

How old are you? * Which gender do you identify as? Crosstabulation

Count

		Which gender do you identify as?			Total
		Male	Female	Non-binary / third gender	
How old are you?	Less than 18 yrs	3	0	0	3
	18-24 yrs	12	0	0	12
	25-34 yrs	69	65	4	138
	35-44 yrs	177	141	4	322
	45-54 yrs	169	109	0	278
	55-64 yrs	90	48	0	138
	64+ yrs	32	10	0	42
Total		552	373	8	933

Do you have children? * Which gender do you identify as? Crosstabulation

Count

		Which gender do you identify as?			Total
		Male	Female	Non-binary / third gender	
Do you have children?	Yes	405	195	4	604
	No	147	173	4	324
Total		552	368	8	928

Is your gender identity the same as the sex you were assigned at birth? * Which gender do you identify as? Crosstabulation

Count

		Which gender do you identify as?			Total
		Male	Female	Non-binary / third gender	
Is your gender identity the same as the sex you were assigned at birth?	Yes	547	371	3	921
	No	3	0	5	8
Total		550	371	8	929

Which of the following best describes your sexual orientation? * Which gender do you identify as? Crosstabulation

Count

		Which gender do you identify as?			Total
		Male	Female	Non-binary / third gender	
Which of the following best describes your sexual orientation?	Straight/Heterosexual	538	331	0	869
	Gay/Lesbian	4	12	0	16
	Bisexual	5	21	8	34
Total		547	364	8	919

**What is your religion (if any)? - Selected Choice * Which gender do you identify as?
Crosstabulation**

Count

		Which gender do you identify as?		
		Male	Female	Non-binary / third gender
What is your religion (if any)? - Selected Choice	Not religious	304	213	4
	Spiritual, but not religious	72	65	2
	Christian	153	72	0
	Buddhist	4	1	2
	Jewish	6	7	0
	Asatru	0	1	0
	Humanist	1	0	0
	Pagan	0	1	0
	Wiccan	0	1	0
	Jedi	1	0	0
Total		541	361	8

**What is your religion (if any)? - Selected Choice * Which gender do you identify as?
Crosstabulation**

Count

		Total
What is your religion (if any)? - Selected Choice	Not religious	521
	Spiritual, but not religious	139
	Christian	225
	Buddhist	7
	Jewish	13
	Asatru	1
	Humanist	1
	Pagan	1
	Wiccan	1
	Jedi	1
Total		910

How would you best describe your ethnicity? - Selected Choice * Which gender do you identify as? Crosstabulation

Count

		Which gender do you identify as?		
		Male	Female	Non-binary / third gender
How would you best describe your ethnicity? - Selected Choice	White	519	357	8
	Hispanic/Latino/Spanish Origin	9	8	0
	South Asian	2	0	0
	Chinese	2	0	0
	Filipino	3	0	0
	Vietnamese	0	1	0
	Mixed/Multiple Ethnic Groups	9	3	0
	American Indian (Cherokee)	2	0	0
	Pacific Islander	2	0	0
	Greek Cypriot	1	0	0
Total		549	369	8

How would you best describe your ethnicity? - Selected Choice * Which gender do you identify as? Crosstabulation

Count

		Total
How would you best describe your ethnicity? - Selected Choice	White	884
	Hispanic/Latino/Spanish Origin	17
	South Asian	2
	Chinese	2
	Filipino	3
	Vietnamese	1
	Mixed/Multiple Ethnic Groups	12
	American Indian (Cherokee)	2
	Pacific Islander	2
	Greek Cypriot	1
Total	926	

What is your level of education? * Which gender do you identify as? Crosstabulation

Count

		Which gender do you identify as?		
		Male	Female	Non-binary / third gender
What is your level of education?	Up to High School/Secondary School (or equivalent)	125	38	2
	Undergraduate Bachelor's Degree (or equivalent)	211	142	5
	Postgraduate degree (or equivalent)	214	190	1
Total		550	370	8

What is your level of education? * Which gender do you identify as? Crosstabulation

