

How old are you?

		Frequency	Percent	Valid Percent	Cumulative Percent
Valid	Less than 18 yrs	1	.0	.2	.2
	18-24 yrs	4	.2	.8	1.0
	25-34 yrs	65	2.6	13.2	14.2
	35-44 yrs	162	6.4	32.9	47.1
	45-54 yrs	175	7.0	35.5	82.6
	55-64 yrs	71	2.8	14.4	97.0
	64+ yrs	15	.6	3.0	100.0
	Total	493	19.6	100.0	
Missing	System	2019	80.4		
Total		2512	100.0		

Do you have children?

		Frequency	Percent	Valid Percent	Cumulative Percent
Valid	Yes	325	12.9	65.9	65.9
	No	168	6.7	34.1	100.0
	Total	493	19.6	100.0	
Missing	System	2019	80.4		
Total		2512	100.0		

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

		Frequency	Percent	Valid Percent	Cumulative Percent
Valid	Yes	522	20.8	99.6	99.6
	No	2	.1	.4	100.0
	Total	524	20.9	100.0	
Missing	System	1988	79.1		
Total		2512	100.0		

Which gender do you identify as?

		Frequency	Percent	Valid Percent	Cumulative Percent
Valid	Male	280	11.1	57.1	57.1
	Female	208	8.3	42.4	99.6
	Non-binary / third gender	2	.1	.4	100.0
	Total	490	19.5	100.0	
Missing	System	2022	80.5		
Total		2512	100.0		

Which of the following best describes your sexual orientation?

		Frequency	Percent	Valid Percent	Cumulative Percent
Valid	Straight/Heterosexual	464	18.5	94.9	94.9
	Gay/Lesbian	9	.4	1.8	96.7
	Bisexual	16	.6	3.3	100.0
	Total	489	19.5	100.0	
Missing	System	2023	80.5		
Total		2512	100.0		

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

		Frequency	Percent	Valid Percent	Cumulative Percent
Valid	Not religious	319	12.7	65.6	65.6
	Spiritual, but not religious	57	2.3	11.7	77.4
	Christian	100	4.0	20.6	97.9
	Buddhist	3	.1	.6	98.6
	Jewish	2	.1	.4	99.0
	Asatru	1	.0	.2	99.2
	Humanist	1	.0	.2	99.4
	Pagan	1	.0	.2	99.6
	Wiccan	1	.0	.2	99.8
	Jedi	1	.0	.2	100.0
	Total	486	19.3	100.0	
	Missing	System	2026	80.7	
Total		2512	100.0		

How would you best describe your ethnicity? - Selected Choice

		Frequency	Percent	Valid Percent	Cumulative Percent
Valid	White	484	19.3	98.4	98.4
	Vietnamese	1	.0	.2	98.6
	Mixed/Multiple Ethnic Groups	6	.2	1.2	99.8
	Greek Cypriot	1	.0	.2	100.0
	Total	492	19.6	100.0	
Missing	System	2020	80.4		
Total		2512	100.0		

What is your level of education?

		Frequency	Percent	Valid Percent	Cumulative Percent
Valid	Up to High School/Secondary School (or equivalent)	102	4.1	20.9	20.9
	Undergraduate Bachelor's Degree (or equivalent)	196	7.8	40.1	60.9
	Postgraduate degree (or equivalent)	191	7.6	39.1	100.0
	Total	489	19.5	100.0	
Missing	System	2023	80.5		
Total		2512	100.0		

What is your level of household income?

		Frequency	Percent	Valid Percent	Cumulative Percent
Valid	Less than \$10,000	4	.2	.9	.9
	\$10,000 - \$19,999	21	.8	4.7	5.6
	\$20,000 - \$29,999	41	1.6	9.1	14.7
	\$30,000 - \$39,999	49	2.0	10.9	25.6
	\$40,000 - \$49,999	54	2.1	12.0	37.6
	\$50,000 - \$59,999	55	2.2	12.2	49.8
	\$60,000 - \$69,999	52	2.1	11.6	61.3
	\$70,000 - \$79,999	43	1.7	9.6	70.9
	\$80,000 - \$89,999	30	1.2	6.7	77.6
	\$90,000 - \$99,999	20	.8	4.4	82.0
	\$100,000 - \$149,999	65	2.6	14.4	96.4
	More than \$150,000	16	.6	3.6	100.0
	Total	450	17.9	100.0	
	Missing	System	2062	82.1	
Total		2512	100.0		

Overall how would you rate your mental health?

		Frequency	Percent	Valid Percent	Cumulative Percent
Valid	Excellent	130	5.2	26.6	26.6
	Somewhat good	222	8.8	45.4	72.0
	Average	103	4.1	21.1	93.0
	Somewhat poor	27	1.1	5.5	98.6
	Poor	7	.3	1.4	100.0
	Total	489	19.5	100.0	
Missing	System	2023	80.5		
Total		2512	100.0		

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

		Frequency	Percent	Valid Percent	Cumulative Percent
Valid	Vegetarian	55	2.2	10.3	10.3
	Vegan	36	1.4	6.7	17.0
	Paleo	6	.2	1.1	18.1
	Mainly plant based	75	3.0	14.0	32.1
	None of these	364	14.5	67.9	100.0
	Total	536	21.3	100.0	
Missing	System	1976	78.7		
Total		2512	100.0		

Are you a member of a running club?

		Frequency	Percent	Valid Percent	Cumulative Percent
Valid	Yes	273	10.9	55.0	55.0
	No	223	8.9	45.0	100.0
	Total	496	19.7	100.0	
Missing	System	2016	80.3		
Total		2512	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.	56	2.2	10.4	10.4
	I think a small or modest cash prize can be a good incentive to boost competition.	232	9.2	43.3	53.7
	Races should not have a cash prize.	52	2.1	9.7	63.4
	None of the above.	196	7.8	36.6	100.0
	Total	536	21.3	100.0	
Missing	System	1976	78.7		
Total		2512	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.	366	14.6	68.3	68.3
	Sponsorship is positive in moderation (e.g., free gear, travel expenses, a small stipend).	82	3.3	15.3	83.6
	Running should be an amateur sport. I am opposed to salaries and sponsorship for elite runners.	5	.2	.9	84.5
	Not sure or none of the above.	83	3.3	15.5	100.0
	Total	536	21.3	100.0	
Missing	System	1976	78.7		
Total		2512	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	71	2.8	13.2	13.2
	2	48	1.9	9.0	22.2
	3	111	4.4	20.7	42.9
	4	154	6.1	28.7	71.6
	5	152	6.1	28.4	100.0
	Total	536	21.3	100.0	
Missing	System	1976	78.7		
Total		2512	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	264	10.5	49.3	49.3
	2	106	4.2	19.8	69.0
	3	101	4.0	18.8	87.9
	4	42	1.7	7.8	95.7
	5	23	.9	4.3	100.0
	Total	536	21.3	100.0	
Missing	System	1976	78.7		
Total		2512	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	244	9.7	45.5	45.5
	2	120	4.8	22.4	67.9
	3	105	4.2	19.6	87.5
	4	46	1.8	8.6	96.1
	5	21	.8	3.9	100.0
	Total	536	21.3	100.0	
Missing	System	1976	78.7		
Total		2512	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	99	3.9	18.5	18.5
	2	71	2.8	13.2	31.7
	3	152	6.1	28.4	60.1
	4	136	5.4	25.4	85.4
	5	78	3.1	14.6	100.0
	Total	536	21.3	100.0	
Missing	System	1976	78.7		
Total		2512	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	88	3.5	16.4	16.4
	2	32	1.3	6.0	22.4
	3	121	4.8	22.6	45.0
	4	153	6.1	28.5	73.5
	5	142	5.7	26.5	100.0
	Total	536	21.3	100.0	
Missing	System	1976	78.7		
Total		2512	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	145	5.8	27.1	27.1
	2	59	2.3	11.0	38.1
	3	97	3.9	18.1	56.2
	4	106	4.2	19.8	75.9
	5	129	5.1	24.1	100.0
	Total	536	21.3	100.0	
Missing	System	1976	78.7		
Total		2512	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	2	.1	.2	.2
	1001 Running Tips (Book)	1	.0	.1	.3
	220 Triathlon (Magazine)	1	.0	.1	.4
	A Runner's Life (Podcast)	3	.1	.3	.7
	Active.com (Website)	1	.0	.1	.8
	Adventure Jogger (Podcast/Website)	2	.1	.2	1.0
	Ali on the Run (Podcast/Website)	1	.0	.1	1.1
	Another Mother Runner (Podcast)	1	.0	.1	1.2
	Athletics Weekly (Magazine)	4	.2	.4	1.6
	Bad Boy Running (Podcast/Website)	30	1.2	3.1	4.7
	Beau Miles (Media Personality)	1	.0	.1	4.8
	Becoming Brutal (Book)	1	.0	.1	4.9
	Becoming Ultra (Podcast/Website)	1	.0	.1	5.1
	Beer on the Run (Podcast)	1	.0	.1	5.2
	Believe in the Run (Website/YouTube)	1	.0	.1	5.3
	Ben is Running (YouTube)	5	.2	.5	5.8
	Ben Parkes (Media Personality/YouTube/Website)	14	.6	1.4	7.2
	Beyond the Ultimate (Website)	1	.0	.1	7.3
	Billy Yang (Media Personality/Podcast/YouTube)	15	.6	1.5	8.9
	Bob Graham Sounds (Podcast)	2	.1	.2	9.1
	Born to Run (Book)	2	.1	.2	9.3
	British Ultra Running Podcast	19	.8	2.0	11.2
	Centurion Running (Podcast/Website)	4	.2	.4	11.6
	Choose Strong (Podcast)	1	.0	.1	11.8
	Coach Parry (Media Personality/YouTube/Website)	2	.1	.2	12.0
	Cockbain Events (Website)	1	.0	.1	12.1
	Comrades Training Podcast	1	.0	.1	12.2

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
Coros Convos (YouTube)	1	.0	.1	12.3
Cotswald Trail Runner (YouTube)	1	.0	.1	12.4
Damian Hall (Media Personality)	1	.0	.1	12.5
Darren Smith (Media Personality/YouTube)	1	.0	.1	12.6
David Goggins (Media Personality)	1	.0	.1	12.7
Dean Karnazes (Media Personality)	1	.0	.1	12.8
DevRunner (YouTube)	1	.0	.1	12.9
Ed Budd (Media Personality/YouTube)	2	.1	.2	13.1
Endurance Junkie (Podcast)	1	.0	.1	13.2
England Athletics (Website)	1	.0	.1	13.3
Everything Endurance (Podcast)	3	.1	.3	13.6
Fast Running (Website)	2	.1	.2	13.8
Fastest Known Time (Podcast/Website)	3	.1	.3	14.1
Feisty Menopause (Podcast)	1	.0	.1	14.2
Fellrun Like a Girl (Website)	1	.0	.1	14.3
Female Athlete (Podcast)	1	.0	.1	14.4
Fetcheveryone.com (Website)	4	.2	.4	14.8
Film My Run (YouTube)	4	.2	.4	15.3
Finding Ultra (Book)	1	.0	.1	15.4
Flora Beverley (Media Personality/YouTube/Website)	8	.3	.8	16.2
FOD Runner (YouTube/Website)	4	.2	.4	16.6
Fordy Runs (YouTube)	3	.1	.3	16.9
Free Weekly Timed (Podcast)	3	.1	.3	17.2
Freetrail (Website/Podcast/YouTube)	6	.2	.6	17.8
GB Ultras (Website)	1	.0	.1	17.9
Ginger Runner (Podcast/YouTube)	15	.6	1.5	19.5

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
Global Triathlon Network (Website/YouTube)	4	.2	.4	19.9
Go Mountain Goats Go (Podcast)	3	.1	.3	20.2
Golden Trail Series (YouTube)	2	.1	.2	20.4
Harrier UK (Podcast)	1	.0	.1	20.5
Her Spirit (Podcast)	1	.0	.1	20.6
Holly Martin (Media Personality/YouTube)	1	.0	.1	20.7
Horizon Sport (Website/Video/Podcasts)	1	.0	.1	20.8
In It for the Long Run (Book)	1	.0	.1	20.9
Inov-8 (Website)	3	.1	.3	21.2
Inside Running (Podcast/Website)	1	.0	.1	21.3
iRunFar (Website)	28	1.1	2.9	24.2
James Dunne (Media Personality/Podcast)	2	.1	.2	24.4
Jeff Pelletier (YouTube/Website)	3	.1	.3	24.7
Jog On (Podcast/Website)	2	.1	.2	24.9
Kelp and Fern (YouTube)	1	.0	.1	25.1
Kinetic Revolution (YouTube)	1	.0	.1	25.2
Koopcast (Podcast/Website)	18	.7	1.9	27.0
Lets Run (Website/Podcast)	2	.1	.2	27.2
Like the Wind (Magazine)	5	.2	.5	27.7
Local Runners Podcast	2	.1	.2	27.9
Lonely Goat (Website)	2	.1	.2	28.1
Low Carb Athlete (Podcast)	1	.0	.1	28.2
Marathon Handbook (Book)	1	.0	.1	28.4
Marathon Talk (Podcast)	11	.4	1.1	29.5
Marathon Training Academy (Podcast/Website)	1	.0	.1	29.6
Mark Lewis (Media Personality/YouTube/Website)	2	.1	.2	29.8
Meat Free Athlete (Website)	1	.0	.1	29.9
Mid Life Athlete (Podcast)	1	.0	.1	30.0

