



THE BIG RUN COMMUTING SURVEY

THE RESULTS



NOTE

- All percentages rounded to 2 decimal places



RESPONSE DATA

AND DATA CLEANING PROCESS

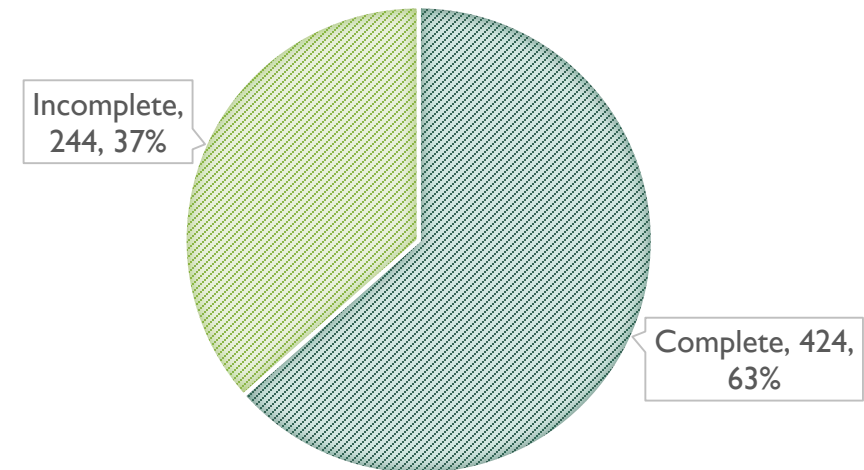


SURVEY RESPONSES

- Total Responses: 668
- Complete Responses: 424
- Only using complete responses. Complete means the end of the survey was reached, not that all questions were answered. Participants were allowed to skip any questions they wanted.

RESPONSES

■ Complete ■ Incomplete



COUNTRIES

- Australia = 4
- Brazil = 1
- Canada = 13
- Finland = 1
- France = 1
- Germany = 6
- Guernsey = 1
- Ireland = 1
- Italy = 1
- New Zealand = 3
- United Kingdom = 363
- United States = 29
- Only using UK respondents

Countries

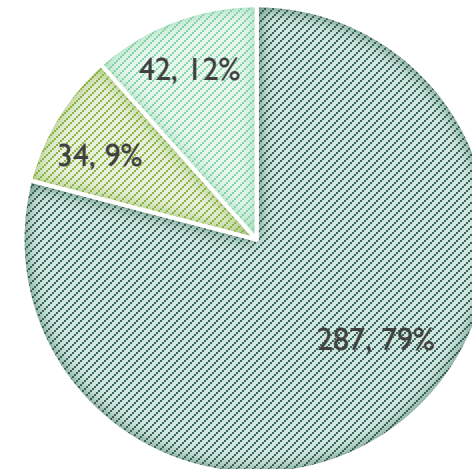


UK RESPONDENTS – RUN COMMUTING STATUS

- Run commuting status of the UK respondents
- Current run-commuter = 287
- Former run-commuter = 34
- Potential run-commuter = 42
- Responses split for most questions.

RUN COMMUTING STATUS

■ Current ■ Former ■ Potential





UK CURRENT RUN COMMUTERS





EMPLOYMENT INFORMATION

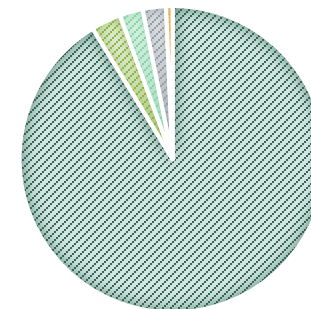


EMPLOYMENT STATUS

	No.	%
Employed full-time	261	91.26
Employed part-time	9	3.15
Hold more than one job	7	2.45
Not employed	0	0.00
Student	7	2.45
Retired	0	0.00
Self employed	2	0.70
Total	286	100
Skipped	1	