Count

		Total
What is your level of education?	Up to High School/Secondary School (or equivalent)	165
	Undergraduate Bachelor's Degree (or equivalent)	358
	Postgraduate degree (or equivalent)	405
Total		928

**What is your level of household income? * Which gender do you identify as?
Crosstabulation**

Count

		Which gender do you identify as?			Total
		Male	Female	Non-binary / third gender	
What is your level of household income?	Less than \$10,000	7	5	0	12
	\$10,000 - \$19,999	15	12	1	28
	\$20,000 - \$29,999	29	33	2	64
	\$30,000 - \$39,999	36	25	0	61
	\$40,000 - \$49,999	35	34	2	71
	\$50,000 - \$59,999	37	35	0	72
	\$60,000 - \$69,999	44	30	0	74
	\$70,000 - \$79,999	46	22	1	69
	\$80,000 - \$89,999	32	28	0	60
	\$90,000 - \$99,999	25	12	2	39
	\$100,000 - \$149,999	95	61	0	156
	More than \$150,000	105	35	0	140
Total		506	332	8	846

**Overall how would you rate your mental health? * Which gender do you identify as?
Crosstabulation**

Count

		Which gender do you identify as?			Total
		Male	Female	Non-binary / third gender	
Overall how would you rate your mental health?	Excellent	202	89	0	291
	Somewhat good	211	170	4	385
	Average	99	78	3	180
	Somewhat poor	29	22	1	52
	Poor	3	8	0	11
Total		544	367	8	919

**Do you follow any of these diets (select one)? * Which gender do you identify as?
Crosstabulation**

Count

		Which gender do you identify as?			Total
		Male	Female	Non-binary / third gender	
Do you follow any of these diets (select one)?	Vegetarian	38	67	1	106
	Vegan	26	36	2	64
	Paleo	11	7	0	18
	Mainly plant based	91	58	1	150
	None of these	386	205	4	595
Total		552	373	8	933

**Are you a member of a running club? * Which gender do you identify as?
Crosstabulation**

Count

		Which gender do you identify as?			Total
		Male	Female	Non-binary / third gender	
Are you a member of a running club?	Yes	253	203	2	458
	No	299	170	6	475
Total		552	373	8	933

What do you think about cash prizes for race winners. Select one statement. * Which gender do you identify as? Crosstabulation

Count

		Which gender do you identify as?		
		Male	Female	Non-binary / third gender
What do you think about cash prizes for race winners. Select one statement.	I think a large cash prize is a good thing. It can make races more competitive and push standards overall.	129	38	2
	I think a small or modest cash prize can be a good incentive to boost competition.	225	170	5
	Races should not have a cash prize.	57	37	1
	None of the above.	141	128	0
Total		552	373	8

What do you think about cash prizes for race winners. Select one statement. * Which gender do you identify as? Crosstabulation

Count

		Total
What do you think about cash prizes for race winners. Select one statement.	I think a large cash prize is a good thing. It can make races more competitive and push standards overall.	169
	I think a small or modest cash prize can be a good incentive to boost competition.	400
	Races should not have a cash prize.	95
	None of the above.	269
Total		933

**What do you think about elite runners receiving sponsorship and/or a salary from commercial companies? Select one statement. * Which gender do you identify as?
Crosstabulation**

Count

		Which gender do you identify as?		
		Male	Female	Non-binary / third gender
What do you think about elite runners receiving sponsorship and/or a salary from commercial companies? Select one statement.	It is good that some elite runners receive a salary. It allows them to develop the sport and push the competitive boundaries of running.	438	251	7
	Sponsorship is positive in moderation (e.g., free gear, travel expenses, a small stipend).	74	71	1
	Running should be an amateur sport. I am opposed to salaries and sponsorship for elite runners.	7	8	0
	Not sure or none of the above.	33	43	0
Total		552	373	8

**What do you think about elite runners receiving sponsorship and/or a salary from commercial companies? Select one statement. * Which gender do you identify as?
Crosstabulation**

Count

		Total
What do you think about elite runners receiving sponsorship and/or a salary from commercial companies? Select one statement.	It is good that some elite runners receive a salary. It allows them to develop the sport and push the competitive boundaries of running.	696
	Sponsorship is positive in moderation (e.g., free gear, travel expenses, a small stipend).	146
	Running should be an amateur sport. I am opposed to salaries and sponsorship for elite runners.	15
	Not sure or none of the above.	76
Total		933

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). * Which gender do you identify as?

