid	Abrahams Tea Round	1	.1	.2	.2
	Appalachian Trail	2	.2	.4	.5
	Arc of Attrition	4	.4	.7	1.2
	Backyard Ultra	8	.8	1.4	2.7
	Badwater Ultramarathon	12	1.2	2.1	4.8
	Barkley Marathons	35	3.4	6.2	11.1
	Bowl Water 15	1	.1	.2	11.2
	Bob Graham Round	35	3.4	6.2	17.5
	Broken Arrow Skyrace	2	.2	.4	17.8
	Burning River 100	2	.2	.4	18.2
	Cape Wrath Ultra	5	.5	.9	19.1
	Celtman	1	.1	.2	19.3
	Coast to Coast (UK)	2	.2	.4	19.6
	Cocodona 250	2	.2	.4	20.0
	Comrades Marathon	6	.6	1.1	21.0
	Dipsea Race	3	.3	.5	21.6
	Don Morrison Fell Race	1	.1	.2	21.7
	Dragon's Back	18	1.8	3.2	25.0
	Endure 24	1	.1	.2	25.1
	Fan Dance	2	.2	.4	25.5
	Golden Gate Half Marathon	1	.1	.2	25.7
	Golden Trail Series	2	.2	.4	26.0
	Grand Union Canal	2	.2	.4	26.4
	Great North Run	3	.3	.5	26.9
	Hadrian's Wall	1	.1	.2	27.1
	Hardmoors 110	3	.3	.5	27.6
	Hardrock 100	32	3.1	5.7	33.3
	Ice Age Trail 50	2	.2	.4	33.7
	Jedburgh Three Peaks	1	.1	.2	33.9
	Jurassic Coast 100	2	.2	.4	34.2
	Lakeland 50/100	12	1.2	2.1	36.4
	Land's End to John o'Groats (LEJOG)	1	.1	.2	36.5
	Lavaredo Ultra Trail	1	.1	.2	36.7
	Leadville Trail 100	19	1.9	3.4	40.1
	Long Trail	2	.2	.4	40.5
	Lookout Mountain 50	2	.2	.4	40.8
	Madeira Sky Race	1	.1	.2	41.0
	Manchester Marathon	1	.1	.2	41.2
	Marathon des Sables	9	.9	1.6	42.8
	Marathon Rotterdam	1	.1	.2	43.0

Can you name any specific races or competitive non-race routes that you think are inspiring or important for the sport? List up to five.

	Frequency	Percent	Valid Percent	Cumulative Percent
Maurice Mullins Ultra	1	.1	.2	43.1
Milngavie Trail Race	1	.1	.2	43.3
Moab 240	6	.6	1.1	44.4
Mount Etna Trail	1	.1	.2	44.6
Mount Washington	2	.2	.4	44.9
Mount Rainier	2	.2	.4	45.3
Paddy Buckley Round	15	1.5	2.7	48.0
Parkrun	1	.1	.2	48.1
Pendle Fell Race	1	.1	.2	48.3
Pennine Way	3	.3	.5	48.8
Pikes Peak	4	.4	.7	49.6
Race Across Scotland	2	.2	.4	49.9
Race to the Stones	2	.2	.4	50.3
Ramsay's Round	6	.6	1.1	51.3
Rankin Round	1	.1	.2	51.5
Rat Race	1	.1	.2	51.7
Rim to Rim to Rim	5	.5	.9	52.6
Ring of Steall	2	.2	.4	52.9
Rio del Lago 100	2	.2	.4	53.3
River Parrett Trail	1	.1	.2	53.5
Roseland August Trail	1	.1	.2	53.7
Sierra Leone Marathon	1	.1	.2	53.8
Sierra-Zinal	1	.1	.2	54.0
Siskiyou Out Back	2	.2	.4	54.4
South Downs Way 100	3	.3	.5	54.9
South West Coastal Path	1	.1	.2	55.1
South Yorkshire Road League	1	.1	.2	55.3
Spartan Races	1	.1	.2	55.4
Speedgoat Mountain Races	1	.1	.2	55.6
Spine Race	36	3.5	6.4	62.0
Tahoe Rim Trail 100	2	.2	.4	62.4
Tarawera Ultramarathon	1	.1	.2	62.6
The Highland Fling	3	.3	.5	63.1
John Muir Trail	2	.2	.4	63.5
The Ridgeway	1	.1	.2	63.6
Round The Rock Ultra	1	.1	.2	63.8
Threshold Trail Series	1	.1	.2	64.0
Timberline Trail	2	.2	.4	64.3
Tor des Géants	3	.3	.5	64.9
Two Oceans	2	.2	.4	65.2

Can you name any specific races or competitive non-race routes that you think are inspiring or important for the sport? List up to five.

	Frequency	Percent	Valid Percent	Cumulative Percent
Ultra Trail Cape Town	1	.1	.2	65.4
Ultra Trail Mont Blanc	64	6.3	11.4	76.8
Ultra Trail Mt. Fuji	1	.1	.2	77.0
Ultra Trail Snowdonia	2	.2	.4	77.4
Wainwrights	1	.1	.2	77.5
West Highland Way	6	.6	1.1	78.6
Western States Endurance Run	88	8.6	15.7	94.3
World Athletics Cross Country Championships	1	.1	.2	94.5
World Marathon Majors	21	2.1	3.7	98.2
Yorkshire Three Peaks	3	.3	.5	98.8
Yorkshire Wolds Way	1	.1	.2	98.9
Zegama-Aizkorri	1	.1	.2	99.1
Longs Peak	3	.3	.5	99.6
Val d'Aran	1	.1	.2	99.8
Lakes in a Day	1	.1	.2	100.0
Total	561	55.1	100.0	
Missing System	458	44.9		
Total	1019	100.0		

Can you name any specific races or competitive non-race routes that you think are inspiring or important for the sport? List up to five.