EMPLOYMENT STATUS CURRENT RUN COMMUTERS

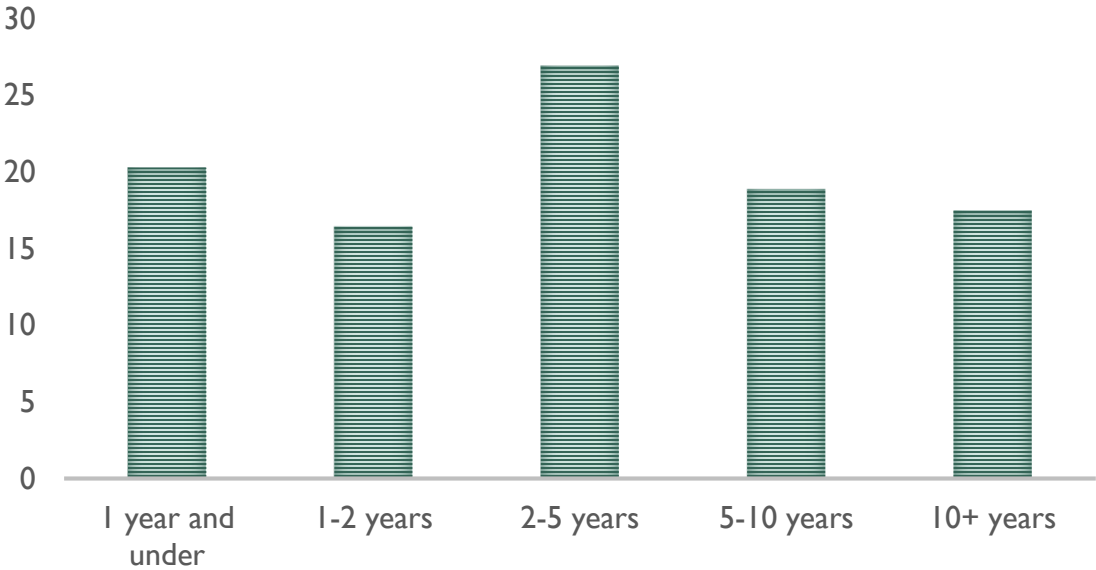
- Employed full-time
- Employed part-time
- Hold more than one job
- Student
- Self employed



TIME AT CURRENT COMPANY

	No.	%
1 year and under	58	20.28
1-2 years	47	16.43
2-5 years	77	26.92
5-10 years	54	18.88
10+ years	50	17.48
Total	286	100
Skipped	1	