Crosstabulation

Count

		Which gender do you identify as?			Total
		Male	Female	Non-binary / third gender	
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).	1	50	37	1	88
	2	38	32	0	70
	3	106	73	0	179
	4	167	115	3	285
	5	191	116	4	311
Total		552	373	8	933

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. * Which gender do you identify as?

Crosstabulation

Count

		Which gender do you identify as?			Total
		Male	Female	Non-binary / third gender	
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.	1	255	172	3	430
	2	115	83	2	200
	3	115	62	0	177
	4	38	40	3	81
	5	29	16	0	45
Total		552	373	8	933

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. * Which gender do you identify as?

Crosstabulation

Count

		Which gender do you identify as?			Total
		Male	Female	Non-binary / third gender	
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.	1	245	155	3	403
	2	125	87	0	212
	3	102	73	0	175
	4	64	33	4	101
	5	16	25	1	42
Total		552	373	8	933

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) * Which gender do you identify as? Crosstabulation

Count

		Which gender do you identify as?			Total
		Male	Female	Non-binary / third gender	
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)	1	48	34	0	82
	2	69	43	0	112
	3	160	105	1	266
	4	176	106	1	283
	5	99	85	6	190
Total		552	373	8	933

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 * Which gender do you identify as? Crosstabulation

Count

		Which gender do you identify as?			Total
		Male	Female	Non-binary / third gender	
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	1	72	33	1	106
	2	56	21	0	77
	3	139	80	2	221
	4	167	103	2	272
	5	118	136	3	257
Total		552	373	8	933

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 * Which gender do you identify as? Crosstabulation

Count

		Which gender do you identify as?			Total
		Male	Female	Non-binary / third gender	
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	1	117	69	3	189
	2	68	44	2	114
	3	107	66	0	173
	4	123	77	2	202
	5	137	117	1	255
Total		552	373	8	933

For your old kit, have you ever sold it online. * Which gender do you identify as? Crosstabulation

Count

		Which gender do you identify as?			Total
		Male	Female	Non-binary / third gender	
For your old kit, have you ever sold it online.	Yes	63	77	3	143
	No	489	296	5	790
Total		552	373	8	933

For your old kit, have you ever donated it to a charity shop or other runners. * Which gender do you identify as? Crosstabulation

Count

		Which gender do you identify as?			Total
		Male	Female	Non-binary / third gender	
For your old kit, have you ever donated it to a charity shop or other runners.	Yes	247	255	4	506
	No	305	118	4	427
Total		552	373	8	933

For your old kit, have you ever repaired and reused. * Which gender do you identify as? Crosstabulation

Count

		Which gender do you identify as?			Total
		Male	Female	Non-binary / third gender	
For your old kit, have you ever repaired and reused.	Yes	246	180	5	431
	No	306	193	3	502
Total		552	373	8	933

How old were you when you started running? * Which gender do you identify as? Crosstabulation

Count

		Which gender do you identify as?			Total
		Male	Female	Non-binary / third gender	
How old were you when you started running?	Less than 18 yrs	114	90	0	204
	18-24 yrs	67	54	2	123
	25-34 yrs	137	95	4	236
	35-44 yrs	130	79	2	211
	45-54 yrs	81	44	0	125
	55+ yrs	23	11	0	34
Total		552	373	8	933

**How long have you been running? * Which gender do you identify as?
Crosstabulation**

Count

		Which gender do you identify as?			Total
		Male	Female	Non-binary / third gender	
How long have you been running?	Less than 2 yrs	36	21	0	57
	2-5 yrs	101	66	3	170
	5-10 yrs	127	74	3	204
	10-15 yrs	85	65	0	150
	More than 15 yrs	203	147	2	352
Total		552	373	8	933