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
Mikkipedia (Podcast/Website)	1	.0	.1	30.1
Montane Further, Faster (Podcast)	4	.2	.4	30.5
Nick Bare (Media Personality/YouTube)	1	.0	.1	30.6
Nicola Runs (YouTube)	4	.2	.4	31.0
Northernrunner.co.uk (Website)	1	.0	.1	31.1
Obstacle Course Racing (Website)	1	.0	.1	31.2
On the Back Foot (Podcast)	1	.0	.1	31.3
Outside+ (Website/Multimedia)	3	.1	.3	31.6
Outlandish (Podcast)	1	.0	.1	31.8
Penllyn Ultras (Website)	1	.0	.1	31.9
Peter Attia Drive Podcast	1	.0	.1	32.0
Philly Bowden (Media Personality/YouTube)	1	.0	.1	32.1
Portsmouth Running (Podcast)	1	.0	.1	32.2
Real Science of Sport (Podcast)	3	.1	.3	32.5
Rich Roll (Media Personality/Podcast)	10	.4	1.0	33.5
Run Free (Website)	1	.0	.1	33.6
Run Mummy Run (Podcast/Website)	1	.0	.1	33.7
Run Smarter (Podcast/Website)	6	.2	.6	34.3
Run Steep Get High (YouTube)	2	.1	.2	34.5
Run Strong (YouTube)	1	.0	.1	34.6
Run Talk Run (Podcast/Website)	1	.0	.1	34.7
Run Testers (YouTube)	4	.2	.4	35.2
Run to the Hills (Podcast)	98	3.9	10.1	45.3
Run to the Top (Podcast)	1	.0	.1	45.4
Run4Adventure (YouTube)	8	.3	.8	46.2
Runner Beans (Podcast)	1	.0	.1	46.3
Runners Connect (Website/Podcast)	1	.0	.1	46.4
Runners Need (Website)	1	.0	.1	46.5
Runners on Trail (Podcast)	3	.1	.3	46.8

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
Runners World (Magazine/Podcast)	87	3.5	9.0	55.8
Running Channel (YouTube)	1	.0	.1	55.9
Running Commentary (Podcast)	11	.4	1.1	57.0
Running Explained (Podcast/Website)	1	.0	.1	57.1
Running for Real (Podcast/Website)	2	.1	.2	57.3
Running is BS (Podcast)	7	.3	.7	58.0
Running Lean (Book)	1	.0	.1	58.1
Running Shoes Guru (YouTube/Website)	1	.0	.1	58.2
Running with Jake (Podcast/Website)	2	.1	.2	58.5
Running Your Stories (Podcast)	1	.0	.1	58.6
RunPod (Podcast)	8	.3	.8	59.4
Runrepeat.com (Website)	1	.0	.1	59.5
Ryan Clayton (YouTube)	2	.1	.2	59.7
Sage Canaday (Media Personality/YouTube)	2	.1	.2	59.9
Salomon TV (YouTube)	10	.4	1.0	60.9
Sandy Nypaver (Media Personality)	1	.0	.1	61.0
Sarah Place (Media Personality/YouTube/Website)	4	.2	.4	61.4
Science of Sport Podcast	2	.1	.2	61.6
Science of Ultra (Podcast/Website)	7	.3	.7	62.4
Scott Jurek (Media Personality)	1	.0	.1	62.5
Sean Conway (Media Personality)	1	.0	.1	62.6
Seth James DeMoor (Media Personality/YouTube)	6	.2	.6	63.2
Simon Miller (Media Personality/YouTube)	1	.0	.1	63.3
Simon Ward (Media Personality/Podcast)	1	.0	.1	63.4
Solereview.com (Website)	1	.0	.1	63.5
Some Work, All Play (Podcast/Website)	5	.2	.5	64.0

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
Sportsshoes.com (Website)	2	.1	.2	64.2
Steep Life Media (Podcast/YouTube)	1	.0	.1	64.3
Strength Running (Podcast/Website)	3	.1	.3	64.6
TalkUltra (Podcast)	24	1.0	2.5	67.1
Tartan Running Shorts (Podcast)	3	.1	.3	67.4
That's Running (Podcast)	1	.0	.1	67.5
The Ageless Runner (Website/Podcast)	1	.0	.1	67.6
The Bioneer (Website/Podcast)	1	.0	.1	67.7
The Endurance Podcast	4	.2	.4	68.1
The Fellrunner (Magazine)	9	.4	.9	69.1
The Great Outdoors (Magazine)	1	.0	.1	69.2
The Inspirational Runner (Podcast)	1	.0	.1	69.3
The Lap Count (Website)	1	.0	.1	69.4
The Long Run (Podcast)	1	.0	.1	69.5
The Morning Shakeout (Podcast/Website)	2	.1	.2	69.7
The Pylon Ultra (Podcast/Website)	5	.2	.5	70.2
The Run Experience (Website)	2	.1	.2	70.4
The Running Channel (YouTube)	29	1.2	3.0	73.4
The Sunnywood Project (Website)	1	.0	.1	73.5
This Messy Happy (Podcast/Website)	4	.2	.4	73.9
Tinman Elite (Website)	1	.0	.1	74.0
Trail & Ultra (Website)	1	.0	.1	74.1
Trail and Error (Podcast/Website)	10	.4	1.0	75.2
Trail Runner (Magazine)	17	.7	1.8	76.9
Trail Runner Nation (Podcast/Website)	28	1.1	2.9	79.8
Trail Running Couple (YouTube)	3	.1	.3	80.1
Trail Running (Magazine)	82	3.3	8.5	88.6
Trail Running Women (Podcast)	5	.2	.5	89.1

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
Trail Society (Podcast)	5	.2	.5	89.6
TriDot (Podcast)	1	.0	.1	89.7
UK Climbing (Website)	1	.0	.1	89.8
Ultra Magazine	8	.3	.8	90.6
Ultra Potential (Website)	1	.0	.1	90.7
Ultra Runner Podcast	5	.2	.5	91.2
Ultra Running History (Podcast)	3	.1	.3	91.5
Ultramarathon Man (Book)	1	.0	.1	91.6
Ultra Runner Magazine	3	.1	.3	92.0
Ultrarunningcommunity.com (Website)	1	.0	.1	92.1
Uphill Athlete (Podcast/Website)	2	.1	.2	92.3
VO2 Max Productions (YouTube)	2	.1	.2	92.5
Way of the Runner (Podcast/Website)	6	.2	.6	93.1
Welsh Runner (YouTube)	1	.0	.1	93.2
Wild Ginger Runner (Podcast/YouTube)	16	.6	1.6	94.8
With Me Now (Podcast)	3	.1	.3	95.2
Women's Running (Magazine)	21	.8	2.2	97.3
Young Hearts, Run Free (Podcast)	10	.4	1.0	98.4
Your Running Stories (Podcast)	2	.1	.2	98.6
Ultra Running Magazine	11	.4	1.1	99.7
Random Runner (YouTube)	1	.0	.1	99.8
Inside Tri (Podcast)	1	.0	.1	99.9
Summit Fever Media (Media Company)	1	.0	.1	100.0
Total	970	38.6	100.0	
Missing System	1542	61.4		
Total	2512	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	220 Triathlon (Magazine)	1	.0	.4	.4
	A Runner's Life (Podcast)	1	.0	.4	.8
	Another Mother Runner (Podcast)	1	.0	.4	1.1
	Athletics Weekly (Magazine)	1	.0	.4	1.5
	Bad Boy Running (Podcast/Website)	9	.4	3.4	5.0
	Beau Miles (Media Personality)	1	.0	.4	5.3
	Believe in the Run (Website/YouTube)	1	.0	.4	5.7
	Ben is Running (YouTube)	4	.2	1.5	7.3
	Ben Parkes (Media Personality/YouTube/Website)	2	.1	.8	8.0
	Beyond the Ultimate (Website)	1	.0	.4	8.4
	Billy Yang (Media Personality/Podcast/YouTube)	3	.1	1.1	9.5
	Born to Run (Book)	2	.1	.8	10.3
	British Ultra Running Podcast	3	.1	1.1	11.5
	Comrades Training Podcast	1	.0	.4	11.8
	Cotswald Trail Runner (YouTube)	1	.0	.4	12.2
	Darren Smith (Media Personality/YouTube)	1	.0	.4	12.6
	David Goggins (Media Personality)	1	.0	.4	13.0
	Dean Karnazes (Media Personality)	1	.0	.4	13.4
	Ed Budd (Media Personality/YouTube)	1	.0	.4	13.7
	Everything Endurance (Podcast)	1	.0	.4	14.1
	Feisty Menopause (Podcast)	1	.0	.4	14.5
	Fetcheveryone.com (Website)	1	.0	.4	14.9
	Film My Run (YouTube)	1	.0	.4	15.3
	Flora Beverley (Media Personality/YouTube/Website)	1	.0	.4	15.6

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
FOD Runner (YouTube/Website)	2	.1	.8	16.4
Fordy Runs (YouTube)	1	.0	.4	16.8
Freetrail (Website/Podcast/YouTube)	2	.1	.8	17.6
GB Ultras (Website)	1	.0	.4	17.9
Ginger Runner (Podcast/YouTube)	4	.2	1.5	19.5
Harrier UK (Podcast)	1	.0	.4	19.8
Inov-8 (Website)	1	.0	.4	20.2
iRunFar (Website)	5	.2	1.9	22.1
Jeff Pelletier (YouTube/Website)	1	.0	.4	22.5
Koopcast (Podcast/Website)	5	.2	1.9	24.4
Lets Run (Website/Podcast)	1	.0	.4	24.8
Local Runners Podcast	1	.0	.4	25.2
Lonely Goat (Website)	2	.1	.8	26.0
Mikkipedia (Podcast/Website)	1	.0	.4	26.3
Montane Further, Faster (Podcast)	1	.0	.4	26.7
Nicola Runs (YouTube)	1	.0	.4	27.1
On the Back Foot (Podcast)	1	.0	.4	27.5
Real Science of Sport (Podcast)	2	.1	.8	28.2
Rich Roll (Media Personality/Podcast)	2	.1	.8	29.0
Run Mummy Run (Podcast/Website)	1	.0	.4	29.4
Run Smarter (Podcast/Website)	3	.1	1.1	30.5
Run Talk Run (Podcast/Website)	1	.0	.4	30.9
Run Testers (YouTube)	1	.0	.4	31.3
Run to the Hills (Podcast)	28	1.1	10.7	42.0
Run4Adventure (YouTube)	2	.1	.8	42.7
Runner Beans (Podcast)	1	.0	.4	43.1
Runners World (Magazine/Podcast)	26	1.0	9.9	53.1
Running Commentary (Podcast)	1	.0	.4	53.4

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
Running for Real (Podcast/Website)	1	.0	.4	53.8
Running is BS (Podcast)	4	.2	1.5	55.3
RunPod (Podcast)	2	.1	.8	56.1
Sarah Place (Media Personality/YouTube/Website)	4	.2	1.5	57.6
Science of Ultra (Podcast/Website)	1	.0	.4	58.0
Seth James DeMoor (Media Personality/YouTube)	2	.1	.8	58.8
Simon Miller (Media Personality/YouTube)	1	.0	.4	59.2
Simon Ward (Media Personality/Podcast)	1	.0	.4	59.5
Sportshoes.com (Website)	1	.0	.4	59.9
TalkUltra (Podcast)	7	.3	2.7	62.6
That's Running (Podcast)	1	.0	.4	63.0
The Endurance Podcast	1	.0	.4	63.4
The Fellrunner (Magazine)	1	.0	.4	63.7
The Lap Count (Website)	1	.0	.4	64.1
The Long Run (Podcast)	1	.0	.4	64.5
The Pylon Ultra (Podcast/Website)	2	.1	.8	65.3
The Run Experience (Website)	2	.1	.8	66.0
The Running Channel (YouTube)	6	.2	2.3	68.3
The Sunnywood Project (Website)	1	.0	.4	68.7
This Messy Happy (Podcast/Website)	3	.1	1.1	69.8
Trail & Ultra (Website)	1	.0	.4	70.2
Trail and Error (Podcast/Website)	7	.3	2.7	72.9
Trail Runner (Magazine)	7	.3	2.7	75.6
Trail Runner Nation (Podcast/Website)	9	.4	3.4	79.0
Trail Running Couple (YouTube)	1	.0	.4	79.4
Trail Running (Magazine)	24	1.0	9.2	88.5
Trail Running Women (Podcast)	1	.0	.4	88.9
Ultra Runner Podcast	3	.1	1.1	90.1

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
Ultra Running History (Podcast)	1	.0	.4	90.5
Ultrarunningcommunity.com (Website)	1	.0	.4	90.8
VO2 Max Productions (YouTube)	1	.0	.4	91.2
Way of the Runner (Podcast/Website)	4	.2	1.5	92.7
Wild Ginger Runner (Podcast/YouTube)	4	.2	1.5	94.3
With Me Now (Podcast)	2	.1	.8	95.0
Women's Running (Magazine)	5	.2	1.9	96.9
Young Hearts, Run Free (Podcast)	3	.1	1.1	98.1
Your Running Stories (Podcast)	2	.1	.8	98.9
Ultra Running Magazine	2	.1	.8	99.6
Inside Tri (Podcast)	1	.0	.4	100.0
Total	262	10.4	100.0	
Missing System	2250	89.6		
Total	2512	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	.0	.5	.5
	1001 Running Tips (Book)	1	.0	.5	1.1
	Adventure Jogger (Podcast/Website)	1	.0	.5	1.6
	Athletics Weekly (Magazine)	1	.0	.5	2.2
	Bad Boy Running (Podcast/Website)	7	.3	3.8	6.0
	Ben Parkes (Media Personality/YouTube/Website)	3	.1	1.6	7.7
	Billy Yang (Media Personality/Podcast/YouTube)	5	.2	2.7	10.4
	British Ultra Running Podcast	10	.4	5.5	15.8
	Damian Hall (Media Personality)	1	.0	.5	16.4
	Everything Endurance (Podcast)	1	.0	.5	16.9
	Fastest Known Time (Podcast/Website)	1	.0	.5	17.5
	Female Athlete (Podcast)	1	.0	.5	18.0
	Film My Run (YouTube)	1	.0	.5	18.6
	Finding Ultra (Book)	1	.0	.5	19.1
	Flora Beverley (Media Personality/YouTube/Website)	3	.1	1.6	20.8
	FOD Runner (YouTube/Website)	1	.0	.5	21.3
	Fordy Runs (YouTube)	1	.0	.5	21.9
	Freerail (Website/Podcast/YouTube)	2	.1	1.1	23.0
	Ginger Runner (Podcast/YouTube)	2	.1	1.1	24.0
	Global Triathlon Network (Website/YouTube)	1	.0	.5	24.6
	Inov-8 (Website)	2	.1	1.1	25.7
	iRunFar (Website)	5	.2	2.7	28.4
	James Dunne (Media Personality/Podcast)	1	.0	.5	29.0
	Kinetic Revolution (YouTube)	1	.0	.5	29.5
	Koopcast (Podcast/Website)	4	.2	2.2	31.7