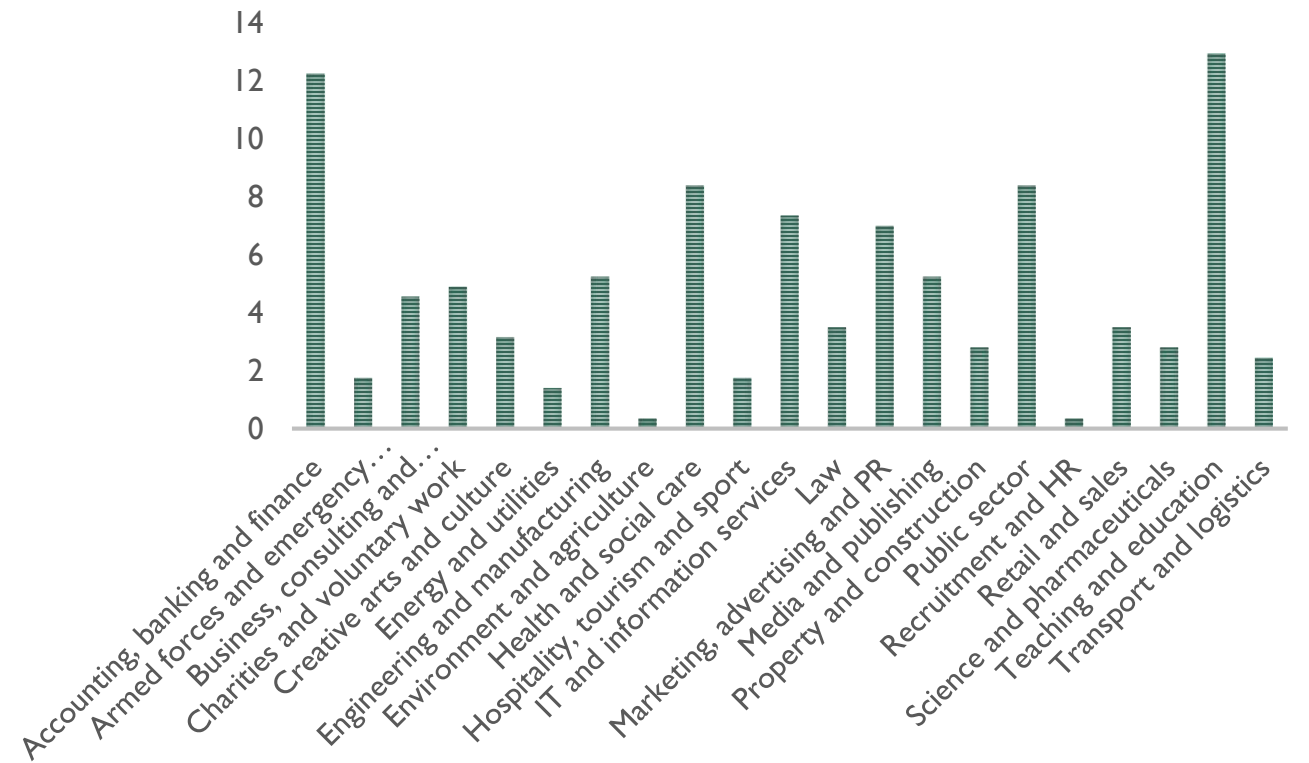
YEARS AT CURRENT COMPANY



INDUSTRY SECTOR

	No.	%
Accounting, banking and finance	35	12.24
Armed forces and emergency services	5	1.75
Business, consulting and management	13	4.55
Charities and voluntary work	14	4.90
Creative arts and culture	9	3.15
Energy and utilities	4	1.40
Engineering and manufacturing	15	5.24
Environment and agriculture	1	0.35
Health and social care	24	8.39
Hospitality, tourism and sport	5	1.75
IT and information services	21	7.34
Law	10	3.50
Marketing, advertising and PR	20	6.99
Media and publishing	15	5.24
Property and construction	8	2.80
Public sector	24	8.39
Recruitment and HR	1	0.35
Retail and sales	10	3.50
Science and pharmaceuticals	8	2.80
Teaching and education	37	12.94
Transport and logistics	7	2.45
Total	286	100
Skipped	1	

INDUSTRY SECTORS





COMMUTE INFORMATION



TOTAL COMMUTE DISTANCE

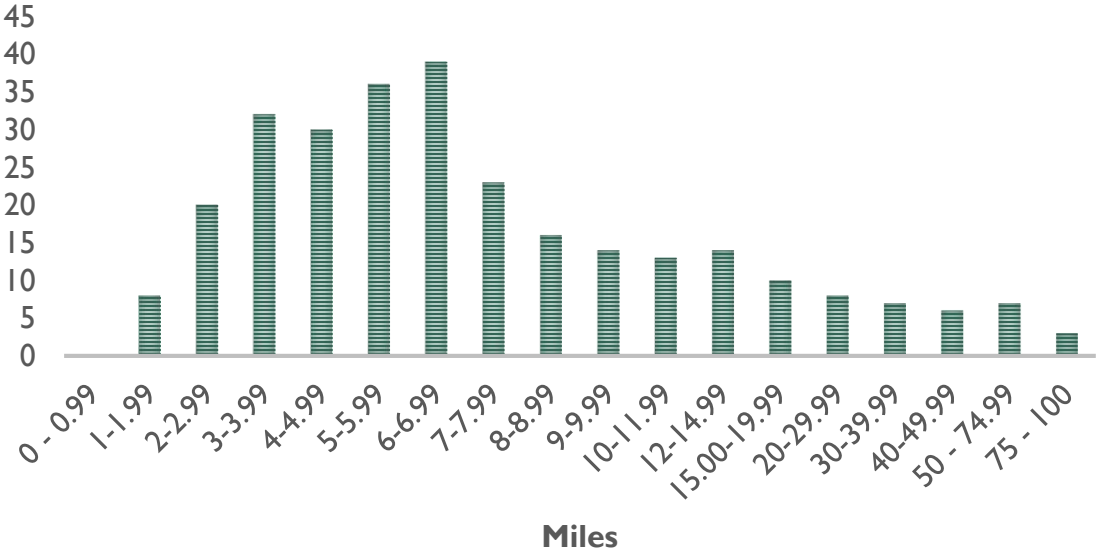
Averages

Mean	10.32 Miles
Median	6 Miles
Range	99 Miles
Mode	6 Miles

Counts

0 - 4.99	90
5 - 9.99	128
10 - 19.99	37
20 - 49.99	21
50 - 100	10
Total	286
Skipped	1