**What is the farthest you have ever run? * Which gender do you identify as?
Crosstabulation**

Count

		Which gender do you identify as?		
		Male	Female	Non-binary / third gender
What is the farthest you have ever run?	Up to 10km	8	10	2
	Half Marathon (approx. 21km)	57	44	0
	Marathon (approx. 42km)	78	51	0
	50km	117	79	5
	80km / 50 miles	84	69	1
	100km	87	49	0
	160km / 100 miles	63	40	0
	More than 100 miles	58	31	0
Total		552	373	8

**What is the farthest you have ever run? * Which gender do you identify as?
Crosstabulation**

Count

		Total
What is the farthest you have ever run?	Up to 10km	20
	Half Marathon (approx. 21km)	101
	Marathon (approx. 42km)	129
	50km	201
	80km / 50 miles	154
	100km	136
	160km / 100 miles	103
	More than 100 miles	89
Total	933	

What is your normal/average training mileage per week? * Which gender do you identify as? Crosstabulation

Count

		Which gender do you identify as?			Total
		Male	Female	Non-binary / third gender	
What is your normal/average training mileage per week?	Up to 20km	38	28	4	70
	21-40km	147	134	2	283
	41-60km	196	113	2	311
	61-80km	119	66	0	185
	81-120km	46	28	0	74
	More than 120km	6	4	0	10
Total		552	373	8	933

How often do you run? * Which gender do you identify as? Crosstabulation

Count

		Which gender do you identify as?			Total
		Male	Female	Non-binary / third gender	
How often do you run?	Every day	40	21	0	61
	5-6 times per week	214	158	2	374
	3-4 times per week	265	170	6	441
	1-2 times per week	30	20	0	50
	Occasionally	3	4	0	7
Total		552	373	8	933

How often do you run with other people? * Which gender do you identify as? Crosstabulation

Count

		Which gender do you identify as?		
		Male	Female	Non-binary / third gender
How often do you run with other people?	Every week	163	169	3
	Maybe once or twice a month	97	68	0
	Occasionally	194	104	3
	Never	98	32	2
Total		552	373	8

**How often do you run with other people? * Which gender do you identify as?
Crosstabulation**

Count

		Total
How often do you run with other people?	Every week	335
	Maybe once or twice a month	165
	Occasionally	301
	Never	132
Total		933

**Have you competed in a Track race? * Which gender do you identify as?
Crosstabulation**

Count

		Which gender do you identify as?			Total
		Male	Female	Non-binary / third gender	
Have you competed in a Track race?	No	416	315	8	739
	Yes	136	58	0	194
Total		552	373	8	933

**Have you competed in a Road race? * Which gender do you identify as?
Crosstabulation**

Count

		Which gender do you identify as?			Total
		Male	Female	Non-binary / third gender	
Have you competed in a Road race?	No	89	46	2	137
	Yes	463	327	6	796
Total		552	373	8	933

**Have you competed in a Trail Race? * Which gender do you identify as?
Crosstabulation**

Count

		Which gender do you identify as?			Total
		Male	Female	Non-binary / third gender	
Have you competed in a Trail Race?	No	53	17	0	70
	Yes	499	356	8	863
Total		552	373	8	933

**Have you competed in a Ultra race? * Which gender do you identify as?
Crosstabulation**

Count

		Which gender do you identify as?			Total
		Male	Female	Non-binary / third gender	
Have you competed in a Ultra race?	No	152	101	2	255
	Yes	400	272	6	678
Total		552	373	8	933

**Have you competed in a Fell race? * Which gender do you identify as?
Crosstabulation**

Count

		Which gender do you identify as?			Total
		Male	Female	Non-binary / third gender	
Have you competed in a Fell race?	No	445	310	8	763
	Yes	107	63	0	170
Total		552	373	8	933

**Have you competed in a Sky race? * Which gender do you identify as?
Crosstabulation**

Count

		Which gender do you identify as?			Total
		Male	Female	Non-binary / third gender	
Have you competed in a Sky race?	No	496	351	6	853
	Yes	56	22	2	80
Total		552	373	8	933

**Have you competed in a Cross Country race? * Which gender do you identify as?
Crosstabulation**

Count

		Which gender do you identify as?			Total
		Male	Female	Non-binary / third gender	
Have you competed in a Cross Country race?	No	372	275	7	654
	Yes	180	98	1	279
Total		552	373	8	933