		Frequency	Percent	Valid Percent	Cumulative Percent
Valid	Appalachian Trail	2	.2	.4	.4
	Arc of Attrition	3	.3	.6	1.1
	Backyard Ultra	11	1.1	2.4	3.4
	Badwater Ultramarathon	12	1.2	2.6	6.0
	Bandera	2	.2	.4	6.5
	Barkley Marathons	19	1.9	4.1	10.6
	Big Horn 100	2	.2	.4	11.0
	Black Mountain Marathon	2	.2	.4	11.4
	Black Rock '5' Race	1	.1	.2	11.6
	Bob Graham Round	23	2.3	5.0	16.6
	Brooksie's Bash	1	.1	.2	16.8
	Cannes Marathon	1	.1	.2	17.0
	Cape Wrath Ultra	5	.5	1.1	18.1
	Chester 100	1	.1	.2	18.3
	Chuckanut 50k	2	.2	.4	18.8
	Coast to Coast (UK)	1	.1	.2	19.0
	Cocodona 250	4	.4	.9	19.8
	Coleraine Way	1	.1	.2	20.0
	Comrades Marathon	1	.1	.2	20.3
	Cruel Jewel 100	2	.2	.4	20.7
	Devil o' the Highlands	3	.3	.6	21.3
	Diagonale des Fous	3	.3	.6	22.0
	Dipsea Race	2	.2	.4	22.4
	Disney World Marathon	1	.1	.2	22.6
	Dragon's Back	14	1.4	3.0	25.6
	Edale Skyline	1	.1	.2	25.9
	Edinburgh Fronrunners' Annual Pride Run	1	.1	.2	26.1
	Everest Marathon	1	.1	.2	26.3
	Georgia Jewel 50	2	.2	.4	26.7
	Glasgow to Edinburgh Ultra	1	.1	.2	26.9
	Grand Union Canal	1	.1	.2	27.2
	Great South Run	1	.1	.2	27.4
	Gritstone Trail	1	.1	.2	27.6
	Hardmoors 110	2	.2	.4	28.0
	Hardrock 100	26	2.6	5.6	33.6
	Heartland 100	2	.2	.4	34.1
	Hong Kong 100	1	.1	.2	34.3
	Izu Oshima Marathon	2	.2	.4	34.7
	Javelina Jundred	2	.2	.4	35.1
	JFK 50	2	.2	.4	35.6

Can you name any specific races or competitive non-race routes that you think are inspiring or important for the sport? List up to five.

	Frequency	Percent	Valid Percent	Cumulative Percent
Joss Naylor Lakeland Challenge	1	.1	.2	35.8
Kerry Way Ultra	1	.1	.2	36.0
Kiener's Route	3	.3	.6	36.6
Lake Sonoma 50	2	.2	.4	37.1
Lakeland 50/100	4	.4	.9	37.9
Lakeland Trails	1	.1	.2	38.1
Lakes, Meres and Waters	1	.1	.2	38.4
Land's End to John o'Groats (LEJOG)	1	.1	.2	38.6
Last One Standing	1	.1	.2	38.8
Leadville Trail 100	21	2.1	4.5	43.3
Lon Las Cymru	1	.1	.2	43.5
Long Distance Walkers Association Events	1	.1	.2	43.8
Marathon des Sables	7	.7	1.5	45.3
Marathon du Médoc	1	.1	.2	45.5
Moab 240	3	.3	.6	46.1
Moontrekker	1	.1	.2	46.3
Mount Marathon	4	.4	.9	47.2
Mountain Mist 50k	2	.2	.4	47.6
New Forest Trails	1	.1	.2	47.8
Pacific Crest Trail	4	.4	.9	48.7
Paddy Buckley Round	10	1.0	2.2	50.9
Parkrun	7	.7	1.5	52.4
Pennine Way	3	.3	.6	53.0
Race to the Kings	3	.3	.6	53.7
Rails to Trails	2	.2	.4	54.1
Ramsay's Round	11	1.1	2.4	56.5
Richard Burton 10k	1	.1	.2	56.7
Rigby Round	1	.1	.2	56.9
Rim to Rim to Rim	6	.6	1.3	58.2
Ring of Steall	3	.3	.6	58.8
Road to the Isles Festival of Running	1	.1	.2	59.1
Self-Transcendence 3100	2	.2	.4	59.5
Sinister 7	2	.2	.4	59.9
South Downs Way 100	2	.2	.4	60.3
Spartathlon	2	.2	.4	60.8
Speedgoat Mountain Races	2	.2	.4	61.2
Spine Race	22	2.2	4.7	65.9

Can you name any specific races or competitive non-race routes that you think are inspiring or important for the sport? List up to five.