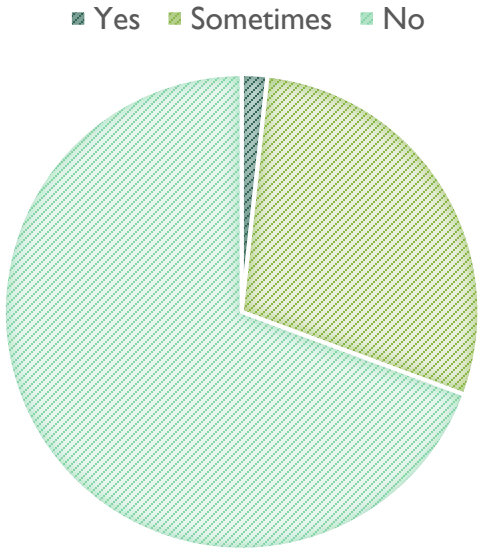
TOTAL COMMUTE DISTANCE



OTHER DUTIES TO DO ON THE COMMUTE

	Count	Percentage
Yes	5	1.74
Sometimes	83	28.92
No	199	69.34
Total	287	100
Skipped	0	

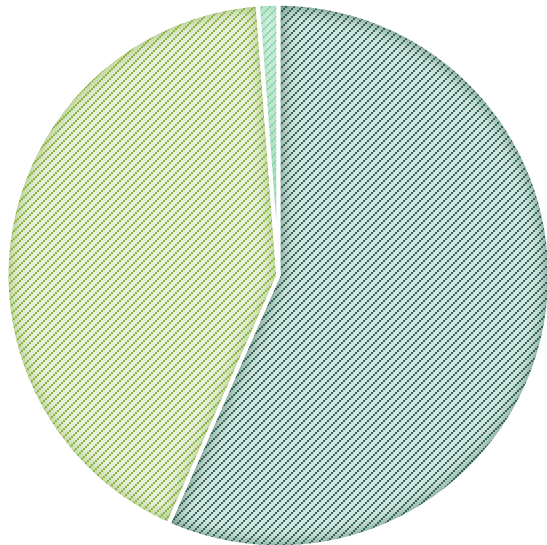
DUTIES ON THE
COMMUTE



GENDER AND OTHER DUTIES ON THE COMMUTE

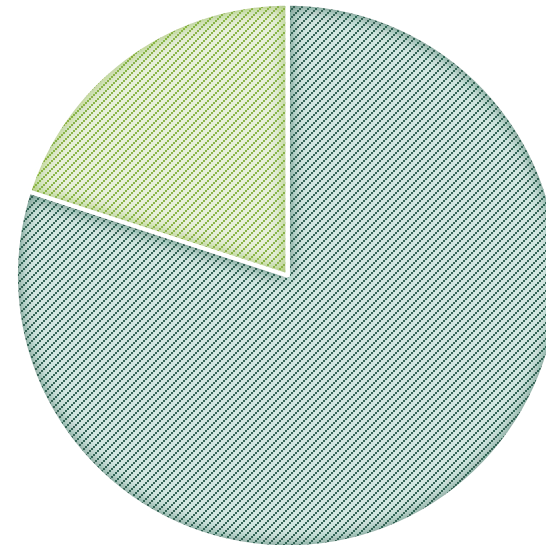
SOMETIMES

■ Male ■ Female ■ Other

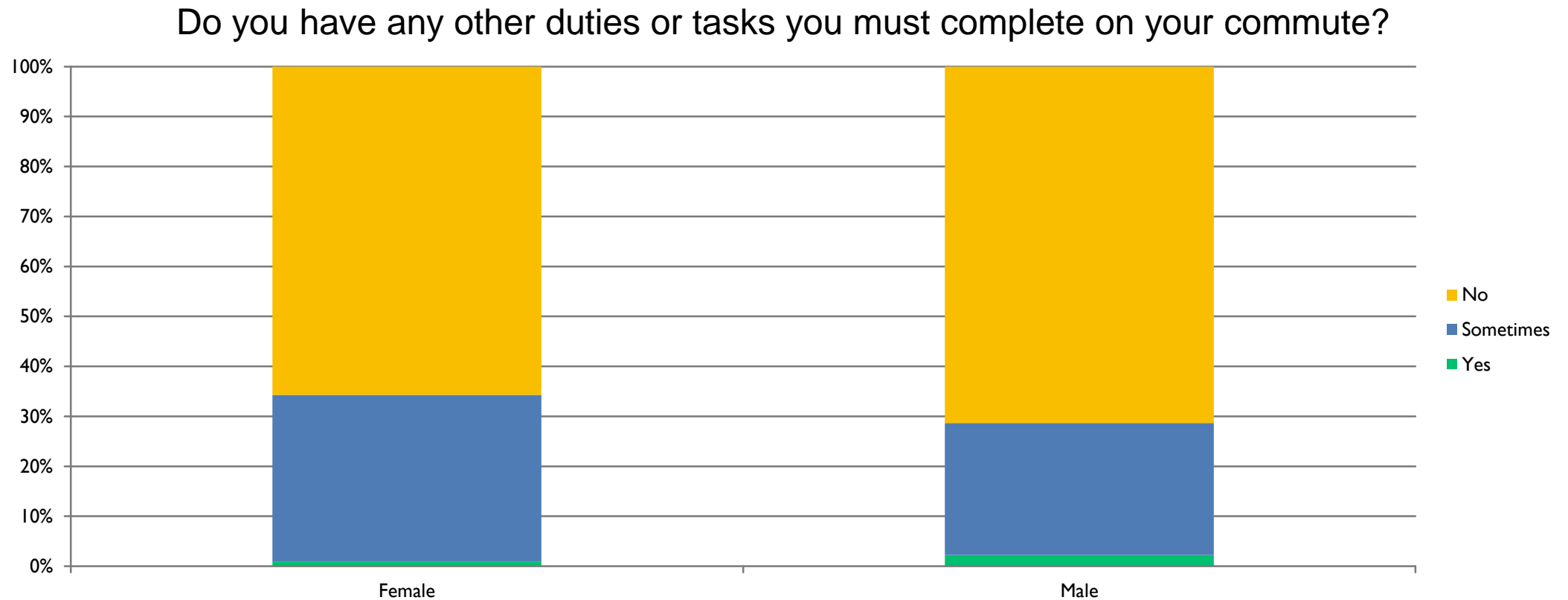


YES

■ Male ■ Female ■ Other

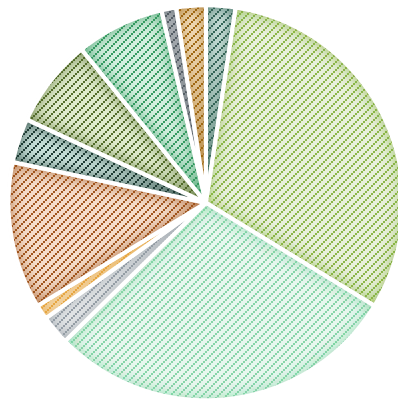


GENDER AND OTHER DUTIES ON THE COMMUTE



HOUSEHOLD SITUATION AND OTHER DUTIES ON THE COMMUTE

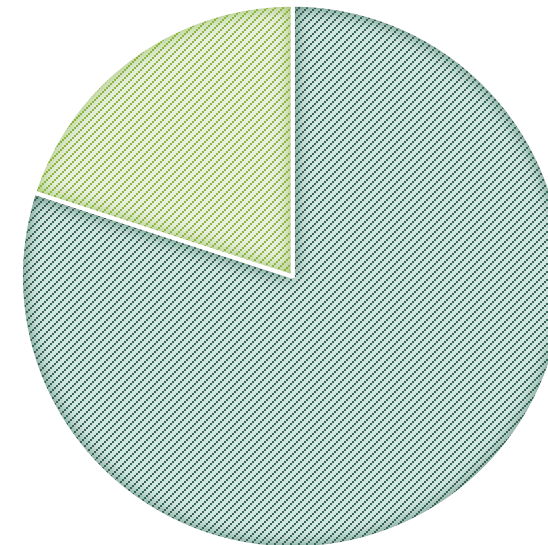
SOMETIMES



- In a relationship, living separately