How often do you race? * Which gender do you identify as? Crosstabulation

Count

		Which gender do you identify as?			Total
		Male	Female	Non-binary / third gender	
How often do you race?	Most weeks	17	5	0	22
	Once or twice a month	76	61	1	138
	Every two months or so	97	82	0	179
	3-5 times per year	195	123	2	320
	1-2 times per year	146	90	5	241
	Never	21	12	0	33
Total		552	373	8	933

Have you raced in your local area (within 50 miles) * Which gender do you identify as? Crosstabulation

Count

		Which gender do you identify as?			Total
		Male	Female	Non-binary / third gender	
Have you raced in your local area (within 50 miles)	No	84	38	2	124
	Yes	468	335	6	809
Total		552	373	8	933

Have you raced in other parts of your country (more than 50 miles away) * Which gender do you identify as? Crosstabulation

Count

		Which gender do you identify as?			Total
		Male	Female	Non-binary / third gender	
Have you raced in other parts of your country (more than 50 miles away)	No	93	79	2	174
	Yes	459	294	6	759
Total		552	373	8	933

Have you raced in another country? * Which gender do you identify as? Crosstabulation

Count

		Which gender do you identify as?			Total
		Male	Female	Non-binary / third gender	
Have you raced in another country?	No	388	258	8	654
	Yes	164	115	0	279
Total		552	373	8	933

Thinking of the last piece of equipment/kit that you purchased: * Which gender do you identify as? Crosstabulation

Count

		Which gender do you identify as?		
		Male	Female	Non-binary / third gender
Thinking of the last piece of equipment/kit that you purchased:	This was an essential purchase that I needed.	253	194	6
	It was something that I wanted, but could perhaps have done without.	151	84	1
Total		404	278	7

Thinking of the last piece of equipment/kit that you purchased: * Which gender do you identify as? Crosstabulation

Count

		Total
Thinking of the last piece of equipment/kit that you purchased:	This was an essential purchase that I needed.	453
	It was something that I wanted, but could perhaps have done without.	236
Total		689

How many pairs of running shoes do you have? * Which gender do you identify as? Crosstabulation

Count

		Which gender do you identify as?			Total
		Male	Female	Non-binary / third gender	
How many pairs of running shoes do you have?	0-1	8	7	1	16
	2-3	139	91	1	231
	4-6	162	99	3	264
	More than 6	102	86	2	190
Total		411	283	7	701

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

Count

		Which gender do you identify as?		
		Male	Female	Non-binary / third gender
If presented with an option such as Trees not Tees at a race registration, would you choose this over receiving a race t-shirt?	All the time - I don't need any more race t-shirts.	138	92	2
	Sometimes - it would depend on the race.	236	168	5
	Never - I like my race t-shirts.	35	22	0
Total		409	282	7

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

Count

		Total
If presented with an option such as Trees not Tees at a race registration, would you choose this over receiving a race t-shirt?	All the time - I don't need any more race t-shirts.	232
	Sometimes - it would depend on the race.	409
	Never - I like my race t-shirts.	57
Total		698

Have you ever regularly participated in gravel/mountain biking? * Which gender do you identify as? Crosstabulation

Count

		Which gender do you identify as?			Total
		Male	Female	Non-binary / third gender	
Have you ever regularly participated in gravel/mountain biking?	No	349	281	6	636
	Yes	203	92	2	297
Total		552	373	8	933

Have you ever regularly participated in cycling (road, indoor exercise bike, track)? * Which gender do you identify as? Crosstabulation

Count

		Which gender do you identify as?			Total
		Male	Female	Non-binary / third gender	
Have you ever regularly participated in cycling (road, indoor exercise bike, track)?	No	290	208	4	502
	Yes	262	165	4	431
Total		552	373	8	933

Have you ever regularly participated in mountaineering/alpinism? * Which gender do you identify as? Crosstabulation

Count

		Which gender do you identify as?			Total
		Male	Female	Non-binary / third gender	
Have you ever regularly participated in mountaineering/alpinism?	No	448	301	6	755
	Yes	104	72	2	178
Total		552	373	8	933