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
Like the Wind (Magazine)	1	.0	.5	32.2
Marathon Talk (Podcast)	5	.2	2.7	35.0
Marathon Training Academy (Podcast/Website)	1	.0	.5	35.5
Nick Bare (Media Personality/YouTube)	1	.0	.5	36.1
Penllyn Ultras (Website)	1	.0	.5	36.6
Philly Bowden (Media Personality/YouTube)	1	.0	.5	37.2
Portsmouth Running (Podcast)	1	.0	.5	37.7
Rich Roll (Media Personality/Podcast)	2	.1	1.1	38.8
Run Smarter (Podcast/Website)	2	.1	1.1	39.9
Run Steep Get High (YouTube)	1	.0	.5	40.4
Run Strong (YouTube)	1	.0	.5	41.0
Run to the Hills (Podcast)	7	.3	3.8	44.8
Run to the Top (Podcast)	1	.0	.5	45.4
Run4Adventure (YouTube)	1	.0	.5	45.9
Runners on Trail (Podcast)	1	.0	.5	46.4
Runners World (Magazine/Podcast)	14	.6	7.7	54.1
Running Commentary (Podcast)	3	.1	1.6	55.7
Running for Real (Podcast/Website)	1	.0	.5	56.3
Running is BS (Podcast)	1	.0	.5	56.8
Running Lean (Book)	1	.0	.5	57.4
Running Shoes Guru (YouTube/Website)	1	.0	.5	57.9
Running with Jake (Podcast/Website)	1	.0	.5	58.5
Running Your Stories (Podcast)	1	.0	.5	59.0
RunPod (Podcast)	3	.1	1.6	60.7
Ryan Clayton (YouTube)	1	.0	.5	61.2
Salomon TV (YouTube)	4	.2	2.2	63.4
Science of Sport Podcast	1	.0	.5	63.9
Science of Ultra (Podcast/Website)	1	.0	.5	64.5

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
Seth James DeMoor (Media Personality/YouTube)	2	.1	1.1	65.6
Some Work, All Play (Podcast/Website)	2	.1	1.1	66.7
TalkUltra (Podcast)	1	.0	.5	67.2
The Fellrunner (Magazine)	2	.1	1.1	68.3
The Inspirational Runner (Podcast)	1	.0	.5	68.9
The Morning Shakeout (Podcast/Website)	1	.0	.5	69.4
The Pyllon Ultra (Podcast/Website)	1	.0	.5	69.9
The Running Channel (YouTube)	7	.3	3.8	73.8
Trail and Error (Podcast/Website)	2	.1	1.1	74.9
Trail Runner (Magazine)	4	.2	2.2	77.0
Trail Runner Nation (Podcast/Website)	5	.2	2.7	79.8
Trail Running Couple (YouTube)	1	.0	.5	80.3
Trail Running (Magazine)	10	.4	5.5	85.8
Trail Running Women (Podcast)	1	.0	.5	86.3
Trail Society (Podcast)	1	.0	.5	86.9
TriDot (Podcast)	1	.0	.5	87.4
UK Climbing (Website)	1	.0	.5	88.0
Ultra Magazine	2	.1	1.1	89.1
Ultra Runner Podcast	1	.0	.5	89.6
Ultra Running History (Podcast)	1	.0	.5	90.2
Ultra Runner Magazine	1	.0	.5	90.7
VO2 Max Productions (YouTube)	1	.0	.5	91.3
Way of the Runner (Podcast/Website)	1	.0	.5	91.8
Wild Ginger Runner (Podcast/YouTube)	6	.2	3.3	95.1
Women's Running (Magazine)	4	.2	2.2	97.3
Young Hearts, Run Free (Podcast)	1	.0	.5	97.8
Ultra Running Magazine	3	.1	1.6	99.5
Summit Fever Media (Media Company)	1	.0	.5	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
Total	183	7.3	100.0	
Missing System	2329	92.7		
Total	2512	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	.0	.8	.8
Adventure Jogger (Podcast/Website)	1	.0	.8	1.7
Bad Boy Running (Podcast/Website)	3	.1	2.5	4.1
Becoming Brutal (Book)	1	.0	.8	5.0
Becoming Ultra (Podcast/Website)	1	.0	.8	5.8
Beer on the Run (Podcast)	1	.0	.8	6.6
Ben Parkes (Media Personality/YouTube/Website)	2	.1	1.7	8.3
Billy Yang (Media Personality/Podcast/YouTube)	4	.2	3.3	11.6
Bob Graham Sounds (Podcast)	1	.0	.8	12.4
British Ultra Running Podcast	1	.0	.8	13.2
Centurion Running (Podcast/Website)	2	.1	1.7	14.9
Choose Strong (Podcast)	1	.0	.8	15.7
Cockbain Events (Website)	1	.0	.8	16.5
DevRunner (YouTube)	1	.0	.8	17.4
Endurance Junkie (Podcast)	1	.0	.8	18.2
England Athletics (Website)	1	.0	.8	19.0
Everything Endurance (Podcast)	1	.0	.8	19.8
Fastest Known Time (Podcast/Website)	1	.0	.8	20.7
Film My Run (YouTube)	1	.0	.8	21.5
Flora Beverley (Media Personality/YouTube/Website)	1	.0	.8	22.3

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
FOD Runner (YouTube/Website)	1	.0	.8	23.1
Free Weekly Timed (Podcast)	1	.0	.8	24.0
Freetrail (Website/Podcast/YouTube)	1	.0	.8	24.8
Ginger Runner (Podcast/YouTube)	3	.1	2.5	27.3
Global Triathlon Network (Website/YouTube)	1	.0	.8	28.1
Go Mountain Goats Go (Podcast)	2	.1	1.7	29.8
In It for the Long Run (Book)	1	.0	.8	30.6
iRunFar (Website)	1	.0	.8	31.4
Jeff Pelletier (YouTube/Website)	2	.1	1.7	33.1
Koopcast (Podcast/Website)	6	.2	5.0	38.0
Lets Run (Website/Podcast)	1	.0	.8	38.8
Like the Wind (Magazine)	1	.0	.8	39.7
Low Carb Athlete (Podcast)	1	.0	.8	40.5
Mark Lewis (Media Personality/YouTube/Website)	1	.0	.8	41.3
Meat Free Athlete (Website)	1	.0	.8	42.1
Nicola Runs (YouTube)	2	.1	1.7	43.8
Outside+ (Website/Multimedia)	1	.0	.8	44.6
Real Science of Sport (Podcast)	1	.0	.8	45.5
Rich Roll (Media Personality/Podcast)	1	.0	.8	46.3
Run Free (Website)	1	.0	.8	47.1
Run Smarter (Podcast/Website)	1	.0	.8	47.9
Run Testers (YouTube)	2	.1	1.7	49.6
Run to the Hills (Podcast)	1	.0	.8	50.4
Run4Adventure (YouTube)	3	.1	2.5	52.9
Runners on Trail (Podcast)	1	.0	.8	53.7
Runners World (Magazine/Podcast)	2	.1	1.7	55.4

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
Running Commentary (Podcast)	4	.2	3.3	58.7
Running is BS (Podcast)	1	.0	.8	59.5
RunPod (Podcast)	1	.0	.8	60.3
Runrepeat.com (Website)	1	.0	.8	61.2
Sage Canaday (Media Personality/YouTube)	1	.0	.8	62.0
Salomon TV (YouTube)	3	.1	2.5	64.5
Science of Sport Podcast	1	.0	.8	65.3
Science of Ultra (Podcast/Website)	1	.0	.8	66.1
Some Work, All Play (Podcast/Website)	2	.1	1.7	67.8
Steep Life Media (Podcast/YouTube)	1	.0	.8	68.6
Strength Running (Podcast/Website)	3	.1	2.5	71.1
TalkUltra (Podcast)	4	.2	3.3	74.4
Tartan Running Shorts (Podcast)	2	.1	1.7	76.0
The Ageless Runner (Website/Podcast)	1	.0	.8	76.9
The Endurance Podcast	1	.0	.8	77.7
The Morning Shakeout (Podcast/Website)	1	.0	.8	78.5
The Running Channel (YouTube)	3	.1	2.5	81.0
Tinman Elite (Website)	1	.0	.8	81.8
Trail Runner (Magazine)	2	.1	1.7	83.5
Trail Runner Nation (Podcast/Website)	2	.1	1.7	85.1
Trail Running (Magazine)	5	.2	4.1	89.3
Trail Society (Podcast)	2	.1	1.7	90.9
Ultra Magazine	1	.0	.8	91.7
Ultra Potential (Website)	1	.0	.8	92.6
Ultra Runner Magazine	1	.0	.8	93.4
Uphill Athlete (Podcast/Website)	1	.0	.8	94.2
Welsh Runner (YouTube)	1	.0	.8	95.0
Wild Ginger Runner (Podcast/YouTube)	1	.0	.8	95.9
Women's Running (Magazine)	2	.1	1.7	97.5
Ultra Running Magazine	2	.1	1.7	99.2

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
Random Runner (YouTube)	1	.0	.8	100.0
Total	121	4.8	100.0	
Missing System	2391	95.2		
Total	2512	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	.0	1.6	1.6
Bad Boy Running (Podcast/Website)	1	.0	1.6	3.3
Ben Parkes (Media Personality/YouTube/Website)	2	.1	3.3	6.6
Billy Yang (Media Personality/Podcast/YouTube)	2	.1	3.3	9.8
British Ultra Running Podcast	2	.1	3.3	13.1
Centurion Running (Podcast/Website)	1	.0	1.6	14.8
Coros Convos (YouTube)	1	.0	1.6	16.4
Fast Running (Website)	1	.0	1.6	18.0
Fastest Known Time (Podcast/Website)	1	.0	1.6	19.7
Global Triathlon Network (Website/YouTube)	1	.0	1.6	21.3
Golden Trail Series (YouTube)	2	.1	3.3	24.6
Holly Martin (Media Personality/YouTube)	1	.0	1.6	26.2
iRunFar (Website)	2	.1	3.3	29.5
Koopcast (Podcast/Website)	1	.0	1.6	31.1
Local Runners Podcast	1	.0	1.6	32.8
Marathon Talk (Podcast)	2	.1	3.3	36.1
Montane Further, Faster (Podcast)	2	.1	3.3	39.3
Nicola Runs (YouTube)	1	.0	1.6	41.0
Northernrunner.co.uk (Website)	1	.0	1.6	42.6
Outlandish (Podcast)	1	.0	1.6	44.3
Run Testers (YouTube)	1	.0	1.6	45.9

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
Run to the Hills (Podcast)	1	.0	1.6	47.5
Run4Adventure (YouTube)	1	.0	1.6	49.2
Runners World (Magazine/Podcast)	2	.1	3.3	52.5
Running Commentary (Podcast)	1	.0	1.6	54.1
Running with Jake (Podcast/Website)	1	.0	1.6	55.7
Salomon TV (YouTube)	1	.0	1.6	57.4
Sandy Nypaver (Media Personality)	1	.0	1.6	59.0
Scott Jurek (Media Personality)	1	.0	1.6	60.7
Solereview.com (Website)	1	.0	1.6	62.3
Some Work, All Play (Podcast/Website)	1	.0	1.6	63.9
TalkUltra (Podcast)	3	.1	4.9	68.9
The Endurance Podcast	1	.0	1.6	70.5
The Fellrunner (Magazine)	2	.1	3.3	73.8
The Pylon Ultra (Podcast/Website)	2	.1	3.3	77.0
Trail Runner Nation (Podcast/Website)	5	.2	8.2	85.2
Trail Running Women (Podcast)	2	.1	3.3	88.5
Trail Society (Podcast)	1	.0	1.6	90.2
Ultra Running History (Podcast)	1	.0	1.6	91.8
Uphill Athlete (Podcast/Website)	1	.0	1.6	93.4
Way of the Runner (Podcast/Website)	1	.0	1.6	95.1
Young Hearts, Run Free (Podcast)	2	.1	3.3	98.4
Ultra Running Magazine	1	.0	1.6	100.0
Total	61	2.4	100.0	
Missing System	2451	97.6		
Total	2512	100.0		