	Frequency	Percent	Valid Percent	Cumulative Percent
St Cuthbert's Way	1	.1	.2	66.2
Steve Parr Round	1	.1	.2	66.4
Stone Mill 50	2	.2	.4	66.8
Tahoe Rim Trail 100	2	.2	.4	67.2
The Rut	7	.7	1.5	68.8
The Yorkshireman	1	.1	.2	69.0
Threshold Trail Series	1	.1	.2	69.2
Tor des Géants	2	.2	.4	69.6
Two Oceans	1	.1	.2	69.8
Ultra Tour de Monta Rosa	1	.1	.2	70.0
Ultra Tour of Arran	1	.1	.2	70.3
Ultra Trail Harricana	2	.2	.4	70.7
Ultra Trail Mont Blanc	46	4.5	9.9	80.6
Ultra Trail Mt. Fuji	1	.1	.2	80.8
Virginia's Triple Crown	2	.2	.4	81.3
Wainwrights	4	.4	.9	82.1
Wasdale Fell Race	1	.1	.2	82.3
West Highland Way	1	.1	.2	82.5
Western States Endurance Run	49	4.8	10.6	93.1
World Athletics Cross Country Championships	1	.1	.2	93.3
World Marathon Majors	19	1.9	4.1	97.4
Yorkshire Three Peaks	2	.2	.4	97.8
Yosemite Half Marathon	2	.2	.4	98.3
Zegama-Aizkorri	3	.3	.6	98.9
Darkside Running Events	1	.1	.2	99.1
North Downs Way 100	1	.1	.2	99.4
Lake District Mountain Trial	1	.1	.2	99.6
Superior 100	2	.2	.4	100.0
Total	464	45.5	100.0	
Missing System	555	54.5		
Total	1019	100.0		

Can you name any specific races or competitive non-race routes that you think are inspiring or important for the sport? List up to five.

		Frequency	Percent	Valid Percent	Cumulative Percent
Valid	Abrahams Tea Round	2	.2	.7	.7
	Adventslauf Ratzeburg	1	.1	.3	1.0
	Backyard Ultra	3	.3	1.0	2.0
	Badger 100	2	.2	.7	2.6
	Badwater Ultramarathon	3	.3	1.0	3.6
	Barkley Marathons	21	2.1	7.0	10.6
	Bigfoot 200	2	.2	.7	11.3
	Black Canyon Ultras	3	.3	1.0	12.3
	Bleasdale Fell Race	1	.1	.3	12.6
	Bob Graham Round	12	1.2	4.0	16.6
	Breakneck Point Trail Marathon	2	.2	.7	17.2
	Broken Arrow Skyrace	2	.2	.7	17.9
	Cape Wrath Ultra	1	.1	.3	18.2
	Coast to Coast (UK)	2	.2	.7	18.9
	Cocodona 250	2	.2	.7	19.5
	Comrades Marathon	2	.2	.7	20.2
	Continental Divide Trail	2	.2	.7	20.9
	Dipsea Race	2	.2	.7	21.5
	Dragon's Back	11	1.1	3.6	25.2
	Exum Ridge	3	.3	1.0	26.2
	Four Inns	1	.1	.3	26.5
	GB Ultras	1	.1	.3	26.8
	Great North Run	3	.3	1.0	27.8
	Hardmoors 110	2	.2	.7	28.5
	Hardrock 100	31	3.0	10.3	38.7
	HOBO Pace Events	1	.1	.3	39.1
	Javelina Jundred	2	.2	.7	39.7
	JFK 50	2	.2	.7	40.4
	Keswick Mountain Festival 50k	1	.1	.3	40.7
	Lakeland 50/100	2	.2	.7	41.4
	Lakeland Trails	1	.1	.3	41.7
	Land's End to John o'Groats (LEJOG)	2	.2	.7	42.4
	Last One Standing	1	.1	.3	42.7
	Leadville Trail 100	6	.6	2.0	44.7
	Madeira Sky Race	1	.1	.3	45.0
	Manitou Incline	3	.3	1.0	46.0
	Marathon des Sables	6	.6	2.0	48.0
	Mount Washington	2	.2	.7	48.7
	Mountain Masochist 50	2	.2	.7	49.3

Can you name any specific races or competitive non-race routes that you think are inspiring or important for the sport? List up to five.

	Frequency	Percent	Valid Percent	Cumulative Percent
Nolan's 14	2	.2	.7	50.0
Old County Tops Fell Race	2	.2	.7	50.7
Pacific Crest Trail	2	.2	.7	51.3
Paddy Buckley Round	8	.8	2.6	54.0
Parkrun	4	.4	1.3	55.3
Pennine Way	3	.3	1.0	56.3
Pikes Peak	2	.2	.7	57.0
Prazka Stovka	1	.1	.3	57.3
Presidential Traverse	2	.2	.7	57.9
Race Across Scotland	1	.1	.3	58.3
Race to the Stones	3	.3	1.0	59.3
Ramsay's Round	7	.7	2.3	61.6
Rim to Rim to Rim	14	1.4	4.6	66.2
Self-Transcendence 3100	3	.3	1.0	67.2
Sierra-Zinal	3	.3	1.0	68.2
South Downs Way 100	1	.1	.3	68.5
South Wales Traverse	1	.1	.3	68.9
Spine Race	15	1.5	5.0	73.8
Squamish 50	2	.2	.7	74.5
The Highland Fling	1	.1	.3	74.8
The Lancashireman	1	.1	.3	75.2
Wonderland Trail	4	.4	1.3	76.5
Tor des Géants	1	.1	.3	76.8
Ultra Trail Cape Town	1	.1	.3	77.2
Ultra Trail Mont Blanc	28	2.7	9.3	86.4
Vermont 50	2	.2	.7	87.1
Wainwrights	2	.2	.7	87.7
Wasatch 100	2	.2	.7	88.4
Wasdale Fell Race	1	.1	.3	88.7
West Highland Way	1	.1	.3	89.1
Western States Endurance Run	18	1.8	6.0	95.0
Whittle Pike	1	.1	.3	95.4
World Marathon Majors	11	1.1	3.6	99.0
Yorkshire Three Peaks	1	.1	.3	99.3
Zegama-Aizkorri	2	.2	.7	100.0
Total	302	29.6	100.0	
Missing System	717	70.4		
Total	1019	100.0		

Can you name any specific races or competitive non-race routes that you think are inspiring or important for the sport? List up to five.