- Married with no children / cohabiting
- Two parent unit with young children
- Single parent with older children
- Single parent with young children
- Single, house sharing

YES

- Two parent unit with young children
- Two parent unit with older children



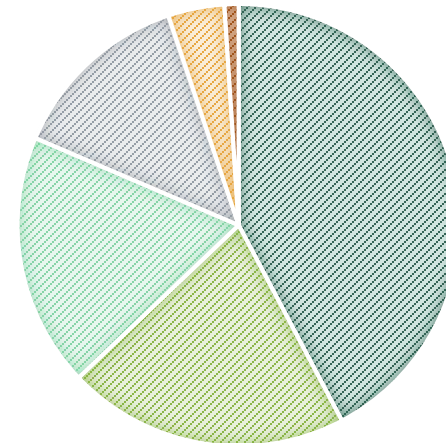
DETAILS OF OTHER DUTIES

Duties for Yes and Sometimes	Count
Food Shopping	41
Child Drop Off/ Collection	20
Other Errands	18
Working on the Commute	13
Other Exercise	4
Social Meetings	1

Duties for Yes	Count
Food Shopping	1
Child Drop Off/ Collection	5

DUTIES

- Food Shopping
- Child Drop Off/ Collection
- Other Errands
- Working on the Commute
- Other Exercise
- Social Meetings