Athlete_1

		Frequency	Percent	Valid Percent	Cumulative Percent
Valid	Adam Holland	1	.0	.1	.1
	Adam Peterman	1	.0	.1	.2
	Adam Stacey	1	.0	.1	.3
	Adharanand Finn	5	.2	.4	.7
	Alexandra Sandiforth	1	.0	.1	.8
	Alexander Sorokin	2	.1	.2	.9
	Allie Bailey	3	.1	.3	1.2
	Rhys Jenkins	1	.0	.1	1.3
	Alyson Dixon	1	.0	.1	1.3
	Anna Frost	1	.0	.1	1.4
	Anna McNuff	3	.1	.3	1.7
	Anna Troup	7	.3	.6	2.3
	Anton Krupicka	9	.4	.8	3.0
	Beau Miles	1	.0	.1	3.1
	Ben Felton	1	.0	.1	3.2
	Ben Mounsey	1	.0	.1	3.3
	Ben Parkes	2	.1	.2	3.5
	Beth Pascall	33	1.3	2.8	6.2
	Beth Potter	1	.0	.1	6.3
	Bill Rodgers	1	.0	.1	6.4
	Billy Bland	1	.0	.1	6.5
	Billy Yang	1	.0	.1	6.6
	Boff Whalley	1	.0	.1	6.7
	Bongmusa Mthembu	1	.0	.1	6.7
	Brendan Leonard	1	.0	.1	6.8
	Bryony Gordon	1	.0	.1	6.9
	Callum Hawkins	1	.0	.1	7.0
	Calum Johnson	1	.0	.1	7.1
	Camille Herron	11	.4	.9	8.0
	Carla Molinaro	10	.4	.8	8.8
	Carol Morgan	1	.0	.1	8.9
	Catra Corbett	5	.2	.4	9.4
	Charlotte Purdue	4	.2	.3	9.7
	Chris Mocko	1	.0	.1	9.8
	Chrissie Wellington	4	.2	.3	10.1
	Christopher McDougall	4	.2	.3	10.4
	Claire Maxted	1	.0	.1	10.5
	Claire Smith	2	.1	.2	10.7
	Colin Valentine	1	.0	.1	10.8
	Courtney Dauwalter	72	2.9	6.1	16.8
Damian Hall	97	3.9	8.2	25.0	
Dan Howarth	1	.0	.1	25.1	

Athlete_1

	Frequency	Percent	Valid Percent	Cumulative Percent
Dan Lawson	12	.5	1.0	26.1
Daniel Alexander	1	.0	.1	26.2
David Bedford	1	.0	.1	26.3
David Dawson	1	.0	.1	26.4
David Goggins	7	.3	.6	27.0
David Roche	1	.0	.1	27.0
Dean Karnazes	13	.5	1.1	28.1
Debbie Martin-Consani	10	.4	.8	29.0
Deena Kastor	1	.0	.1	29.1
Donnie Campbell	1	.0	.1	29.1
Dougie Zinis	1	.0	.1	29.2
Dylan Bowman	5	.2	.4	29.7
Eddy Healey	1	.0	.1	29.7
Edwina Sutton	4	.2	.3	30.1
Eilish McColgan	16	.6	1.3	31.4
Elaine Bisson	1	.0	.1	31.5
Elise Downing	2	.1	.2	31.7
Ellis Bland	2	.1	.2	31.8
Eley Davis	3	.1	.3	32.1
Emelie Forsberg	3	.1	.3	32.4
Emil Zátopek	2	.1	.2	32.5
Emily Hawgood	1	.0	.1	32.6
Eoin Keith	8	.3	.7	33.3
Iwan Gwyn Thomas	1	.0	.1	33.4
Finlay Wild	10	.4	.8	34.2
Fiona Oakes	4	.2	.3	34.5
Flora Beverley	1	.0	.1	34.6
François D'Haene	6	.2	.5	35.1
Galen Rupp	1	.0	.1	35.2
Gary Devine	1	.0	.1	35.3
Gary House	1	.0	.1	35.4
Gary Robbins	1	.0	.1	35.5
Gary Thwaites	4	.2	.3	35.8
Gavin Mulholland	1	.0	.1	35.9
Geoff Brierley	1	.0	.1	36.0
George Foster	1	.0	.1	36.1
Gerda Steyn	1	.0	.1	36.1
Haile Gebrselassie	3	.1	.3	36.4
Harvey Lewis	3	.1	.3	36.6
Hillary Allen	6	.2	.5	37.2
Holly Rush	1	.0	.1	37.2
Holly Stables	1	.0	.1	37.3

Athlete_1

	Frequency	Percent	Valid Percent	Cumulative Percent
Huw Jack Brassington	5	.2	.4	37.7
Ian Sharman	2	.1	.2	37.9
Ida Sophie Hegemann	1	.0	.1	38.0
Jacky Hunt-Broersma	1	.0	.1	38.1
Jim Walmsley	24	1.0	2.0	40.1
James Cracknell	1	.0	.1	40.2
James Elson	4	.2	.3	40.5
James Gibson	1	.0	.1	40.6
Jamie Gane	1	.0	.1	40.7
Jamil Coury	3	.1	.3	40.9
Jasmin Paris	109	4.3	9.2	50.1
Jeff Pelletier	3	.1	.3	50.4
Jen Scotney	1	.0	.1	50.5
Jenny Tough	1	.0	.1	50.5
Jess Piasecki	1	.0	.1	50.6
Jesse Owens	1	.0	.1	50.7
Jo Meek	1	.0	.1	50.8
Jo Murphy	1	.0	.1	50.9
Jo Pavay	5	.2	.4	51.3
John Kelly	55	2.2	4.6	55.9
John Kynaston	1	.0	.1	56.0
John Stocker	1	.0	.1	56.1
Jon Albon	3	.1	.3	56.4
Joshua Stevens	1	.0	.1	56.4
Joss Naylor	20	.8	1.7	58.1
Kara Goucher	1	.0	.1	58.2
Karel Sabbe	1	.0	.1	58.3
Karl Grey	1	.0	.1	58.4
Karl Meltzer	6	.2	.5	58.9
Kate Jayden	1	.0	.1	59.0
Katherine Switzer	3	.1	.3	59.2
Keely Henninger	1	.0	.1	59.3
Keira D'Amato	1	.0	.1	59.4
Kevin Webber	1	.0	.1	59.5
Kilian Jornet	100	4.0	8.4	67.9
Kim Collison	5	.2	.4	68.3
Eliud Kipchoge	45	1.8	3.8	72.1
Laura Muir	2	.1	.2	72.3
Lisa Migliorini	1	.0	.1	72.4
Liz McColgan	5	.2	.4	72.8
Lizzie Hawker	5	.2	.4	73.2
Lowri Morgan	1	.0	.1	73.3

Athlete_1

	Frequency	Percent	Valid Percent	Cumulative Percent
Lucy Bartholomew	3	.1	.3	73.5
Lucy Charles-Barclay	1	.0	.1	73.6
Maggie Guterl	3	.1	.3	73.9
Marco Olmo	1	.0	.1	74.0
Marcus Scotney	1	.0	.1	74.1
Marcus Smith	1	.0	.1	74.1
Mark Derbyshire	1	.0	.1	74.2
Matt Rees	1	.0	.1	74.3
Matt Runs	1	.0	.1	74.4
Matthew Dalton	1	.0	.1	74.5
Matthew Pritchard	1	.0	.1	74.6
Maude Mathys	1	.0	.1	74.6
Mike Wardian	1	.0	.1	74.7
Mimi Anderson	5	.2	.4	75.1
Mimmi Kokta	1	.0	.1	75.2
Mira Rai	1	.0	.1	75.3
Mirna Valerio	1	.0	.1	75.4
Mo Farah	15	.6	1.3	76.7
Molly Sheridan	1	.0	.1	76.7
Nick Bamford	1	.0	.1	76.8
Nick Butters	1	.0	.1	76.9
Nicky Spinks	63	2.5	5.3	82.2
Nicola Forwood	1	.0	.1	82.3
Paul Tierney	6	.2	.5	82.8
Paul Tonkinson	1	.0	.1	82.9
Paula Radcliffe	13	.5	1.1	84.0
Pavel Paloncy	2	.1	.2	84.2
Phily Bowden	1	.0	.1	84.2
Ranulph Fiennes	1	.0	.1	84.3
Rich Roll	8	.3	.7	85.0
Richard Askwith	1	.0	.1	85.1
Rickey Gates	2	.1	.2	85.3
Ricky Lightfoot	9	.4	.8	86.0
Rob Deering	1	.0	.1	86.1
Rob Krar	1	.0	.1	86.2
Robbie Simpson	1	.0	.1	86.3
Ron Hill	2	.1	.2	86.4
Ruth Croft	2	.1	.2	86.6
Ryan Clayton	1	.0	.1	86.7
Ryan Sandes	2	.1	.2	86.9
Sabrina Pace-Humphreys	2	.1	.2	87.0
Sabrina Vergee	39	1.6	3.3	90.3

Athlete_1

	Frequency	Percent	Valid Percent	Cumulative Percent
Sage Canaday	3	.1	.3	90.6
Sally McRae	8	.3	.7	91.2
Samantha Amend	3	.1	.3	91.5
Sarah Hall	1	.0	.1	91.6
Sarah McCormack	1	.0	.1	91.7
Sarah Perry	3	.1	.3	91.9
Sarah Place	3	.1	.3	92.2
Scott Jurek	27	1.1	2.3	94.4
Sean Conway	2	.1	.2	94.6
Seb Coe	2	.1	.2	94.8
Seth Demoor	3	.1	.3	95.0
Shalane Flanagan	1	.0	.1	95.1
Simon Roberts	1	.0	.1	95.2
Sophie Mullins	1	.0	.1	95.3
Sophie Power	14	.6	1.2	96.5
Stephanie Case	2	.1	.2	96.6
Stephen Kirk	1	.0	.1	96.7
Steve Birkinshaw	5	.2	.4	97.1
Steve Way	2	.1	.2	97.3
Steven Cousins	1	.0	.1	97.4
Stian Angermund	1	.0	.1	97.5
Susie Chan	2	.1	.2	97.6
The Brownlee Brothers	2	.1	.2	97.8
Tim Olson	1	.0	.1	97.9
Tim Tollefson	1	.0	.1	98.0
Tom Adams	1	.0	.1	98.1
Tommy Rivs	3	.1	.3	98.3
Tony Riddle	1	.0	.1	98.4
Karen Nicol	1	.0	.1	98.5
Vasos Alexander	3	.1	.3	98.7
Vic Owens	1	.0	.1	98.8
Victoria Wilkinson	1	.0	.1	98.9
Wendy Dodds	2	.1	.2	99.1
Zach Bitter	1	.0	.1	99.2
Zach Miller	2	.1	.2	99.3
Zola Budd	1	.0	.1	99.4
Tom Evans	6	.2	.5	99.9
Sophie Woods	1	.0	.1	100.0
Total	1187	47.3	100.0	
Missing System	1325	52.7		
Total	2512	100.0		

Athlete_2

		Frequency	Percent	Valid Percent	Cumulative Percent
Valid	Adam Peterman	1	.0	.3	.3
	Allie Bailey	1	.0	.3	.7
	Alyson Dixon	1	.0	.3	1.0
	Anna Frost	1	.0	.3	1.3
	Anna McNuff	1	.0	.3	1.6
	Anton Krupicka	3	.1	1.0	2.6
	Ben Felton	1	.0	.3	2.9
	Beth Pascall	9	.4	2.9	5.9
	Beth Potter	1	.0	.3	6.2
	Bill Rodgers	1	.0	.3	6.5
	Billy Bland	1	.0	.3	6.9
	Billy Yang	1	.0	.3	7.2
	Bongmusa Mthembu	1	.0	.3	7.5
	Bryony Gordon	1	.0	.3	7.8
	Camille Herron	2	.1	.7	8.5
	Carla Molinaro	4	.2	1.3	9.8
	Catra Corbett	3	.1	1.0	10.8
	Charlotte Purdue	2	.1	.7	11.4
	Chrissie Wellington	3	.1	1.0	12.4
	Claire Maxted	1	.0	.3	12.7
	Claire Smith	2	.1	.7	13.4
	Courtney Dauwalter	19	.8	6.2	19.6
	Damian Hall	26	1.0	8.5	28.1
	Dan Lawson	3	.1	1.0	29.1
	Daniel Alexander	1	.0	.3	29.4
	David Goggins	3	.1	1.0	30.4
	Dean Karnazes	3	.1	1.0	31.4
	Debbie Martin-Consani	3	.1	1.0	32.4
	Deena Kastor	1	.0	.3	32.7
	Dylan Bowman	2	.1	.7	33.3
	Eddy Healey	1	.0	.3	33.7
	Eilish McColgan	4	.2	1.3	35.0
	Elaine Bisson	1	.0	.3	35.3
	Emelie Forsberg	2	.1	.7	35.9
	Emily Hawgood	1	.0	.3	36.3
	Eoin Keith	4	.2	1.3	37.6
	Finlay Wild	1	.0	.3	37.9
	Fiona Oakes	2	.1	.7	38.6
	François D'Haene	1	.0	.3	38.9
	Gary House	1	.0	.3	39.2
Gary Thwaites	2	.1	.7	39.9	
Haile Gebrselassie	2	.1	.7	40.5	

Athlete_2

	Frequency	Percent	Valid Percent	Cumulative Percent
Huw Jack Brassington	2	.1	.7	41.2
Jim Walmsley	10	.4	3.3	44.4
James Cracknell	1	.0	.3	44.8
Jasmin Paris	28	1.1	9.2	53.9
Jenny Tough	1	.0	.3	54.2
Jo Pavey	1	.0	.3	54.6
John Kelly	18	.7	5.9	60.5
Joss Naylor	1	.0	.3	60.8
Kara Goucher	1	.0	.3	61.1
Karl Grey	1	.0	.3	61.4
Karl Meltzer	2	.1	.7	62.1
Katherine Switzer	1	.0	.3	62.4
Kilian Jornet	24	1.0	7.8	70.3
Kim Collison	1	.0	.3	70.6
Eliud Kipchoge	8	.3	2.6	73.2
Laura Muir	2	.1	.7	73.9
Lisa Migliorini	1	.0	.3	74.2
Lucy Bartholomew	2	.1	.7	74.8
Maggie Guterl	1	.0	.3	75.2
Marcus Smith	1	.0	.3	75.5
Matt Runs	1	.0	.3	75.8
Matthew Dalton	1	.0	.3	76.1
Maude Mathys	1	.0	.3	76.5
Mo Farah	4	.2	1.3	77.8
Nicky Spinks	18	.7	5.9	83.7
Paul Tierney	1	.0	.3	84.0
Paul Tonkinson	1	.0	.3	84.3
Paula Radcliffe	3	.1	1.0	85.3
Pavel Paloncy	1	.0	.3	85.6
Ranulph Fiennes	1	.0	.3	85.9
Rickey Gates	1	.0	.3	86.3
Ricky Lightfoot	4	.2	1.3	87.6
Ruth Croft	1	.0	.3	87.9
Sabrina Vergee	7	.3	2.3	90.2
Sally McRae	1	.0	.3	90.5
Samantha Amend	1	.0	.3	90.8
Sarah Perry	1	.0	.3	91.2
Sarah Place	3	.1	1.0	92.2
Scott Jurek	8	.3	2.6	94.8
Seb Coe	1	.0	.3	95.1
Seth Demoor	2	.1	.7	95.8
Sophie Power	4	.2	1.3	97.1