		Frequency	Percent	Valid Percent	Cumulative Percent
Valid	Abrahams Tea Round	2	.2	1.1	1.1
	Angeles Crest 100	5	.5	2.9	4.0
	Anglo Celtic Plate 100k	1	.1	.6	4.6
	Appalachian Trail	2	.2	1.1	5.7
	Arc of Attrition	3	.3	1.7	7.5
	Arizona Trail	4	.4	2.3	9.8
	Backyard Ultra	2	.2	1.1	10.9
	Badwater Ultramarathon	4	.4	2.3	13.2
	Barkley Marathons	12	1.2	6.9	20.1
	Black Canyon Ultras	4	.4	2.3	22.4
	Bob Graham Round	6	.6	3.4	25.9
	Cape Wrath Ultra	2	.2	1.1	27.0
	Chuckanut 50k	1	.1	.6	27.6
	Cocodona 250	2	.2	1.1	28.7
	Comrades Marathon	3	.3	1.7	30.5
	Dipsea Race	2	.2	1.1	31.6
	Dragon's Back	4	.4	2.3	33.9
	Edale Skyline	1	.1	.6	34.5
	Endure 24	1	.1	.6	35.1
	England Coast Path	1	.1	.6	35.6
	Everest Marathon	1	.1	.6	36.2
	Great North Run	1	.1	.6	36.8
	Grindstone 100	2	.2	1.1	37.9
	Hardrock 100	3	.3	1.7	39.7
	Javelina Jundred	2	.2	1.1	40.8
	JFK 50	2	.2	1.1	42.0
	Lakeland 50/100	2	.2	1.1	43.1
	Land's End to John o'Groats (LEJOG)	1	.1	.6	43.7
	Lavaredo Ultra Trail	1	.1	.6	44.3
	Leadville Trail 100	2	.2	1.1	45.4
	Marathon des Sables	3	.3	1.7	47.1
	Moab 240	2	.2	1.1	48.3
	Mojave Death Race	2	.2	1.1	49.4
	Mount Tam Hill Climb	2	.2	1.1	50.6
	Mytholmroyd Fell Race	1	.1	.6	51.1
	Paddy Buckley Round	4	.4	2.3	53.4
	Parkrun	5	.5	2.9	56.3
	Pikes Peak	5	.5	2.9	59.2
	Race to the Stones	1	.1	.6	59.8
	Ramsay's Round	4	.4	2.3	62.1

Can you name any specific races or competitive non-race routes that you think are inspiring or important for the sport? List up to five.

	Frequency	Percent	Valid Percent	Cumulative Percent
Rim to Rim to Rim	2	.2	1.1	63.2
Ring of Steall	3	.3	1.7	64.9
Scafell Sky Race	1	.1	.6	65.5
Sierra-Zinal	4	.4	2.3	67.8
Skyline Trail (Jasper)	2	.2	1.1	69.0
South Downs Way 100	3	.3	1.7	70.7
Spartathlon	1	.1	.6	71.3
Spine Race	6	.6	3.4	74.7
St Cuthbert's Way	1	.1	.6	75.3
John Muir Trail	4	.4	2.3	77.6
The Yorkshireman	1	.1	.6	78.2
Timberline Trail	2	.2	1.1	79.3
Tor des Géants	3	.3	1.7	81.0
Transvulcania	1	.1	.6	81.6
Trofeo Kima	1	.1	.6	82.2
Tunnel Hill	2	.2	1.1	83.3
Ultra Trail Mont Blanc	5	.5	2.9	86.2
Ultra Trail Snowdonia	1	.1	.6	86.8
Umstead 100	2	.2	1.1	87.9
Wainwrights	1	.1	.6	88.5
Wasatch 100	3	.3	1.7	90.2
West Highland Way	3	.3	1.7	92.0
Western States Endurance Run	8	.8	4.6	96.6
World Marathon Majors	4	.4	2.3	98.9
Yorkshire Three Peaks	2	.2	1.1	100.0
Total	174	17.1	100.0	
Missing System	845	82.9		
Total	1019	100.0		

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

	Frequency	Percent	Valid Percent	Cumulative Percent
Valid Yes	143	14.0	14.0	14.0
No	876	86.0	86.0	100.0
Total	1019	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	510	50.0	50.0	50.0
	No	509	50.0	50.0	100.0
	Total	1019	100.0	100.0	

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

		Frequency	Percent	Valid Percent	Cumulative Percent
Valid	Yes	442	43.4	43.4	43.4
	No	577	56.6	56.6	100.0
	Total	1019	100.0	100.0	

How old were you when you started running?

		Frequency	Percent	Valid Percent	Cumulative Percent
Valid	Less than 18 yrs	221	21.7	22.0	22.0
	18-24 yrs	129	12.7	12.8	34.9
	25-34 yrs	251	24.6	25.0	59.9
	35-44 yrs	225	22.1	22.4	82.3
	45-54 yrs	137	13.4	13.6	95.9
	55+ yrs	41	4.0	4.1	100.0
	Total	1004	98.5	100.0	
Missing	System	15	1.5		
Total		1019	100.0		

How long have you been running?