Have you ever regularly participated in rock climbing? * Which gender do you identify as? Crosstabulation

Count

		Which gender do you identify as?			Total
		Male	Female	Non-binary / third gender	
Have you ever regularly participated in rock climbing?	No	416	293	6	715
	Yes	136	80	2	218
Total		552	373	8	933

Have you ever regularly participated in orienteering? * Which gender do you identify as? Crosstabulation

Count

		Which gender do you identify as?			Total
		Male	Female	Non-binary / third gender	
Have you ever regularly participated in orienteering?	No	478	337	6	821
	Yes	74	36	2	112
Total		552	373	8	933

**Have you ever regularly participated in skiing (i.e., downhill skiing)? *
Which gender do you identify as? Crosstabulation**

Count

		Which gender do you identify as?			Total
		Male	Female	Non-binary / third gender	
Have you ever regularly participated in skiing (i.e., downhill skiing)?	No	399	292	8	699
	Yes	153	81	0	234
Total		552	373	8	933

Have you ever regularly participated in cross country skiing? * Which gender do you identify as? Crosstabulation

Count

		Which gender do you identify as?			Total
		Male	Female	Non-binary / third gender	
Have you ever regularly participated in cross country skiing?	No	449	325	8	782
	Yes	103	48	0	151
Total		552	373	8	933

Have you ever regularly participated in ski mountaineering? * Which gender do you identify as? Crosstabulation

Count

		Which gender do you identify as?			Total
		Male	Female	Non-binary / third gender	
Have you ever regularly participated in ski mountaineering?	No	525	363	8	896
	Yes	27	10	0	37
Total		552	373	8	933

Have you ever regularly participated in triathlon/duathlon? * Which gender do you identify as? Crosstabulation

Count

		Which gender do you identify as?			Total
		Male	Female	Non-binary / third gender	
Have you ever regularly participated in triathlon/duathlon?	No	446	301	8	755
	Yes	106	72	0	178
Total		552	373	8	933

Have you ever regularly participated in obstacle course racing? * Which gender do you identify as? Crosstabulation

Count

		Which gender do you identify as?			Total
		Male	Female	Non-binary / third gender	
Have you ever regularly participated in obstacle course racing?	No	501	332	8	841
	Yes	51	41	0	92
Total		552	373	8	933

Have you ever regularly participated in paddle or surf boarding? * Which gender do you identify as? Crosstabulation

Count

		Which gender do you identify as?			Total
		Male	Female	Non-binary / third gender	
Have you ever regularly participated in paddle or surf boarding?	No	480	310	8	798
	Yes	72	63	0	135
Total		552	373	8	933

Have you ever regularly participated in rowing (indoor or outdoor)? * Which gender do you identify as? Crosstabulation

Count

		Which gender do you identify as?			Total
		Male	Female	Non-binary / third gender	
Have you ever regularly participated in rowing (indoor or outdoor)?	No	485	325	6	816
	Yes	67	48	2	117
Total		552	373	8	933

Have you ever regularly participated in canoeing/kayaking/rafting? * Which gender do you identify as? Crosstabulation

Count

		Which gender do you identify as?			Total
		Male	Female	Non-binary / third gender	
Have you ever regularly participated in canoeing/kayaking/rafting?	No	406	285	7	698
	Yes	146	88	1	235
Total		552	373	8	933

**Sports total * Which gender do you identify as?
Crosstabulation**

Count

		Which gender do you identify as?			Total
		Male	Female	Non-binary / third gender	
Sports total	.00	105	86	2	193
	1.00	106	80	3	189
	2.00	90	56	1	147
	3.00	77	47	0	124
	4.00	57	34	0	91
	5.00	45	29	2	76
	6.00	24	17	0	41
	7.00	25	14	0	39
	8.00	4	8	0	12
	9.00	11	2	0	13
	10.00	4	0	0	4
	11.00	4	0	0	4
Total		552	373	8	933

Do you do supplementary training (e.g., strength, flexibility, yoga)? * Which gender do you identify as? Crosstabulation