Athlete_2

	Frequency	Percent	Valid Percent	Cumulative Percent
Stephanie Case	1	.0	.3	97.4
Steve Birkinshaw	1	.0	.3	97.7
Tim Tollefson	1	.0	.3	98.0
Tommy Rivs	2	.1	.7	98.7
Wendy Dodds	1	.0	.3	99.0
Zach Miller	1	.0	.3	99.3
Tom Evans	1	.0	.3	99.7
Sophie Woods	1	.0	.3	100.0
Total	306	12.2	100.0	
Missing System	2206	87.8		
Total	2512	100.0		

Athlete_3

	Frequency	Percent	Valid Percent	Cumulative Percent
Valid Adam Holland	1	.0	.4	.4
Alexandra Sandiforth	1	.0	.4	.8
Rhys Jenkins	1	.0	.4	1.2
Anna Troup	3	.1	1.2	2.4
Anton Krupicka	2	.1	.8	3.2
Beau Miles	1	.0	.4	3.6
Beth Pascall	12	.5	4.8	8.5
Brendan Leonard	1	.0	.4	8.9
Camille Herron	4	.2	1.6	10.5
Carla Molinaro	3	.1	1.2	11.7
Charlotte Purdue	1	.0	.4	12.1
Christopher McDougall	2	.1	.8	12.9
Courtney Dauwalter	18	.7	7.3	20.2
Damian Hall	16	.6	6.5	26.6
Dan Howarth	1	.0	.4	27.0
Dan Lawson	1	.0	.4	27.4
David Dawson	1	.0	.4	27.8
David Goggins	1	.0	.4	28.2
Dean Karnazes	4	.2	1.6	29.8
Debbie Martin-Consani	5	.2	2.0	31.9
Dougie Zinis	1	.0	.4	32.3
Dylan Bowman	1	.0	.4	32.7
Edwina Sutton	1	.0	.4	33.1
Eley Davis	2	.1	.8	33.9
Emil Zátopek	1	.0	.4	34.3
Finlay Wild	2	.1	.8	35.1
Fiona Oakes	2	.1	.8	35.9

Athlete_3

	Frequency	Percent	Valid Percent	Cumulative Percent
Flora Beverley	1	.0	.4	36.3
François D'Haene	1	.0	.4	36.7
Gary Devine	1	.0	.4	37.1
Gary Thwaites	1	.0	.4	37.5
George Foster	1	.0	.4	37.9
Haile Gebrselassie	1	.0	.4	38.3
Ida Sophie Hegemann	1	.0	.4	38.7
Jim Walmsley	3	.1	1.2	39.9
James Elson	1	.0	.4	40.3
Jamil Coury	2	.1	.8	41.1
Jasmin Paris	20	.8	8.1	49.2
Jeff Pelletier	1	.0	.4	49.6
Jen Scotney	1	.0	.4	50.0
Jess Piasecki	1	.0	.4	50.4
Jesse Owens	1	.0	.4	50.8
Jo Pavey	2	.1	.8	51.6
John Kelly	13	.5	5.2	56.9
Jon Albon	1	.0	.4	57.3
Joss Naylor	6	.2	2.4	59.7
Karl Meltzer	1	.0	.4	60.1
Kate Jayden	1	.0	.4	60.5
Katherine Switzer	1	.0	.4	60.9
Kilian Jornet	17	.7	6.9	67.7
Kim Collison	1	.0	.4	68.1
Eliud Kipchoge	10	.4	4.0	72.2
Lizzie Hawker	1	.0	.4	72.6
Maggie Guterl	2	.1	.8	73.4
Matthew Pritchard	1	.0	.4	73.8
Mira Rai	1	.0	.4	74.2
Mirna Valerio	1	.0	.4	74.6
Mo Farah	2	.1	.8	75.4
Nicky Spinks	18	.7	7.3	82.7
Paula Radcliffe	1	.0	.4	83.1
Pavel Paloncy	1	.0	.4	83.5
Rich Roll	3	.1	1.2	84.7
Richard Askwith	1	.0	.4	85.1
Ricky Lightfoot	1	.0	.4	85.5
Rob Deering	1	.0	.4	85.9
Rob Krar	1	.0	.4	86.3
Ruth Croft	1	.0	.4	86.7
Sabrina Vergee	12	.5	4.8	91.5
Sally McRae	2	.1	.8	92.3

Athlete_3

	Frequency	Percent	Valid Percent	Cumulative Percent
Sarah McCormack	1	.0	.4	92.7
Sarah Perry	1	.0	.4	93.1
Scott Jurek	5	.2	2.0	95.2
Seth Demoor	1	.0	.4	95.6
Sophie Mullins	1	.0	.4	96.0
Sophie Power	3	.1	1.2	97.2
Stephanie Case	1	.0	.4	97.6
Steve Birkinshaw	1	.0	.4	98.0
Steven Cousins	1	.0	.4	98.4
The Brownlee Brothers	1	.0	.4	98.8
Tim Olson	1	.0	.4	99.2
Vic Owens	1	.0	.4	99.6
Zach Bitter	1	.0	.4	100.0
Total	248	9.9	100.0	
Missing System	2264	90.1		
Total	2512	100.0		

Athlete_4

	Frequency	Percent	Valid Percent	Cumulative Percent
Valid Adharanand Finn	3	.1	1.7	1.7
Alexander Sorokin	2	.1	1.1	2.8
Allie Bailey	1	.0	.6	3.4
Anna Troup	1	.0	.6	4.0
Anton Krupicka	2	.1	1.1	5.1
Ben Parkes	1	.0	.6	5.6
Beth Pascall	7	.3	4.0	9.6
Boff Whalley	1	.0	.6	10.2
Callum Hawkins	1	.0	.6	10.7
Camille Herron	1	.0	.6	11.3
Catra Corbett	1	.0	.6	11.9
Chris Mocko	1	.0	.6	12.4
Christopher McDougall	1	.0	.6	13.0
Courtney Dauwalter	7	.3	4.0	16.9
Damian Hall	18	.7	10.2	27.1
Dan Lawson	3	.1	1.7	28.8
Dean Karnazes	2	.1	1.1	29.9
Debbie Martin-Consani	1	.0	.6	30.5
Dylan Bowman	1	.0	.6	31.1
Edwina Sutton	1	.0	.6	31.6
Eilish McColgan	2	.1	1.1	32.8
Elise Downing	1	.0	.6	33.3

Athlete_4

	Frequency	Percent	Valid Percent	Cumulative Percent
Emil Zátopek	1	.0	.6	33.9
Eoin Keith	2	.1	1.1	35.0
Finlay Wild	1	.0	.6	35.6
François D'Haene	4	.2	2.3	37.9
Galen Rupp	1	.0	.6	38.4
Gary Robbins	1	.0	.6	39.0
Gary Thwaites	1	.0	.6	39.5
Gavin Mulholland	1	.0	.6	40.1
Harvey Lewis	3	.1	1.7	41.8
Hillary Allen	1	.0	.6	42.4
Huw Jack Brassington	3	.1	1.7	44.1
Jim Walmsley	5	.2	2.8	46.9
James Elson	2	.1	1.1	48.0
Jasmin Paris	15	.6	8.5	56.5
Jeff Pelletier	1	.0	.6	57.1
Jo Pavey	2	.1	1.1	58.2
John Kelly	3	.1	1.7	59.9
John Kynaston	1	.0	.6	60.5
Joss Naylor	3	.1	1.7	62.1
Keira D'Amato	1	.0	.6	62.7
Kilian Jornet	9	.4	5.1	67.8
Kim Collison	1	.0	.6	68.4
Eliud Kipchoge	3	.1	1.7	70.1
Liz McColgan	1	.0	.6	70.6
Lizzie Hawker	1	.0	.6	71.2
Marco Olmo	1	.0	.6	71.8
Mark Derbyshire	1	.0	.6	72.3
Mike Wardian	1	.0	.6	72.9
Mimi Anderson	3	.1	1.7	74.6
Mimmi Kokta	1	.0	.6	75.1
Mo Farah	2	.1	1.1	76.3
Molly Sheridan	1	.0	.6	76.8
Nicky Spinks	8	.3	4.5	81.4
Paul Tierney	2	.1	1.1	82.5
Paula Radcliffe	1	.0	.6	83.1
Phily Bowden	1	.0	.6	83.6
Rich Roll	1	.0	.6	84.2
Rickey Gates	1	.0	.6	84.7
Ricky Lightfoot	2	.1	1.1	85.9
Ryan Clayton	1	.0	.6	86.4
Ryan Sandes	1	.0	.6	87.0
Sabrina Vergee	3	.1	1.7	88.7

Athlete_4

	Frequency	Percent	Valid Percent	Cumulative Percent
Sally McRae	2	.1	1.1	89.8
Samantha Amend	2	.1	1.1	91.0
Scott Jurek	4	.2	2.3	93.2
Sophie Power	4	.2	2.3	95.5
Susie Chan	1	.0	.6	96.0
The Brownlee Brothers	1	.0	.6	96.6
Tommy Rivs	1	.0	.6	97.2
Tony Riddle	1	.0	.6	97.7
Vasos Alexander	1	.0	.6	98.3
Victoria Wilkinson	1	.0	.6	98.9
Wendy Dodds	1	.0	.6	99.4
Tom Evans	1	.0	.6	100.0
Total	177	7.0	100.0	
Missing System	2335	93.0		
Total	2512	100.0		

Athlete_5

	Frequency	Percent	Valid Percent	Cumulative Percent
Valid Adam Stacey	1	.0	.9	.9
Adharanand Finn	1	.0	.9	1.8
Anna McNuff	1	.0	.9	2.7
Anna Troup	2	.1	1.8	4.5
Anton Krupicka	1	.0	.9	5.4
Beth Pascall	3	.1	2.7	8.0
Camille Herron	1	.0	.9	8.9
Carla Molinaro	1	.0	.9	9.8
Charlotte Purdue	1	.0	.9	10.7
Christopher McDougall	1	.0	.9	11.6
Colin Valentine	1	.0	.9	12.5
Courtney Dauwalter	6	.2	5.4	17.9
Damian Hall	3	.1	2.7	20.5
Dan Lawson	3	.1	2.7	23.2
Dean Karnazes	2	.1	1.8	25.0
Dylan Bowman	1	.0	.9	25.9
Eilish McColgan	1	.0	.9	26.8
Ellis Bland	1	.0	.9	27.7
Eoin Keith	1	.0	.9	28.6
Iwan Gwyn Thomas	1	.0	.9	29.5
Holly Rush	1	.0	.9	30.4
Jamil Coury	1	.0	.9	31.3
Jasmin Paris	7	.3	6.3	37.5

Athlete_5

	Frequency	Percent	Valid Percent	Cumulative Percent
John Kelly	10	.4	8.9	46.4
Jon Albon	1	.0	.9	47.3
Joss Naylor	4	.2	3.6	50.9
Karel Sabbe	1	.0	.9	51.8
Karl Meltzer	3	.1	2.7	54.5
Katherine Switzer	1	.0	.9	55.4
Keely Henninger	1	.0	.9	56.3
Kevin Webber	1	.0	.9	57.1
Kilian Jornet	6	.2	5.4	62.5
Eliud Kipchoge	3	.1	2.7	65.2
Liz McColgan	1	.0	.9	66.1
Lizzie Hawker	1	.0	.9	67.0
Lucy Bartholomew	1	.0	.9	67.9
Lucy Charles-Barclay	1	.0	.9	68.8
Mo Farah	2	.1	1.8	70.5
Nick Bamford	1	.0	.9	71.4
Nicky Spinks	5	.2	4.5	75.9
Paul Tierney	2	.1	1.8	77.7
Paula Radcliffe	2	.1	1.8	79.5
Rich Roll	1	.0	.9	80.4
Ricky Lightfoot	1	.0	.9	81.3
Sabrina Pace-Humphreys	2	.1	1.8	83.0
Sabrina Vergee	8	.3	7.1	90.2
Sage Canaday	2	.1	1.8	92.0
Scott Jurek	1	.0	.9	92.9
Steve Birkinshaw	2	.1	1.8	94.6
Steve Way	1	.0	.9	95.5
Stian Angermund	1	.0	.9	96.4
Tom Adams	1	.0	.9	97.3
Vasos Alexander	1	.0	.9	98.2
Zach Miller	1	.0	.9	99.1
Tom Evans	1	.0	.9	100.0
Total	112	4.5	100.0	
Missing System	2400	95.5		
Total	2512	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	4	.2	.3	.3
	Anglo Celtic Plate 100k	1	.0	.1	.4
	Arc of Attrition	16	.6	1.3	1.7
	Arrochar 10k	1	.0	.1	1.8
	Backyard Ultra	11	.4	.9	2.7
	Badwater Ultramarathon	13	.5	1.1	3.7
	Barkley Marathons	76	3.0	6.1	9.9
	Beachy Head Marathon	1	.0	.1	9.9
	Bewl Water 15	1	.0	.1	10.0
	Big Bear Events	1	.0	.1	10.1
	Black Rock '5' Race	1	.0	.1	10.2
	Bleasdale Fell Race	1	.0	.1	10.3
	Bob Graham Round	121	4.8	9.8	20.0
	Brooksie's Bash	1	.0	.1	20.1
	Cannes Marathon	1	.0	.1	20.2
	Cape Wrath Ultra	16	.6	1.3	21.5
	Celtman	1	.0	.1	21.6
	Chester 100	1	.0	.1	21.7
	Coast to Coast (UK)	8	.3	.6	22.3
	Coleraine Way	1	.0	.1	22.4
	Comrades Marathon	15	.6	1.2	23.6
	Devil o' the Highlands	3	.1	.2	23.8
	Disney World Marathon	1	.0	.1	23.9
	Don Morrison Fell Race	2	.1	.2	24.1
	Dorset Coastline	1	.0	.1	24.2
	Dragon's Back	68	2.7	5.5	29.7
	Edale Skyline	2	.1	.2	29.8
	Edinburgh Frontrunners' Annual Pride Run	1	.0	.1	29.9
	Endure 24	4	.2	.3	30.2
	England Coast Path	1	.0	.1	30.3
	Everest Marathon	1	.0	.1	30.4
	Fan Dance	2	.1	.2	30.6
	Four Inns	2	.1	.2	30.7
	GB Ultras	1	.0	.1	30.8
	Glasgow to Edinburgh Ultra	1	.0	.1	30.9
	Golden Gate Half Marathon	2	.1	.2	31.0
	Golden Trail Series	3	.1	.2	31.3
	Grand Union Canal	5	.2	.4	31.7
	Great Lakeland 3 Day	1	.0	.1	31.8
	Great North Run	4	.2	.3	32.1