		Frequency	Percent	Valid Percent	Cumulative Percent
Valid	Less than 2 yrs	63	6.2	6.3	6.3
	2-5 yrs	182	17.9	18.1	24.4
	5-10 yrs	227	22.3	22.6	47.0
	10-15 yrs	161	15.8	16.0	63.0
	More than 15 yrs	371	36.4	37.0	100.0
	Total	1004	98.5	100.0	
Missing	System	15	1.5		
Total		1019	100.0		

What is the farthest you have ever run?

		Frequency	Percent	Valid Percent	Cumulative Percent
Valid	Up to 10km	22	2.2	2.2	2.2
	Half Marathon (approx. 21km)	107	10.5	10.7	12.8
	Marathon (approx. 42km)	141	13.8	14.0	26.9
	50km	219	21.5	21.8	48.7
	80km / 50 miles	165	16.2	16.4	65.1
	100km	140	13.7	13.9	79.1
	160km / 100 miles	112	11.0	11.2	90.2
	More than 100 miles	98	9.6	9.8	100.0
	Total	1004	98.5	100.0	
Missing	System	15	1.5		
Total		1019	100.0		

What is your normal/average training mileage per week?

		Frequency	Percent	Valid Percent	Cumulative Percent
Valid	Up to 20km	73	7.2	7.3	7.3
	21-40km	305	29.9	30.4	37.6
	41-60km	331	32.5	33.0	70.6
	61-80km	204	20.0	20.3	90.9
	81-120km	81	7.9	8.1	99.0
	More than 120km	10	1.0	1.0	100.0
	Total	1004	98.5	100.0	
Missing	System	15	1.5		
Total		1019	100.0		

How often do you run?

		Frequency	Percent	Valid Percent	Cumulative Percent
Valid	Every day	66	6.5	6.6	6.6
	5-6 times per week	408	40.0	40.6	47.2
	3-4 times per week	471	46.2	46.9	94.1
	1-2 times per week	52	5.1	5.2	99.3
	Occasionally	7	.7	.7	100.0
	Total	1004	98.5	100.0	
Missing	System	15	1.5		
Total		1019	100.0		

How often do you run with other people?

		Frequency	Percent	Valid Percent	Cumulative Percent
Valid	Every week	337	33.1	35.4	35.4
	Maybe once or twice a month	165	16.2	17.4	52.8
	Occasionally	311	30.5	32.7	85.5
	Never	138	13.5	14.5	100.0
	Total	951	93.3	100.0	
Missing	System	68	6.7		
Total		1019	100.0		

Have you competed in a Track race?

		Frequency	Percent	Valid Percent	Cumulative Percent
Valid	No	817	80.2	80.2	80.2
	Yes	202	19.8	19.8	100.0
	Total	1019	100.0	100.0	

Have you competed in a Road race?

		Frequency	Percent	Valid Percent	Cumulative Percent
Valid	No	166	16.3	16.3	16.3
	Yes	853	83.7	83.7	100.0
	Total	1019	100.0	100.0	

Have you competed in a Trail Race?

		Frequency	Percent	Valid Percent	Cumulative Percent
Valid	No	88	8.6	8.6	8.6
	Yes	931	91.4	91.4	100.0
	Total	1019	100.0	100.0	

Have you competed in a Ultra race?

		Frequency	Percent	Valid Percent	Cumulative Percent
Valid	No	291	28.6	28.6	28.6
	Yes	728	71.4	71.4	100.0
	Total	1019	100.0	100.0	

Have you competed in a Fell race?

		Frequency	Percent	Valid Percent	Cumulative Percent
Valid	No	835	81.9	81.9	81.9
	Yes	184	18.1	18.1	100.0
	Total	1019	100.0	100.0	

Have you competed in a Sky race?

		Frequency	Percent	Valid Percent	Cumulative Percent
Valid	No	931	91.4	91.4	91.4
	Yes	88	8.6	8.6	100.0
	Total	1019	100.0	100.0	

Have you competed in a Cross Country race?

		Frequency	Percent	Valid Percent	Cumulative Percent
Valid	No	715	70.2	70.2	70.2
	Yes	304	29.8	29.8	100.0
	Total	1019	100.0	100.0	

How often do you race?

		Frequency	Percent	Valid Percent	Cumulative Percent
Valid	Most weeks	22	2.2	2.2	2.2
	Once or twice a month	146	14.3	14.5	16.7
	Every two months or so	194	19.0	19.3	36.1
	3-5 times per year	349	34.2	34.8	70.8
	1-2 times per year	257	25.2	25.6	96.4
	Never	36	3.5	3.6	100.0
	Total	1004	98.5	100.0	
Missing	System	15	1.5		
Total		1019	100.0		

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

		Frequency	Percent	Valid Percent	Cumulative Percent
Valid	No	155	15.2	15.2	15.2
	Yes	864	84.8	84.8	100.0
	Total	1019	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	204	20.0	20.0	20.0
	Yes	815	80.0	80.0	100.0
	Total	1019	100.0	100.0	

Have you raced in another country?

		Frequency	Percent	Valid Percent	Cumulative Percent
Valid	No	723	71.0	71.0	71.0
	Yes	296	29.0	29.0	100.0
	Total	1019	100.0	100.0	

Thinking of the last piece of equipment/kit that you purchased:

		Frequency	Percent	Valid Percent	Cumulative Percent
Valid	This was an essential purchase that I needed.	483	47.4	65.8	65.8
	It was something that I wanted, but could perhaps have done without.	251	24.6	34.2	100.0
	Total	734	72.0	100.0	
Missing	System	285	28.0		
Total		1019	100.0		

How many pairs of running shoes do you have?