Count

		Which gender do you identify as?		
		Male	Female	Non-binary / third gender
Do you do supplementary training (e.g., strength, flexibility, yoga)?	Yes	247	223	6
	No	80	25	0
	I try, but not as regularly as I think I should.	225	125	2
Total		552	373	8

Do you do supplementary training (e.g., strength, flexibility, yoga)? * Which gender do you identify as? Crosstabulation

Count

		Total
Do you do supplementary training (e.g., strength, flexibility, yoga)?	Yes	476
	No	105
	I try, but not as regularly as I think I should.	352
Total		933

Thinking about your outdoor skills (e.g., navigation, moving on technical terrain etc), please select the statement that best describes your abilities: * Which gender do you identify as? Crosstabulation

Count

		Which gender do you identify as?		
		Male	Female	Non-binary / third gender
Thinking about your outdoor skills (e.g., navigation, moving on technical terrain etc), please select the statement that best describes your abilities:	I feel confident in my outdoor skills - I have a great deal of experience and/or training.	205	73	4
	I have adequate outdoor skills, but there is definite room for improvement.	313	238	2
	My outdoor skills are fairly basic and/or I lack experience.	33	62	2
Total		551	373	8

Thinking about your outdoor skills (e.g., navigation, moving on technical terrain etc), please select the statement that best describes your abilities: * Which gender do you identify as? Crosstabulation

Count

		Total
Thinking about your outdoor skills (e.g., navigation, moving on technical terrain etc), please select the statement that best describes your abilities:	I feel confident in my outdoor skills - I have a great deal of experience and/or training.	282
	I have adequate outdoor skills, but there is definite room for improvement.	553
	My outdoor skills are fairly basic and/or I lack experience.	97
Total		932

Which of these statements best describes running in your weekly routine? * Which gender do you identify as? Crosstabulation

Count

		Which gender do you identify as?		
		Male	Female	Non-binary / third gender
Which of these statements best describes running in your weekly routine?	I occasionally fit running in, but it is not a priority.	6	4	0
	I do my best to go running, but there are other more important priorities.	112	56	1
	I try very hard to ensure that I get out running, even if this means moving other priorities around.	324	219	4
	Running is the most important part of my daily/weekly routine.	103	84	3
Total		545	363	8

Which of these statements best describes running in your weekly routine? * Which gender do you identify as? Crosstabulation

Count

		Total
Which of these statements best describes running in your weekly routine?	I occasionally fit running in, but it is not a priority.	10
	I do my best to go running, but there are other more important priorities.	169
	I try very hard to ensure that I get out running, even if this means moving other priorities around.	547
	Running is the most important part of my daily/weekly routine.	190
Total		916

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

Count

		Which gender do you identify as?			Total
		Male	Female	Non-binary / third gender	
How strongly do you identify with Road Running? (1 = not at all, 5 = very strongly).	1	81	59	0	140
	2	136	101	5	242
	3	159	85	3	247
	4	115	82	0	197
	5	61	46	0	107
Total		552	373	8	933

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

Count

		Which gender do you identify as?			Total
		Male	Female	Non-binary / third gender	
How strongly do you identify with Track Running? (1 = not at all, 5 = very strongly).	1	412	287	7	706
	2	92	58	1	151
	3	32	13	0	45
	4	9	9	0	18
	5	7	6	0	13
Total		552	373	8	933

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

Count

		Which gender do you identify as?			Total
		Male	Female	Non-binary / third gender	
How strongly do you identify with Trail Running? (1 = not at all, 5 = very strongly).	1	7	3	0	10
	2	7	3	0	10
	3	34	34	0	68
	4	140	86	2	228
	5	364	247	6	617
Total		552	373	8	933

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

Count

		Which gender do you identify as?			Total
		Male	Female	Non-binary / third gender	
How strongly do you identify with Ultra Running? (1 = not at all, 5 = very strongly).	1	62	61	0	123
	2	66	22	3	91
	3	101	70	0	171
	4	129	93	0	222
	5	194	127	5	326
Total		552	373	8	933