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
Great South Run	1	.0	.1	32.2
Gritstone Trail	1	.0	.1	32.3
Hadrian's Wall	2	.1	.2	32.4
Hardmoors 110	11	.4	.9	33.3
Hardrock 100	34	1.4	2.7	36.1
HOBO Pace Events	1	.0	.1	36.1
Hong Kong 100	1	.0	.1	36.2
Jedburgh Three Peaks	3	.1	.2	36.5
Joss Naylor Lakeland Challenge	1	.0	.1	36.5
Jurassic Coast 100	2	.1	.2	36.7
Keswick Mountain Festival 50k	1	.0	.1	36.8
Lakeland 50/100	36	1.4	2.9	39.7
Lakeland Trails	4	.2	.3	40.0
Lakes, Meres and Waters	1	.0	.1	40.1
Land's End to John o'Groats (LEJOG)	6	.2	.5	40.6
Last One Standing	2	.1	.2	40.7
Lavaredo Ultra Trail	3	.1	.2	41.0
Leadville Trail 100	13	.5	1.1	42.0
Liverpool to Leeds Canal Ultra	1	.0	.1	42.1
Lon Las Cymru	2	.1	.2	42.3
Long Distance Walkers Association Events	2	.1	.2	42.4
Madeira Sky Race	3	.1	.2	42.7
Marathon des Sables	28	1.1	2.3	44.9
Marathon du Médoc	1	.0	.1	45.0
Maurice Mullins Ultra	1	.0	.1	45.1
Milngavie Trail Race	1	.0	.1	45.2
Moontrekker	1	.0	.1	45.3
Mount Etna Trail	1	.0	.1	45.4
Mytholmroyd Fell Race	1	.0	.1	45.4
New Forest Trails	1	.0	.1	45.5
Paddy Buckley Round	33	1.3	2.7	48.2
Parkrun	13	.5	1.1	49.2
Pendle Fell Race	2	.1	.2	49.4
Pennine Way	12	.5	1.0	50.4
Pikes Peak	2	.1	.2	50.5
Prazka Stovka	1	.0	.1	50.6
Race Across Scotland	3	.1	.2	50.8

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
Race to the Kings	6	.2	.5	51.3
Race to the Stones	6	.2	.5	51.8
Ramsay's Round	23	.9	1.9	53.7
Rat Race	1	.0	.1	53.8
Richard Burton 10k	1	.0	.1	53.8
Rigby Round	1	.0	.1	53.9
Rim to Rim to Rim	4	.2	.3	54.2
Ring of Steall	6	.2	.5	54.7
River Parrett Trail	1	.0	.1	54.8
Road to the Isles Festival of Running	1	.0	.1	54.9
Roseland August Trail	1	.0	.1	55.0
Round Sheffield Run	1	.0	.1	55.1
Salomon Skyline	1	.0	.1	55.1
Scafell Sky Race	1	.0	.1	55.2
Self-Transcendence 3100	1	.0	.1	55.3
Sierra Leone Marathon	1	.0	.1	55.4
Sierra-Zinal	4	.2	.3	55.7
South Downs Way 100	12	.5	1.0	56.7
South Wales Traverse	1	.0	.1	56.8
South West Coastal Path	3	.1	.2	57.0
South Yorkshire Cross Country	1	.0	.1	57.1
South Yorkshire Road League	1	.0	.1	57.2
Spartan Races	3	.1	.2	57.4
Spartathlon	1	.0	.1	57.5
Spine Race	127	5.1	10.3	67.7
Squamish 50	1	.0	.1	67.8
St Cuthbert's Way	2	.1	.2	68.0
Steve Parr Round	1	.0	.1	68.1
Tarawera Ultramarathon	1	.0	.1	68.1
The Grizzly	1	.0	.1	68.2
The Hebden	1	.0	.1	68.3
The Heights Ultra	1	.0	.1	68.4
The Highland Fling	8	.3	.6	69.0
John Muir Trail	2	.1	.2	69.2
The Lancashireman	1	.0	.1	69.3
The Ridgeway	2	.1	.2	69.4
Round The Rock Ultra	1	.0	.1	69.5
The Rut	1	.0	.1	69.6
Serpent Trail	1	.0	.1	69.7

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
Tolkein Trail	1	.0	.1	69.8
The Yorkshireman	2	.1	.2	69.9
Threshold Trail Series	3	.1	.2	70.2
Timberline Trail	2	.1	.2	70.3
Tor des Géants	7	.3	.6	70.9
Tough Mudder	1	.0	.1	71.0
Transvulcania	1	.0	.1	71.1
Two Oceans	1	.0	.1	71.1
Ultra Tour de Monta Rosa	1	.0	.1	71.2
Ultra Tour of Arran	1	.0	.1	71.3
Ultra Trail Cape Town	2	.1	.2	71.5
Ultra Trail Mont Blanc	121	4.8	9.8	81.2
Ultra Trail Mt. Fuji	3	.1	.2	81.5
Ultra Trail Snowdonia	5	.2	.4	81.9
Unbound Gravel	1	.0	.1	82.0
Wainwrights	10	.4	.8	82.8
Wasdale Fell Race	2	.1	.2	82.9
Welsh 1000s	2	.1	.2	83.1
West Highland Way	19	.8	1.5	84.6
Western States Endurance Run	108	4.3	8.7	93.4
Whittle Pike	1	.0	.1	93.5
Wild Horse 200	1	.0	.1	93.5
World Marathon Majors	61	2.4	4.9	98.5
Yorkshire Three Peaks	9	.4	.7	99.2
Yorkshire Wolds Way	1	.0	.1	99.3
Zegama-Aizkorri	4	.2	.3	99.6
Darkside Running Events	2	.1	.2	99.8
North Downs Way 100	1	.0	.1	99.8
Lake District Mountain Trial	1	.0	.1	99.9
Lakes in a Day	1	.0	.1	100.0
Total	1237	49.2	100.0	
Missing System	1275	50.8		
Total	2512	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	.0	.3	.3
	Arc of Attrition	3	.1	1.0	1.4
	Backyard Ultra	3	.1	1.0	2.4
	Badwater Ultramarathon	6	.2	2.0	4.4
	Barkley Marathons	12	.5	4.1	8.5
	Bowl Water 15	1	.0	.3	8.8
	Bob Graham Round	27	1.1	9.2	18.0
	Cape Wrath Ultra	5	.2	1.7	19.7
	Celtman	1	.0	.3	20.1
	Coast to Coast (UK)	2	.1	.7	20.7
	Comrades Marathon	4	.2	1.4	22.1
	Don Morrison Fell Race	1	.0	.3	22.4
	Dragon's Back	16	.6	5.4	27.9
	Endure 24	1	.0	.3	28.2
	Fan Dance	2	.1	.7	28.9
	Golden Gate Half Marathon	1	.0	.3	29.3
	Golden Trail Series	2	.1	.7	29.9
	Grand Union Canal	2	.1	.7	30.6
	Great North Run	3	.1	1.0	31.6
	Hadrian's Wall	1	.0	.3	32.0
	Hardmoors 110	3	.1	1.0	33.0
	Hardrock 100	7	.3	2.4	35.4
	Jedburgh Three Peaks	1	.0	.3	35.7
	Jurassic Coast 100	2	.1	.7	36.4
	Lakeland 50/100	12	.5	4.1	40.5
	Land's End to John o'Groats (LEJOG)	1	.0	.3	40.8
	Lavaredo Ultra Trail	1	.0	.3	41.2
	Leadville Trail 100	3	.1	1.0	42.2
	Madeira Sky Race	1	.0	.3	42.5
	Manchester Marathon	1	.0	.3	42.9
	Marathon des Sables	5	.2	1.7	44.6
	Marathon Rotterdam	1	.0	.3	44.9
	Milngavie Trail Race	1	.0	.3	45.2
	Mount Etna Trail	1	.0	.3	45.6
	Paddy Buckley Round	14	.6	4.8	50.3
	Parkrun	1	.0	.3	50.7
	Pendle Fell Race	1	.0	.3	51.0
	Pennine Way	2	.1	.7	51.7
	Race Across Scotland	2	.1	.7	52.4
	Race to the Stones	2	.1	.7	53.1

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
Ramsay's Round	4	.2	1.4	54.4
Rat Race	1	.0	.3	54.8
Rim to Rim to Rim	1	.0	.3	55.1
Ring of Steall	2	.1	.7	55.8
River Parrett Trail	1	.0	.3	56.1
Roseland August Trail	1	.0	.3	56.5
Sierra Leone Marathon	1	.0	.3	56.8
Sierra-Zinal	1	.0	.3	57.1
South Downs Way 100	3	.1	1.0	58.2
South West Coastal Path	1	.0	.3	58.5
South Yorkshire Road League	1	.0	.3	58.8
Spartan Races	1	.0	.3	59.2
Spine Race	35	1.4	11.9	71.1
The Highland Fling	3	.1	1.0	72.1
The Ridgeway	1	.0	.3	72.4
Round The Rock Ultra	1	.0	.3	72.8
Threshold Trail Series	1	.0	.3	73.1
Ultra Trail Cape Town	1	.0	.3	73.5
Ultra Trail Mont Blanc	26	1.0	8.8	82.3
Ultra Trail Mt. Fuji	1	.0	.3	82.7
Ultra Trail Snowdonia	2	.1	.7	83.3
Wainwrights	1	.0	.3	83.7
West Highland Way	5	.2	1.7	85.4
Western States Endurance Run	21	.8	7.1	92.5
World Athletics Cross Country Championships	1	.0	.3	92.9
World Marathon Majors	15	.6	5.1	98.0
Yorkshire Three Peaks	3	.1	1.0	99.0
Yorkshire Wolds Way	1	.0	.3	99.3
Zegama-Aizkorri	1	.0	.3	99.7
Lakes in a Day	1	.0	.3	100.0
Total	294	11.7	100.0	
Missing System	2218	88.3		
Total	2512	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	Arc of Attrition	3	.1	1.3	1.3
	Backyard Ultra	5	.2	2.2	3.5
	Badwater Ultramarathon	5	.2	2.2	5.7
	Barkley Marathons	15	.6	6.6	12.3
	Black Rock '5' Race	1	.0	.4	12.7
	Bob Graham Round	21	.8	9.2	21.9
	Brooksie's Bash	1	.0	.4	22.4
	Cannes Marathon	1	.0	.4	22.8
	Cape Wrath Ultra	4	.2	1.8	24.6
	Chester 100	1	.0	.4	25.0
	Coast to Coast (UK)	1	.0	.4	25.4
	Coleraine Way	1	.0	.4	25.9
	Devil o' the Highlands	3	.1	1.3	27.2
	Disney World Marathon	1	.0	.4	27.6
	Dragon's Back	14	.6	6.1	33.8
	Edale Skyline	1	.0	.4	34.2
	Edinburgh Fronrunners' Annual Pride Run	1	.0	.4	34.6
	Glasgow to Edinburgh Ultra	1	.0	.4	35.1
	Grand Union Canal	1	.0	.4	35.5
	Great South Run	1	.0	.4	36.0
	Gritstone Trail	1	.0	.4	36.4
	Hardmoors 110	2	.1	.9	37.3
	Hardrock 100	7	.3	3.1	40.4
	Hong Kong 100	1	.0	.4	40.8
	Joss Naylor Lakeland Challenge	1	.0	.4	41.2
	Lakeland 50/100	4	.2	1.8	43.0
	Lakeland Trails	1	.0	.4	43.4
	Lakes, Meres and Waters	1	.0	.4	43.9
	Land's End to John o'Groats (LEJOG)	1	.0	.4	44.3
	Last One Standing	1	.0	.4	44.7
	Leadville Trail 100	4	.2	1.8	46.5
	Lon Las Cymru	1	.0	.4	46.9
	Long Distance Walkers Association Events	1	.0	.4	47.4
	Marathon des Sables	6	.2	2.6	50.0
	Marathon du Médoc	1	.0	.4	50.4
	Moontrekker	1	.0	.4	50.9
	New Forest Trails	1	.0	.4	51.3