		Frequency	Percent	Valid Percent	Cumulative Percent
Valid	0-1	17	1.7	2.3	2.3
	2-3	245	24.0	32.8	35.1
	4-6	277	27.2	37.1	72.3
	More than 6	207	20.3	27.7	100.0
	Total	746	73.2	100.0	
Missing	System	273	26.8		
Total		1019	100.0		

If presented with an option such as Trees not Tees at a race registration, would you choose this over receiving a race t-shirt?

		Frequency	Percent	Valid Percent	Cumulative Percent
Valid	All the time - I don't need any more race t-shirts.	242	23.7	32.6	32.6
	Sometimes - it would depend on the race.	440	43.2	59.3	91.9
	Never - I like my race t-shirts.	60	5.9	8.1	100.0
	Total	742	72.8	100.0	
Missing	System	277	27.2		
Total		1019	100.0		

Have you ever regularly participated in gravel/mountain biking?

		Frequency	Percent	Valid Percent	Cumulative Percent
Valid	No	694	68.1	68.1	68.1
	Yes	325	31.9	31.9	100.0
	Total	1019	100.0	100.0	

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

		Frequency	Percent	Valid Percent	Cumulative Percent
Valid	No	559	54.9	54.9	54.9
	Yes	460	45.1	45.1	100.0
	Total	1019	100.0	100.0	

Have you ever regularly participated in mountaineering/alpinism?

		Frequency	Percent	Valid Percent	Cumulative Percent
Valid	No	822	80.7	80.7	80.7
	Yes	197	19.3	19.3	100.0
	Total	1019	100.0	100.0	

Have you ever regularly participated in rock climbing?

		Frequency	Percent	Valid Percent	Cumulative Percent
Valid	No	786	77.1	77.1	77.1
	Yes	233	22.9	22.9	100.0
	Total	1019	100.0	100.0	

Have you ever regularly participated in orienteering?

		Frequency	Percent	Valid Percent	Cumulative Percent
Valid	No	900	88.3	88.3	88.3
	Yes	119	11.7	11.7	100.0
	Total	1019	100.0	100.0	

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

		Frequency	Percent	Valid Percent	Cumulative Percent
Valid	No	767	75.3	75.3	75.3
	Yes	252	24.7	24.7	100.0
	Total	1019	100.0	100.0	

Have you ever regularly participated in cross country skiing?

		Frequency	Percent	Valid Percent	Cumulative Percent
Valid	No	864	84.8	84.8	84.8
	Yes	155	15.2	15.2	100.0
	Total	1019	100.0	100.0	

Have you ever regularly participated in ski mountaineering?

		Frequency	Percent	Valid Percent	Cumulative Percent
Valid	No	981	96.3	96.3	96.3
	Yes	38	3.7	3.7	100.0
	Total	1019	100.0	100.0	

Have you ever regularly participated in triathlon/duathlon?

		Frequency	Percent	Valid Percent	Cumulative Percent
Valid	No	831	81.6	81.6	81.6
	Yes	188	18.4	18.4	100.0
	Total	1019	100.0	100.0	

Have you ever regularly participated in obstacle course racing?

		Frequency	Percent	Valid Percent	Cumulative Percent
Valid	No	920	90.3	90.3	90.3
	Yes	99	9.7	9.7	100.0
	Total	1019	100.0	100.0	

Have you ever regularly participated in paddle or surf boarding?

		Frequency	Percent	Valid Percent	Cumulative Percent
Valid	No	876	86.0	86.0	86.0
	Yes	143	14.0	14.0	100.0
	Total	1019	100.0	100.0	

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

		Frequency	Percent	Valid Percent	Cumulative Percent
Valid	No	897	88.0	88.0	88.0
	Yes	122	12.0	12.0	100.0
	Total	1019	100.0	100.0	

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

		Frequency	Percent	Valid Percent	Cumulative Percent
Valid	No	767	75.3	75.3	75.3
	Yes	252	24.7	24.7	100.0
	Total	1019	100.0	100.0	

Sports total

		Frequency	Percent	Valid Percent	Cumulative Percent
Valid	.00	224	22.0	22.0	22.0
	1.00	205	20.1	20.1	42.1
	2.00	156	15.3	15.3	57.4
	3.00	131	12.9	12.9	70.3
	4.00	100	9.8	9.8	80.1
	5.00	83	8.1	8.1	88.2
	6.00	48	4.7	4.7	92.9
	7.00	39	3.8	3.8	96.8
	8.00	12	1.2	1.2	97.9
	9.00	13	1.3	1.3	99.2
	10.00	4	.4	.4	99.6
	11.00	4	.4	.4	100.0
Total		1019	100.0	100.0	

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

		Frequency	Percent	Valid Percent	Cumulative Percent
Valid	Yes	509	50.0	50.0	50.0
	No	126	12.4	12.4	62.3
	I try, but not as regularly as I think I should.	384	37.7	37.7	100.0
	Total	1019	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.	310	30.4	30.9	30.9
	I have adequate outdoor skills, but there is definite room for improvement.	590	57.9	58.8	89.7
	My outdoor skills are fairly basic and/or I lack experience.	103	10.1	10.3	100.0
	Total	1003	98.4	100.0	
Missing	System	16	1.6		
Total		1019	100.0		