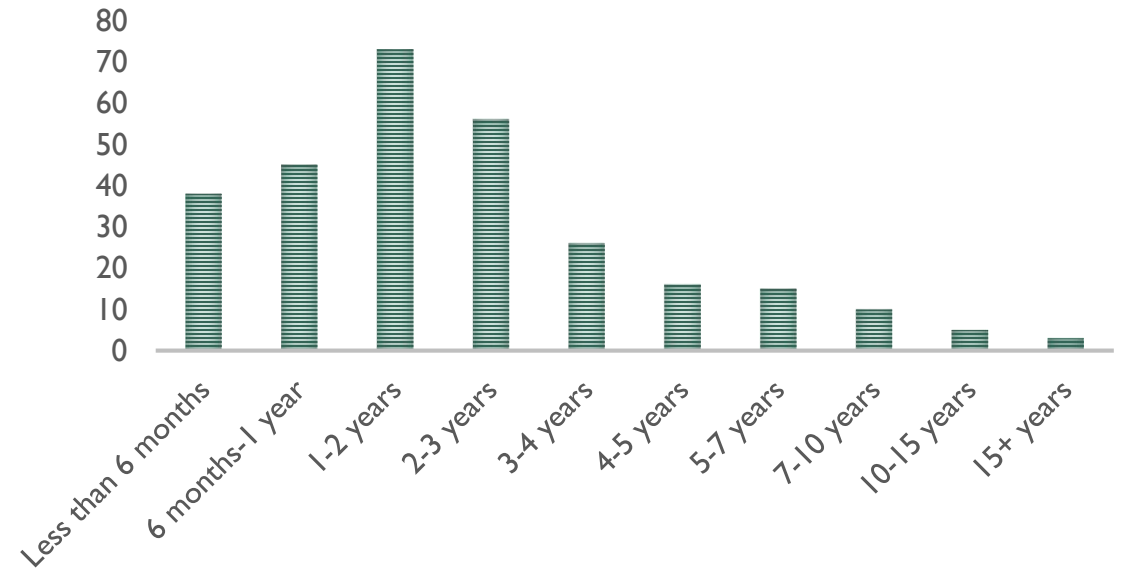
LENGTH OF TIME RUN-COMMUTING



YEARS RUN-COMMUTING

	Count	Percentage
Less than 6 months	38	13.24
6 months-1 year	45	15.68
1-2 years	73	25.44
2-3 years	56	19.51
3-4 years	26	9.06
4-5 years	16	5.57
5-7 years	15	5.23
7-10 years	10	3.48
10-15 years	5	1.74
15+ years	3	1.05
Totals	287	100
Skipped	0	

DURATION RUN-COMMUTING

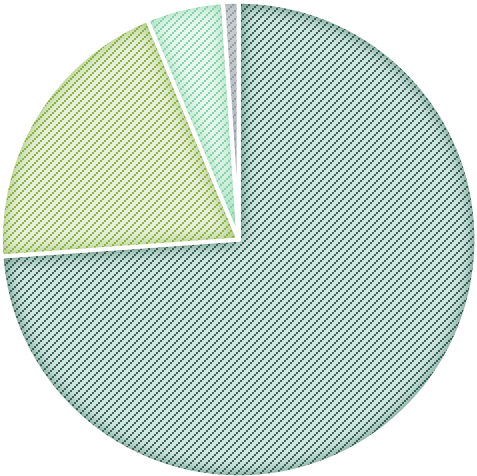


GROUPED YEARS RUN-COMMUTING

	Count	Percentage
0-3 years	212	73.87
3-7 years	57	19.86
7-15 years	15	5.23
15+ years	3	1.05
Totals	287	100
Skipped	0	