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
Paddy Buckley Round	7	.3	3.1	54.4
Parkrun	4	.2	1.8	56.1
Pennine Way	3	.1	1.3	57.5
Race to the Kings	3	.1	1.3	58.8
Ramsay's Round	9	.4	3.9	62.7
Richard Burton 10k	1	.0	.4	63.2
Rigby Round	1	.0	.4	63.6
Ring of Steall	2	.1	.9	64.5
Road to the Isles Festival of Running	1	.0	.4	64.9
South Downs Way 100	2	.1	.9	65.8
Spine Race	21	.8	9.2	75.0
St Cuthbert's Way	1	.0	.4	75.4
Steve Parr Round	1	.0	.4	75.9
The Rut	1	.0	.4	76.3
The Yorkshireman	1	.0	.4	76.8
Threshold Trail Series	1	.0	.4	77.2
Two Oceans	1	.0	.4	77.6
Ultra Tour de Monta Rosa	1	.0	.4	78.1
Ultra Tour of Arran	1	.0	.4	78.5
Ultra Trail Mont Blanc	12	.5	5.3	83.8
Ultra Trail Mt. Fuji	1	.0	.4	84.2
Wainwrights	4	.2	1.8	86.0
Wasdale Fell Race	1	.0	.4	86.4
West Highland Way	1	.0	.4	86.8
Western States Endurance Run	14	.6	6.1	93.0
World Marathon Majors	10	.4	4.4	97.4
Yorkshire Three Peaks	2	.1	.9	98.2
Zegama-Aizkorri	1	.0	.4	98.7
Darkside Running Events	1	.0	.4	99.1
North Downs Way 100	1	.0	.4	99.6
Lake District Mountain Trial	1	.0	.4	100.0
Total	228	9.1	100.0	
Missing System	2284	90.9		
Total	2512	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	.1	1.4	1.4
	Backyard Ultra	3	.1	2.1	3.5
	Badwater Ultramarathon	1	.0	.7	4.2
	Barkley Marathons	8	.3	5.6	9.9
	Bleasdale Fell Race	1	.0	.7	10.6
	Bob Graham Round	8	.3	5.6	16.2
	Cape Wrath Ultra	1	.0	.7	16.9
	Coast to Coast (UK)	2	.1	1.4	18.3
	Comrades Marathon	2	.1	1.4	19.7
	Dragon's Back	10	.4	7.0	26.8
	Four Inns	1	.0	.7	27.5
	GB Ultras	1	.0	.7	28.2
	Great North Run	3	.1	2.1	30.3
	Hardmoors 110	2	.1	1.4	31.7
	Hardrock 100	4	.2	2.8	34.5
	HOBO Pace Events	1	.0	.7	35.2
	Keswick Mountain Festival 50k	1	.0	.7	35.9
	Lakeland 50/100	2	.1	1.4	37.3
	Lakeland Trails	1	.0	.7	38.0
	Land's End to John o'Groats (LEJOG)	2	.1	1.4	39.4
	Last One Standing	1	.0	.7	40.1
	Madeira Sky Race	1	.0	.7	40.8
	Marathon des Sables	6	.2	4.2	45.1
	Paddy Buckley Round	8	.3	5.6	50.7
	Parkrun	4	.2	2.8	53.5
	Pennine Way	3	.1	2.1	55.6
	Race Across Scotland	1	.0	.7	56.3
	Race to the Stones	3	.1	2.1	58.5
	Ramsay's Round	6	.2	4.2	62.7
	Self-Transcendence 3100	1	.0	.7	63.4
	South Downs Way 100	1	.0	.7	64.1
	South Wales Traverse	1	.0	.7	64.8
	Spine Race	14	.6	9.9	74.6
	The Highland Fling	1	.0	.7	75.4
	The Lancashireman	1	.0	.7	76.1
	Tor des Géants	1	.0	.7	76.8
	Ultra Trail Cape Town	1	.0	.7	77.5
	Ultra Trail Mont Blanc	14	.6	9.9	87.3
	Wainwrights	2	.1	1.4	88.7
	Wasdale Fell Race	1	.0	.7	89.4

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
West Highland Way	1	.0	.7	90.1
Western States Endurance Run	6	.2	4.2	94.4
Whittle Pike	1	.0	.7	95.1
World Marathon Majors	4	.2	2.8	97.9
Yorkshire Three Peaks	1	.0	.7	98.6
Zegama-Aizkorri	2	.1	1.4	100.0
Total	142	5.7	100.0	
Missing System	2370	94.3		
Total	2512	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	.1	2.5	2.5
Anglo Celtic Plate 100k	1	.0	1.3	3.8
Arc of Attrition	3	.1	3.8	7.5
Badwater Ultramarathon	1	.0	1.3	8.8
Barkley Marathons	6	.2	7.5	16.3
Bob Graham Round	5	.2	6.3	22.5
Cape Wrath Ultra	2	.1	2.5	25.0
Comrades Marathon	1	.0	1.3	26.3
Dragon's Back	4	.2	5.0	31.3
Edale Skyline	1	.0	1.3	32.5
Endure 24	1	.0	1.3	33.8
England Coast Path	1	.0	1.3	35.0
Everest Marathon	1	.0	1.3	36.3
Great North Run	1	.0	1.3	37.5
Hardrock 100	3	.1	3.8	41.3
Lakeland 50/100	2	.1	2.5	43.8
Land's End to John o'Groats (LEJOG)	1	.0	1.3	45.0
Marathon des Sables	1	.0	1.3	46.3
Mytholmroyd Fell Race	1	.0	1.3	47.5
Paddy Buckley Round	3	.1	3.8	51.2
Parkrun	2	.1	2.5	53.8
Race to the Stones	1	.0	1.3	55.0
Ramsay's Round	2	.1	2.5	57.5
Ring of Steall	1	.0	1.3	58.8
Scafell Sky Race	1	.0	1.3	60.0
Sierra-Zinal	2	.1	2.5	62.5

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
South Downs Way 100	3	.1	3.8	66.3
Spine Race	6	.2	7.5	73.8
St Cuthbert's Way	1	.0	1.3	75.0
The Yorkshireman	1	.0	1.3	76.3
Tor des Géants	3	.1	3.8	80.0
Transvulcania	1	.0	1.3	81.3
Ultra Trail Mont Blanc	2	.1	2.5	83.8
Ultra Trail Snowdonia	1	.0	1.3	85.0
Wainwrights	1	.0	1.3	86.3
West Highland Way	3	.1	3.8	90.0
Western States Endurance Run	4	.2	5.0	95.0
World Marathon Majors	2	.1	2.5	97.5
Yorkshire Three Peaks	2	.1	2.5	100.0
Total	80	3.2	100.0	
Missing System	2432	96.8		
Total	2512	100.0		

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

	Frequency	Percent	Valid Percent	Cumulative Percent
Valid	Yes	97	3.9	18.1
	No	439	17.5	81.9
	Total	536	21.3	100.0
Missing System	1976	78.7		
Total	2512	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	293	11.7	54.7
	No	243	9.7	45.3
	Total	536	21.3	100.0
Missing System	1976	78.7		
Total	2512	100.0		

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

		Frequency	Percent	Valid Percent	Cumulative Percent
Valid	Yes	247	9.8	46.1	46.1
	No	289	11.5	53.9	100.0
	Total	536	21.3	100.0	
Missing	System	1976	78.7		
Total		2512	100.0		

How old were you when you started running?

		Frequency	Percent	Valid Percent	Cumulative Percent
Valid	Less than 18 yrs	73	2.9	13.9	13.9
	18-24 yrs	72	2.9	13.7	27.5
	25-34 yrs	141	5.6	26.8	54.3
	35-44 yrs	139	5.5	26.4	80.6
	45-54 yrs	83	3.3	15.7	96.4
	55+ yrs	19	.8	3.6	100.0
	Total	527	21.0	100.0	
Missing	System	1985	79.0		
Total		2512	100.0		

How long have you been running?

		Frequency	Percent	Valid Percent	Cumulative Percent
Valid	Less than 2 yrs	30	1.2	5.7	5.7
	2-5 yrs	113	4.5	21.4	27.1
	5-10 yrs	141	5.6	26.8	53.9
	10-15 yrs	81	3.2	15.4	69.3
	More than 15 yrs	162	6.4	30.7	100.0
	Total	527	21.0	100.0	
Missing	System	1985	79.0		
Total		2512	100.0		

What is the farthest you have ever run?

		Frequency	Percent	Valid Percent	Cumulative Percent
Valid	Up to 10km	6	.2	1.1	1.1
	Half Marathon (approx. 21km)	52	2.1	9.9	11.0
	Marathon (approx. 42km)	97	3.9	18.4	29.4
	50km	107	4.3	20.3	49.7
	80km / 50 miles	83	3.3	15.7	65.5
	100km	85	3.4	16.1	81.6
	160km / 100 miles	40	1.6	7.6	89.2
	More than 100 miles	57	2.3	10.8	100.0
	Total	527	21.0	100.0	
Missing	System	1985	79.0		
Total		2512	100.0		

What is your normal/average training mileage per week?

		Frequency	Percent	Valid Percent	Cumulative Percent
Valid	Up to 20km	38	1.5	7.2	7.2
	21-40km	177	7.0	33.6	40.8
	41-60km	180	7.2	34.2	75.0
	61-80km	95	3.8	18.0	93.0
	81-120km	35	1.4	6.6	99.6
	More than 120km	2	.1	.4	100.0
	Total	527	21.0	100.0	
Missing	System	1985	79.0		
Total		2512	100.0		

How often do you run?

		Frequency	Percent	Valid Percent	Cumulative Percent
Valid	Every day	24	1.0	4.6	4.6
	5-6 times per week	184	7.3	34.9	39.5
	3-4 times per week	276	11.0	52.4	91.8
	1-2 times per week	39	1.6	7.4	99.2
	Occasionally	4	.2	.8	100.0
	Total	527	21.0	100.0	
Missing	System	1985	79.0		
Total		2512	100.0		

How often do you run with other people?

		Frequency	Percent	Valid Percent	Cumulative Percent
Valid	Every week	204	8.1	41.1	41.1
	Maybe once or twice a month	92	3.7	18.5	59.7
	Occasionally	146	5.8	29.4	89.1
	Never	54	2.1	10.9	100.0
	Total	496	19.7	100.0	
Missing	System	2016	80.3		
Total		2512	100.0		

Have you competed in a Track race?

		Frequency	Percent	Valid Percent	Cumulative Percent
Valid	No	468	18.6	87.3	87.3
	Yes	68	2.7	12.7	100.0
	Total	536	21.3	100.0	
Missing	System	1976	78.7		
Total		2512	100.0		

Have you competed in a Road race?

		Frequency	Percent	Valid Percent	Cumulative Percent
Valid	No	102	4.1	19.0	19.0
	Yes	434	17.3	81.0	100.0
	Total	536	21.3	100.0	
Missing	System	1976	78.7		
Total		2512	100.0		

Have you competed in a Trail Race?

		Frequency	Percent	Valid Percent	Cumulative Percent
Valid	No	47	1.9	8.8	8.8
	Yes	489	19.5	91.2	100.0
	Total	536	21.3	100.0	
Missing	System	1976	78.7		
Total		2512	100.0		

Have you competed in a Ultra race?

		Frequency	Percent	Valid Percent	Cumulative Percent
Valid	No	172	6.8	32.1	32.1
	Yes	364	14.5	67.9	100.0
	Total	536	21.3	100.0	
Missing	System	1976	78.7		
Total		2512	100.0		

Have you competed in a Fell race?

		Frequency	Percent	Valid Percent	Cumulative Percent
Valid	No	379	15.1	70.7	70.7
	Yes	157	6.3	29.3	100.0
	Total	536	21.3	100.0	
Missing	System	1976	78.7		
Total		2512	100.0		

Have you competed in a Sky race?

		Frequency	Percent	Valid Percent	Cumulative Percent
Valid	No	509	20.3	95.0	95.0
	Yes	27	1.1	5.0	100.0
	Total	536	21.3	100.0	
Missing	System	1976	78.7		
Total		2512	100.0		

Have you competed in a Cross Country race?

		Frequency	Percent	Valid Percent	Cumulative Percent
Valid	No	361	14.4	67.4	67.4
	Yes	175	7.0	32.6	100.0
	Total	536	21.3	100.0	
Missing	System	1976	78.7		
Total		2512	100.0		

How often do you race?

		Frequency	Percent	Valid Percent	Cumulative Percent
Valid	Most weeks	11	.4	2.1	2.1
	Once or twice a month	94	3.7	17.8	19.9
	Every two months or so	114	4.5	21.6	41.6
	3-5 times per year	183	7.3	34.7	76.3
	1-2 times per year	104	4.1	19.7	96.0
	Never	21	.8	4.0	100.0
	Total	527	21.0	100.0	
Missing	System	1985	79.0		
Total		2512	100.0		

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

		Frequency	Percent	Valid Percent	Cumulative Percent
Valid	No	82	3.3	15.3	15.3
	Yes	454	18.1	84.7	100.0
	Total	536	21.3	100.0	
Missing	System	1976	78.7		
Total		2512	100.0		

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

		Frequency	Percent	Valid Percent	Cumulative Percent
Valid	No	119	4.7	22.2	22.2
	Yes	417	16.6	77.8	100.0
	Total	536	21.3	100.0	
Missing	System	1976	78.7		
Total		2512	100.0		

Have you raced in another country?

		Frequency	Percent	Valid Percent	Cumulative Percent
Valid	No	387	15.4	72.2	72.2
	Yes	149	5.9	27.8	100.0
	Total	536	21.3	100.0	
Missing	System	1976	78.7		
Total		2512	100.0		

Have you ever regularly participated in gravel/mountain biking?

		Frequency	Percent	Valid Percent	Cumulative Percent
Valid	No	394	15.7	73.5	73.5
	Yes	142	5.7	26.5	100.0
	Total	536	21.3	100.0	
Missing	System	1976	78.7		
Total		2512	100.0		

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

		Frequency	Percent	Valid Percent	Cumulative Percent
Valid	No	312	12.4	58.2	58.2
	Yes	224	8.9	41.8	100.0
	Total	536	21.3	100.0	
Missing	System	1976	78.7		
Total		2512	100.0		

Have you ever regularly participated in mountaineering/alpinism?