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

		Frequency	Percent	Valid Percent	Cumulative Percent
Valid	I occasionally fit running in, but it is not a priority.	10	1.0	1.0	1.0
	I do my best to go running, but there are other more important priorities.	182	17.9	18.8	19.9
	I try very hard to ensure that I get out running, even if this means moving other priorities around.	579	56.8	59.9	79.8
	Running is the most important part of my daily/weekly routine.	195	19.1	20.2	100.0
	Total	966	94.8	100.0	
Missing	System	53	5.2		
Total		1019	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	186	18.3	18.3	18.3
	2	249	24.4	24.4	42.7
	3	266	26.1	26.1	68.8
	4	205	20.1	20.1	88.9
	5	113	11.1	11.1	100.0
	Total	1019	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	782	76.7	76.7	76.7
	2	157	15.4	15.4	92.1
	3	46	4.5	4.5	96.7
	4	19	1.9	1.9	98.5
	5	15	1.5	1.5	100.0
	Total	1019	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	47	4.6	4.6	4.6
	2	11	1.1	1.1	5.7
	3	68	6.7	6.7	12.4
	4	239	23.5	23.5	35.8
	5	654	64.2	64.2	100.0
	Total	1019	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	160	15.7	15.7	15.7
	2	94	9.2	9.2	24.9
	3	184	18.1	18.1	43.0
	4	238	23.4	23.4	66.3
	5	343	33.7	33.7	100.0
	Total	1019	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	492	48.3	48.3	48.3
	2	123	12.1	12.1	60.4
	3	171	16.8	16.8	77.1
	4	128	12.6	12.6	89.7
	5	105	10.3	10.3	100.0
	Total	1019	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	760	74.6	74.6	74.6
	2	88	8.6	8.6	83.2
	3	96	9.4	9.4	92.6
	4	44	4.3	4.3	97.0
	5	31	3.0	3.0	100.0
	Total	1019	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	419	41.1	41.1	41.1
	2	131	12.9	12.9	54.0
	3	172	16.9	16.9	70.9
	4	144	14.1	14.1	85.0
	5	153	15.0	15.0	100.0
	Total	1019	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	52	5.1	5.1	5.1
	2	27	2.6	2.6	7.8
	3	52	5.1	5.1	12.9
	4	216	21.2	21.2	34.1
	5	672	65.9	65.9	100.0
	Total	1019	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	49	4.8	4.8	4.8
	2	32	3.1	3.1	7.9
	3	99	9.7	9.7	17.7
	4	238	23.4	23.4	41.0
	5	601	59.0	59.0	100.0
	Total	1019	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	63	6.2	6.2	6.2
	2	47	4.6	4.6	10.8
	3	180	17.7	17.7	28.5
	4	300	29.4	29.4	57.9
	5	429	42.1	42.1	100.0
	Total	1019	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	175	17.2	17.2	17.2
	2	215	21.1	21.1	38.3
	3	295	28.9	28.9	67.2
	4	211	20.7	20.7	87.9
	5	123	12.1	12.1	100.0
	Total	1019	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	104	10.2	10.2	10.2
	2	104	10.2	10.2	20.4
	3	193	18.9	18.9	39.4
	4	266	26.1	26.1	65.5
	5	352	34.5	34.5	100.0
	Total	1019	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	337	33.1	33.1	33.1
	2	213	20.9	20.9	54.0
	3	232	22.8	22.8	76.7
	4	128	12.6	12.6	89.3
	5	109	10.7	10.7	100.0
	Total	1019	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	84	8.2	8.2	8.2
	2	94	9.2	9.2	17.5
	3	216	21.2	21.2	38.7
	4	275	27.0	27.0	65.7
	5	350	34.3	34.3	100.0
	Total	1019	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	198	19.4	19.4	19.4
	2	168	16.5	16.5	35.9
	3	202	19.8	19.8	55.7
	4	200	19.6	19.6	75.4
	5	251	24.6	24.6	100.0
	Total	1019	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	223	21.9	21.9	21.9
	2	232	22.8	22.8	44.7
	3	254	24.9	24.9	69.6
	4	197	19.3	19.3	88.9
	5	113	11.1	11.1	100.0
	Total	1019	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	144	14.1	14.1	14.1
	2	133	13.1	13.1	27.2
	3	255	25.0	25.0	52.2
	4	251	24.6	24.6	76.8
	5	236	23.2	23.2	100.0
	Total	1019	100.0	100.0	

Have you ever volunteered at a running race or event?

		Frequency	Percent	Valid Percent	Cumulative Percent
Valid	Yes	668	65.6	65.6	65.6
	No	351	34.4	34.4	100.0
	Total	1019	100.0	100.0	

How often have you volunteered to help organise or staff a running event?

		Frequency	Percent	Valid Percent	Cumulative Percent
Valid	Once	129	12.7	19.3	19.3
	Two to four times	237	23.3	35.5	54.8
	Five or more occasions	302	29.6	45.2	100.0
	Total	668	65.6	100.0	
Missing	System	351	34.4		
Total		1019	100.0		

Have you volunteered at a short event (less than 2 hours in duration)?

		Frequency	Percent	Valid Percent	Cumulative Percent
Valid	No	261	25.6	39.1	39.1
	Yes	407	39.9	60.9	100.0
	Total	668	65.6	100.0	
Missing	System	351	34.4		
Total		1019	100.0		

Have you volunteered at a medium event (between 2-5 hours in duration)?

		Frequency	Percent	Valid Percent	Cumulative Percent
Valid	No	348	34.2	52.1	52.1
	Yes	320	31.4	47.9	100.0
	Total	668	65.6	100.0	
Missing	System	351	34.4		
Total		1019	100.0		

Have you volunteered at a long event (between 5-12 hours in duration)?