DURATION RUN-COMMUTING

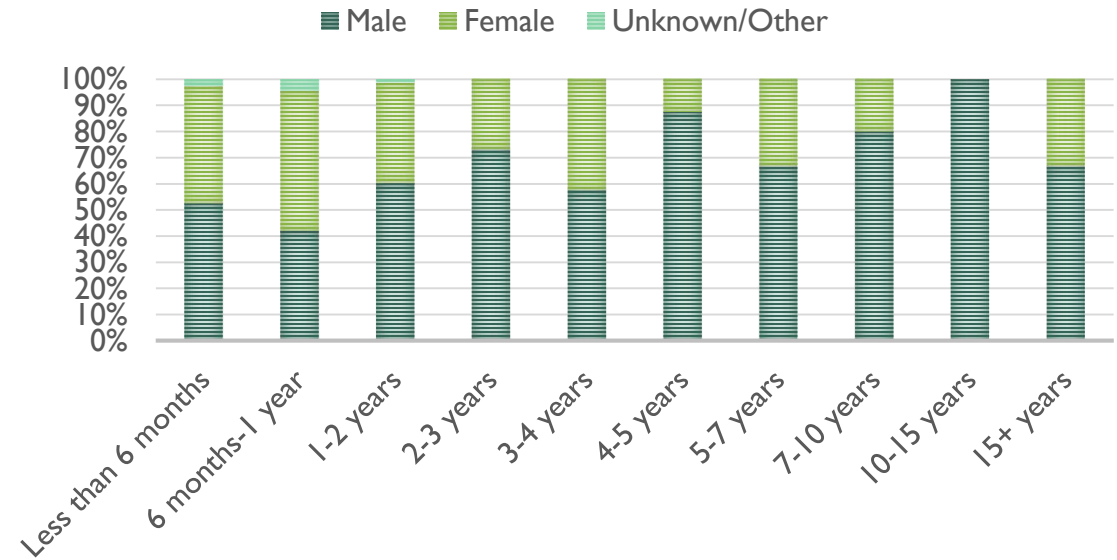
0-3 years 3-7 years 7-15 years 15+ years



DURATION RUN-COMMUTING BY GENDER

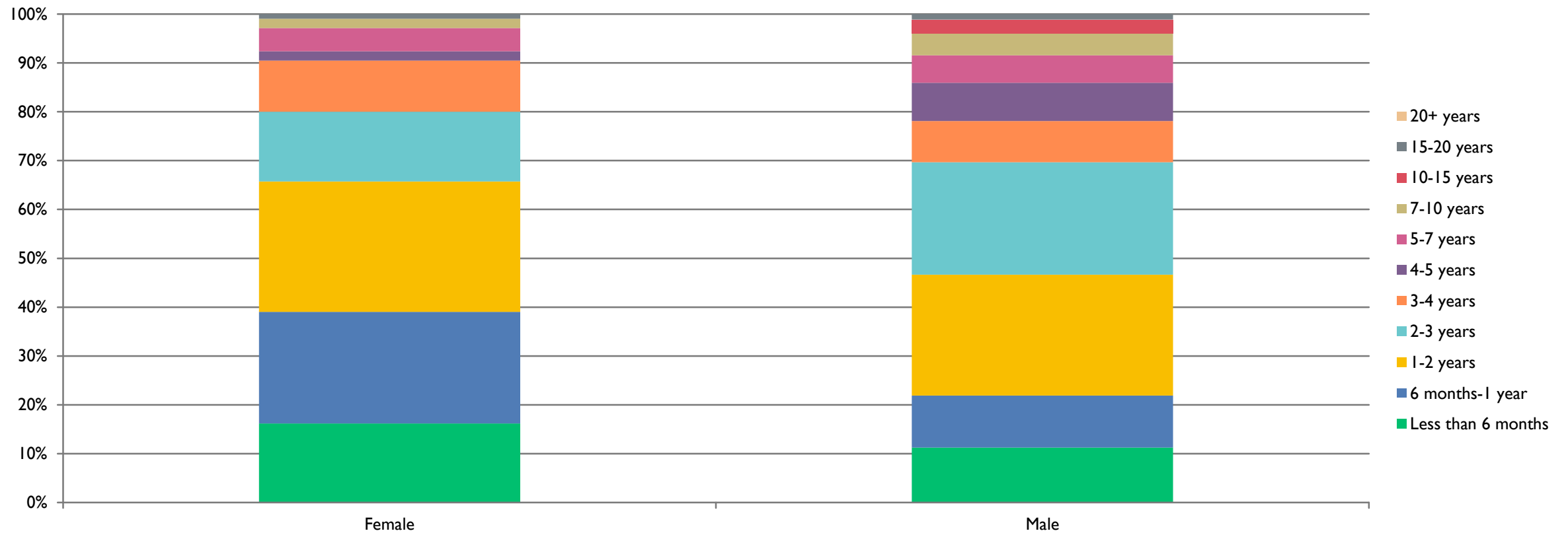
Duration	Male	Female	Unknown/Other
Less than 6 months	20	17	1
6 months-1 year	19	24	2
1-2 years	44	28	1
2-3 years	41	15	0
3-4 years	15	11	0
4-5 years	14	2	0
5-7 years	10	5	0
7-10 years	8	2	0
10-15 years	5	0	0
15+ years	2	1	0
Totals:	178	105	4

RUN-COMMUTING DURATION BY GENDER %



DURATION OF RUN-COMMUTING BY GENDER

How many years have you been run commuting for?