		Frequency	Percent	Valid Percent	Cumulative Percent
Valid	No	449	17.9	83.8	83.8
	Yes	87	3.5	16.2	100.0
	Total	536	21.3	100.0	
Missing	System	1976	78.7		
Total		2512	100.0		

Have you ever regularly participated in rock climbing?

		Frequency	Percent	Valid Percent	Cumulative Percent
Valid	No	423	16.8	78.9	78.9
	Yes	113	4.5	21.1	100.0
	Total	536	21.3	100.0	
Missing	System	1976	78.7		
Total		2512	100.0		

Have you ever regularly participated in orienteering?

		Frequency	Percent	Valid Percent	Cumulative Percent
Valid	No	465	18.5	86.8	86.8
	Yes	71	2.8	13.2	100.0
	Total	536	21.3	100.0	
Missing	System	1976	78.7		
Total		2512	100.0		

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

		Frequency	Percent	Valid Percent	Cumulative Percent
Valid	No	452	18.0	84.3	84.3
	Yes	84	3.3	15.7	100.0
	Total	536	21.3	100.0	
Missing	System	1976	78.7		
Total		2512	100.0		

Have you ever regularly participated in cross country skiing?

		Frequency	Percent	Valid Percent	Cumulative Percent
Valid	No	517	20.6	96.5	96.5
	Yes	19	.8	3.5	100.0
	Total	536	21.3	100.0	
Missing	System	1976	78.7		
Total		2512	100.0		

Have you ever regularly participated in ski mountaineering?

		Frequency	Percent	Valid Percent	Cumulative Percent
Valid	No	527	21.0	98.3	98.3
	Yes	9	.4	1.7	100.0
	Total	536	21.3	100.0	
Missing	System	1976	78.7		
Total		2512	100.0		

Have you ever regularly participated in triathlon/duathlon?

		Frequency	Percent	Valid Percent	Cumulative Percent
Valid	No	452	18.0	84.3	84.3
	Yes	84	3.3	15.7	100.0
	Total	536	21.3	100.0	
Missing	System	1976	78.7		
Total		2512	100.0		

Have you ever regularly participated in obstacle course racing?

		Frequency	Percent	Valid Percent	Cumulative Percent
Valid	No	485	19.3	90.5	90.5
	Yes	51	2.0	9.5	100.0
	Total	536	21.3	100.0	
Missing	System	1976	78.7		
Total		2512	100.0		

Have you ever regularly participated in paddle or surf boarding?

		Frequency	Percent	Valid Percent	Cumulative Percent
Valid	No	458	18.2	85.4	85.4
	Yes	78	3.1	14.6	100.0
	Total	536	21.3	100.0	
Missing	System	1976	78.7		
Total		2512	100.0		

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

		Frequency	Percent	Valid Percent	Cumulative Percent
Valid	No	466	18.6	86.9	86.9
	Yes	70	2.8	13.1	100.0
	Total	536	21.3	100.0	
Missing	System	1976	78.7		
Total		2512	100.0		

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

		Frequency	Percent	Valid Percent	Cumulative Percent
Valid	No	455	18.1	84.9	84.9
	Yes	81	3.2	15.1	100.0
	Total	536	21.3	100.0	
Missing	System	1976	78.7		
Total		2512	100.0		

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

		Frequency	Percent	Valid Percent	Cumulative Percent
Valid	Yes	267	10.6	49.8	49.8
	No	79	3.1	14.7	64.6
	I try, but not as regularly as I think I should.	190	7.6	35.4	100.0
	Total	536	21.3	100.0	
Missing	System	1976	78.7		
Total		2512	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.	129	5.1	24.5	24.5
	I have adequate outdoor skills, but there is definite room for improvement.	335	13.3	63.7	88.2
	My outdoor skills are fairly basic and/or I lack experience.	62	2.5	11.8	100.0
	Total	526	20.9	100.0	
Missing	System	1986	79.1		
Total		2512	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.	3	.1	.6	.6
	I do my best to go running, but there are other more important priorities.	109	4.3	21.4	22.0
	I try very hard to ensure that I get out running, even if this means moving other priorities around.	303	12.1	59.5	81.5
	Running is the most important part of my daily/weekly routine.	94	3.7	18.5	100.0
	Total	509	20.3	100.0	
Missing	System	2003	79.7		
Total		2512	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	82	3.3	15.3	15.3
	2	138	5.5	25.7	41.0
	3	151	6.0	28.2	69.2
	4	109	4.3	20.3	89.6
	5	56	2.2	10.4	100.0
	Total	536	21.3	100.0	
Missing	System	1976	78.7		
Total		2512	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	432	17.2	80.6	80.6
	2	73	2.9	13.6	94.2
	3	23	.9	4.3	98.5
	4	4	.2	.7	99.3
	5	4	.2	.7	100.0
	Total	536	21.3	100.0	
Missing	System	1976	78.7		
Total		2512	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	25	1.0	4.7	4.7
	2	8	.3	1.5	6.2
	3	36	1.4	6.7	12.9
	4	134	5.3	25.0	37.9
	5	333	13.3	62.1	100.0
	Total	536	21.3	100.0	
Missing	System	1976	78.7		
Total		2512	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	90	3.6	16.8	16.8
	2	49	2.0	9.1	25.9
	3	95	3.8	17.7	43.7
	4	142	5.7	26.5	70.1
	5	160	6.4	29.9	100.0
	Total	536	21.3	100.0	
Missing	System	1976	78.7		
Total		2512	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	161	6.4	30.0	30.0
	2	86	3.4	16.0	46.1
	3	113	4.5	21.1	67.2
	4	97	3.9	18.1	85.3
	5	79	3.1	14.7	100.0
	Total	536	21.3	100.0	
Missing	System	1976	78.7		
Total		2512	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	411	16.4	76.7	76.7
	2	49	2.0	9.1	85.8
	3	43	1.7	8.0	93.8
	4	21	.8	3.9	97.8
	5	12	.5	2.2	100.0
	Total	536	21.3	100.0	
Missing	System	1976	78.7		
Total		2512	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	263	10.5	49.1	49.1
	2	82	3.3	15.3	64.4
	3	84	3.3	15.7	80.0
	4	56	2.2	10.4	90.5
	5	51	2.0	9.5	100.0
	Total	536	21.3	100.0	
Missing	System	1976	78.7		
Total		2512	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	27	1.1	5.0	5.0
	2	17	.7	3.2	8.2
	3	34	1.4	6.3	14.6
	4	128	5.1	23.9	38.4
	5	330	13.1	61.6	100.0
	Total	536	21.3	100.0	
Missing	System	1976	78.7		
Total		2512	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	25	1.0	4.7	4.7
	2	20	.8	3.7	8.4
	3	64	2.5	11.9	20.3
	4	144	5.7	26.9	47.2
	5	283	11.3	52.8	100.0
	Total	536	21.3	100.0	
Missing	System	1976	78.7		
Total		2512	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	33	1.3	6.2	6.2
	2	25	1.0	4.7	10.8
	3	98	3.9	18.3	29.1
	4	175	7.0	32.6	61.8
	5	205	8.2	38.2	100.0
	Total	536	21.3	100.0	
Missing	System	1976	78.7		
Total		2512	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	77	3.1	14.4	14.4
	2	103	4.1	19.2	33.6
	3	163	6.5	30.4	64.0
	4	125	5.0	23.3	87.3
	5	68	2.7	12.7	100.0
	Total	536	21.3	100.0	
Missing	System	1976	78.7		
Total		2512	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	41	1.6	7.6	7.6
	2	51	2.0	9.5	17.2
	3	92	3.7	17.2	34.3
	4	150	6.0	28.0	62.3
	5	202	8.0	37.7	100.0
	Total	536	21.3	100.0	
Missing	System	1976	78.7		
Total		2512	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	161	6.4	30.0	30.0
	2	120	4.8	22.4	52.4
	3	128	5.1	23.9	76.3
	4	75	3.0	14.0	90.3
	5	52	2.1	9.7	100.0
	Total	536	21.3	100.0	
Missing	System	1976	78.7		
Total		2512	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	41	1.6	7.6	7.6
	2	64	2.5	11.9	19.6
	3	116	4.6	21.6	41.2
	4	161	6.4	30.0	71.3
	5	154	6.1	28.7	100.0
	Total	536	21.3	100.0	
Missing	System	1976	78.7		
Total		2512	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	113	4.5	21.1	21.1
	2	101	4.0	18.8	39.9
	3	129	5.1	24.1	64.0
	4	108	4.3	20.1	84.1
	5	85	3.4	15.9	100.0
	Total	536	21.3	100.0	
Missing	System	1976	78.7		
Total		2512	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	120	4.8	22.4	22.4
	2	123	4.9	22.9	45.3
	3	138	5.5	25.7	71.1
	4	100	4.0	18.7	89.7
	5	55	2.2	10.3	100.0
	Total	536	21.3	100.0	
Missing	System	1976	78.7		
Total		2512	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	71	2.8	13.2	13.2
	2	66	2.6	12.3	25.6
	3	149	5.9	27.8	53.4
	4	141	5.6	26.3	79.7
	5	109	4.3	20.3	100.0
	Total	536	21.3	100.0	
Missing	System	1976	78.7		
Total		2512	100.0		

Have you ever volunteered at a running race or event?

		Frequency	Percent	Valid Percent	Cumulative Percent
Valid	Yes	326	13.0	60.8	60.8
	No	210	8.4	39.2	100.0
	Total	536	21.3	100.0	
Missing	System	1976	78.7		
Total		2512	100.0		

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

		Frequency	Percent	Valid Percent	Cumulative Percent
Valid	Once	53	2.1	16.3	16.3
	Two to four times	119	4.7	36.5	52.8
	Five or more occasions	154	6.1	47.2	100.0
	Total	326	13.0	100.0	
Missing	System	2186	87.0		
Total		2512	100.0		

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

		Frequency	Percent	Valid Percent	Cumulative Percent
Valid	No	89	3.5	27.3	27.3
	Yes	237	9.4	72.7	100.0
	Total	326	13.0	100.0	
Missing	System	2186	87.0		
Total		2512	100.0		

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

		Frequency	Percent	Valid Percent	Cumulative Percent
Valid	No	179	7.1	54.9	54.9
	Yes	147	5.9	45.1	100.0
	Total	326	13.0	100.0	
Missing	System	2186	87.0		
Total		2512	100.0		

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

		Frequency	Percent	Valid Percent	Cumulative Percent
Valid	No	223	8.9	68.4	68.4
	Yes	103	4.1	31.6	100.0
	Total	326	13.0	100.0	
Missing	System	2186	87.0		
Total		2512	100.0		

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

		Frequency	Percent	Valid Percent	Cumulative Percent
Valid	No	260	10.4	79.8	79.8
	Yes	66	2.6	20.2	100.0
	Total	326	13.0	100.0	
Missing	System	2186	87.0		
Total		2512	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	59	2.3	27.2	27.2
	2	65	2.6	30.0	57.1
	3	55	2.2	25.3	82.5
	4	26	1.0	12.0	94.5
	5	12	.5	5.5	100.0
	Total	217	8.6	100.0	
Missing	System	2295	91.4		
Total		2512	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	87	3.5	49.4	49.4
	2	55	2.2	31.3	80.7
	3	21	.8	11.9	92.6
	4	7	.3	4.0	96.6
	5	6	.2	3.4	100.0
	Total	176	7.0	100.0	
Missing	System	2336	93.0		
Total		2512	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	4	.2	1.3	1.3
	2	10	.4	3.3	4.6
	3	64	2.5	21.1	25.7
	4	121	4.8	39.9	65.7
	5	104	4.1	34.3	100.0
	Total	303	12.1	100.0	
Missing	System	2209	87.9		
Total		2512	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	10	.4	3.4	3.4
	2	47	1.9	16.2	19.7
	3	89	3.5	30.7	50.3
	4	94	3.7	32.4	82.8
	5	50	2.0	17.2	100.0
	Total	290	11.5	100.0	
Missing	System	2222	88.5		
Total		2512	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	8	.3	2.7	2.7
	2	34	1.4	11.3	14.0
	3	78	3.1	26.0	40.0
	4	111	4.4	37.0	77.0
	5	69	2.7	23.0	100.0
	Total	300	11.9	100.0	
Missing	System	2212	88.1		
Total		2512	100.0		

Would you volunteer again?

		Frequency	Percent	Valid Percent	Cumulative Percent
Valid	Yes, it is always or usually a great experience	282	11.2	89.8	89.8
	Yes, but only if I can guarantee a positive experience	30	1.2	9.6	99.4
	No, overall my past experience of volunteering has not been good	2	.1	.6	100.0
	Total	314	12.5	100.0	
Missing	System	2198	87.5		
Total		2512	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	305	12.1	93.6	93.6
	The event organisers did not make me feel welcome or valued	21	.8	6.4	100.0
	Total	326	13.0	100.0	
Missing	System	2186	87.0		
Total		2512	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	313	12.5	96.0	96.0
	Volunteering at the event was stressful and too much was expected from me	13	.5	4.0	100.0
	Total	326	13.0	100.0	
Missing	System	2186	87.0		
Total		2512	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	300	11.9	92.0	92.0
	The event was badly organised and my role was not clearly explained	26	1.0	8.0	100.0
	Total	326	13.0	100.0	
Missing	System	2186	87.0		
Total		2512	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	319	12.7	97.9	97.9
	Volunteering was tiring or difficult	7	.3	2.1	100.0
	Total	326	13.0	100.0	
Missing	System	2186	87.0		
Total		2512	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	321	12.8	98.5	98.5
	I had a bad experience with runners or other volunteers	5	.2	1.5	100.0
	Total	326	13.0	100.0	
Missing	System	2186	87.0		
Total		2512	100.0		