		Frequency	Percent	Valid Percent	Cumulative Percent
Valid	No	411	40.3	61.5	61.5
	Yes	257	25.2	38.5	100.0
	Total	668	65.6	100.0	
Missing	System	351	34.4		
Total		1019	100.0		

Have you volunteered at a 12+ hour or multiday event?

		Frequency	Percent	Valid Percent	Cumulative Percent
Valid	No	502	49.3	75.1	75.1
	Yes	166	16.3	24.9	100.0
	Total	668	65.6	100.0	
Missing	System	351	34.4		
Total		1019	100.0		

**How important to you is the following reason for volunteering?
(1 = not important, 5 = very important). - In order to get a free
place at a future event**

		Frequency	Percent	Valid Percent	Cumulative Percent
Valid	1	140	13.7	34.7	34.7
	2	118	11.6	29.2	63.9
	3	85	8.3	21.0	84.9
	4	39	3.8	9.7	94.6
	5	22	2.2	5.4	100.0
	Total	404	39.6	100.0	
Missing	System	615	60.4		
Total		1019	100.0		

**How important to you is the following reason for volunteering?
(1 = not important, 5 = very important). - Material incentives (e.
g., a free pair of running shoes)**

		Frequency	Percent	Valid Percent	Cumulative Percent
Valid	1	185	18.2	56.2	56.2
	2	82	8.0	24.9	81.2
	3	44	4.3	13.4	94.5
	4	10	1.0	3.0	97.6
	5	8	.8	2.4	100.0
	Total	329	32.3	100.0	
Missing	System	690	67.7		
Total		1019	100.0		

**How important to you is the following reason for volunteering?
(1 = not important, 5 = very important). - To help ensure that an
important event can take place**

		Frequency	Percent	Valid Percent	Cumulative Percent
Valid	1	19	1.9	3.1	3.1
	2	27	2.6	4.4	7.5
	3	125	12.3	20.4	27.9
	4	218	21.4	35.6	63.6
	5	223	21.9	36.4	100.0
	Total	612	60.1	100.0	
Missing	System	407	39.9		
Total		1019	100.0		

**How important to you is the following reason for volunteering?
(1 = not important, 5 = very important). - To meet new people
and be part of a community**

		Frequency	Percent	Valid Percent	Cumulative Percent
Valid	1	30	2.9	5.1	5.1
	2	80	7.9	13.7	18.8
	3	174	17.1	29.8	48.6
	4	183	18.0	31.3	80.0
	5	117	11.5	20.0	100.0
	Total	584	57.3	100.0	
Missing	System	435	42.7		
Total		1019	100.0		

**How important to you is the following reason for volunteering?
(1 = not important, 5 = very important). - To have fun and a
meaningful experience**

		Frequency	Percent	Valid Percent	Cumulative Percent
Valid	1	11	1.1	1.8	1.8
	2	53	5.2	8.7	10.5
	3	159	15.6	26.2	36.7
	4	222	21.8	36.6	73.3
	5	162	15.9	26.7	100.0
	Total	607	59.6	100.0	
Missing	System	412	40.4		
Total		1019	100.0		

Would you volunteer again?

		Frequency	Percent	Valid Percent	Cumulative Percent
Valid	Yes, it is always or usually a great experience	587	57.6	91.7	91.7
	Yes, but only if I can guarantee a positive experience	49	4.8	7.7	99.4
	No, overall my past experience of volunteering has not been good	4	.4	.6	100.0
	Total	640	62.8	100.0	
Missing	System	379	37.2		
Total		1019	100.0		

If you have had a bad experience of volunteering, select any statement that describes this experience. The event organisers did not make me feel welcome or valued

		Frequency	Percent	Valid Percent	Cumulative Percent
Valid	Not Relevant	633	62.1	94.8	94.8
	The event organisers did not make me feel welcome or valued	35	3.4	5.2	100.0
	Total	668	65.6	100.0	
Missing	System	351	34.4		
Total		1019	100.0		

If you have had a bad experience of volunteering, select any statement that describes this experience. Volunteering at the event was stressful and too much was expected from me

		Frequency	Percent	Valid Percent	Cumulative Percent
Valid	Not Relevant	648	63.6	97.0	97.0
	Volunteering at the event was stressful and too much was expected from me	20	2.0	3.0	100.0
	Total	668	65.6	100.0	
Missing	System	351	34.4		
Total		1019	100.0		

If you have had a bad experience of volunteering, select any statement that describes this experience. The event was badly organised and my role was not clearly explained

		Frequency	Percent	Valid Percent	Cumulative Percent
Valid	Not Relevant	620	60.8	92.8	92.8
	The event was badly organised and my role was not clearly explained	48	4.7	7.2	100.0
	Total	668	65.6	100.0	
Missing	System	351	34.4		
Total		1019	100.0		

If you have had a bad experience of volunteering, select any statement that describes this experience. Volunteering was tiring or difficult

		Frequency	Percent	Valid Percent	Cumulative Percent
Valid	Not Relevant	650	63.8	97.3	97.3
	Volunteering was tiring or difficult	18	1.8	2.7	100.0
	Total	668	65.6	100.0	
Missing	System	351	34.4		
Total		1019	100.0		

If you have had a bad experience of volunteering, select any statement that describes this experience. I had a bad experience with runners or other volunteers

		Frequency	Percent	Valid Percent	Cumulative Percent
Valid	Not Relevant	655	64.3	98.1	98.1
	I had a bad experience with runners or other volunteers	13	1.3	1.9	100.0
	Total	668	65.6	100.0	
Missing	System	351	34.4		
Total		1019	100.0		