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

Count

		Which gender do you identify as?			Total
		Male	Female	Non-binary / third gender	
How strongly do you identify with Fell/Hill Running? (1 = not at all, 5 = very strongly).	1	254	173	4	431
	2	70	50	0	120
	3	87	69	4	160
	4	76	48	0	124
	5	65	33	0	98
Total		552	373	8	933

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

Count

		Which gender do you identify as?			Total
		Male	Female	Non-binary / third gender	
How strongly do you identify with Sky Running? (1 = not at all, 5 = very strongly).	1	385	291	6	682
	2	63	24	0	87
	3	63	31	0	94
	4	24	17	2	43
	5	17	10	0	27
Total		552	373	8	933

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

Count

		Which gender do you identify as?			Total
		Male	Female	Non-binary / third gender	
How strongly do you identify with Mountain Running? (1 = not at all, 5 = very strongly).	1	195	171	3	369
	2	75	47	2	124
	3	106	55	1	162
	4	89	46	0	135
	5	87	54	2	143
Total		552	373	8	933

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. * Which gender do you identify as? Crosstabulation

Count

		Which gender do you identify as?			Total
		Male	Female	Non-binary / third gender	
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.	1	11	3	0	14
	2	21	5	0	26
	3	33	13	0	46
	4	140	67	2	209
	5	347	285	6	638
Total		552	373	8	933

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. * Which gender do you identify as? Crosstabulation

Count

		Which gender do you identify as?			Total
		Male	Female	Non-binary / third gender	
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.	1	7	5	0	12
	2	19	13	0	32
	3	69	29	0	98
	4	143	75	0	218
	5	314	251	8	573
Total		552	373	8	933

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. * Which gender do you identify as?

Crosstabulation

Count

		Which gender do you identify as?			Total
		Male	Female	Non-binary / third gender	
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.	1	15	12	0	27
	2	25	18	0	43
	3	94	74	0	168
	4	177	105	1	283
	5	241	164	7	412
Total		552	373	8	933

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. * Which gender do you identify as? Crosstabulation

Count

		Which gender do you identify as?			Total
		Male	Female	Non-binary / third gender	
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.	1	92	43	0	135
	2	125	77	2	204
	3	166	108	3	277
	4	114	86	3	203
	5	55	59	0	114
Total		552	373	8	933

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. * Which gender do you identify as?

Crosstabulation

Count

		Which gender do you identify as?			Total
		Male	Female	Non-binary / third gender	
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.	1	47	17	2	66
	2	57	36	2	95
	3	111	69	3	183
	4	164	89	1	254
	5	173	162	0	335
Total		552	373	8	933

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

Crosstabulation

Count

		Which gender do you identify as?			Total
		Male	Female	Non-binary / third gender	
How important to you is the following reason for running? (1 = not important, 5 = very important). - Running is important to me for weight loss.	1	169	118	5	292
	2	119	87	1	207
	3	117	97	2	216
	4	82	39	0	121
	5	65	32	0	97
Total		552	373	8	933

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. * Which gender do you identify as?

Crosstabulation

Count

		Which gender do you identify as?			Total
		Male	Female	Non-binary / third gender	
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.	1	21	29	0	50
	2	57	28	1	86
	3	126	80	0	206
	4	175	90	2	267
	5	173	146	5	324
Total		552	373	8	933

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. * Which gender do you identify as? Crosstabulation

Count

		Which gender do you identify as?			Total
		Male	Female	Non-binary / third gender	
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.	1	102	55	0	157
	2	80	77	0	157
	3	112	78	1	191
	4	117	74	2	193
	5	141	89	5	235
Total		552	373	8	933

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). * Which gender do you identify as? Crosstabulation

Count

		Which gender do you identify as?			Total
		Male	Female	Non-binary / third gender	
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).	1	99	81	3	183
	2	129	84	3	216
	3	135	105	0	240
	4	122	67	0	189
	5	67	36	2	105
Total		552	373	8	933

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. * Which gender do you identify as? Crosstabulation

Count

		Which gender do you identify as?			Total
		Male	Female	Non-binary / third gender	
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.	1	66	38	2	106
	2	82	46	3	131
	3	152	91	0	243
	4	138	98	0	236
	5	114	100	3	217
Total		552	373	8	933