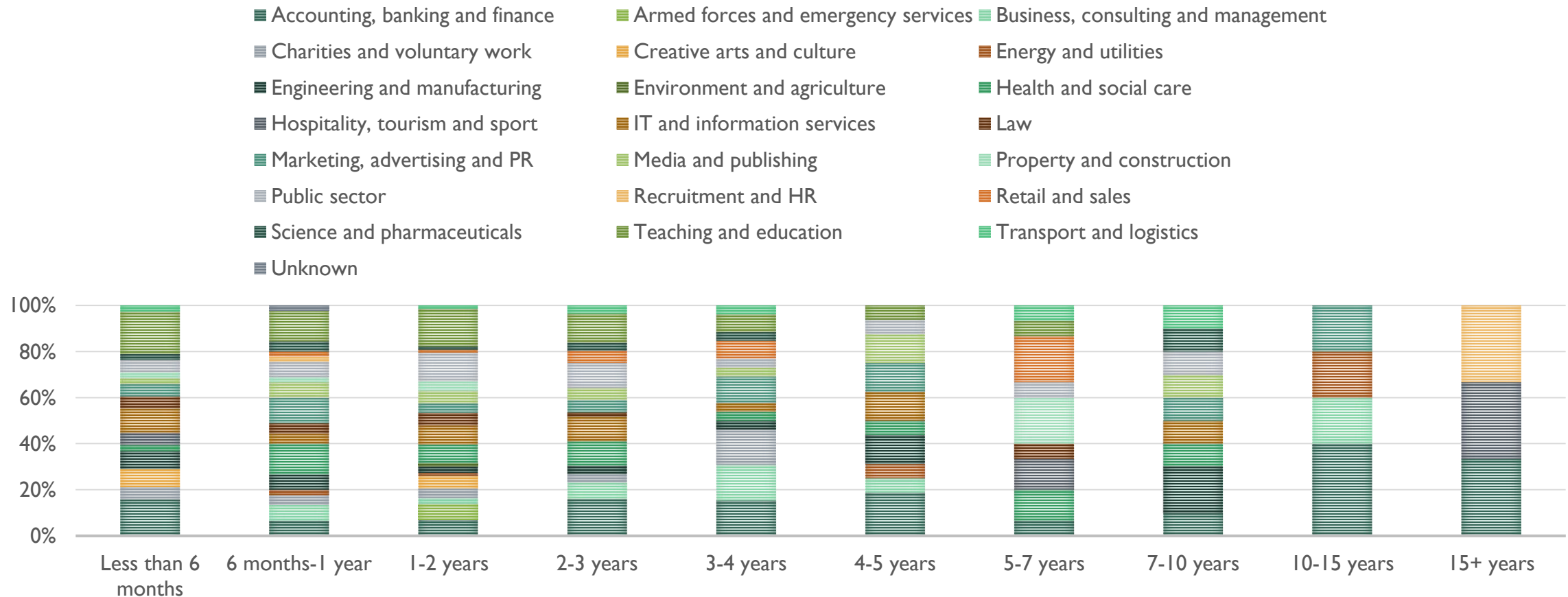


DURATION RUN-COMMUTING BY INDUSTRY

	Accounting, banking and finance	Armed forces and emergency services	Business, consulting and management	Charities and voluntary work	Creative arts and culture	Energy and utilities	Engineering and manufacturing	Environment and agriculture	Health and social care	Hospitality, tourism and sport	IT and information services	Law	Marketing, advertising and PR	Media and publishing	Property and construction	Public sector	Recruitment and HR	Retail and sales	Science and pharmaceuticals	Teaching and education	Transport and logistics	Unknown
Less than 6 months	6	0	0	2	3	0	3	0	1	2	4	2	2	1	1	2	0	0	1	7	1	0
6 months -1 year	3	0	3	2	0	1	3	0	6	0	2	2	5	3	1	3	1	1	2	6	0	1
1-2 years	5	5	2	3	4	1	2	1	6	0	6	4	3	4	3	9	0	1	1	12	1	0
2-3 years	9	0	4	2	0	0	2	0	6	0	6	1	3	3	0	6	0	3	2	7	2	0
3-4 years	4	0	4	4	0	0	1	0	1	0	1	0	3	1	0	1	0	2	1	2	1	0
4-5 years	3	0	1	0	0	1	2	0	1	0	2	0	2	2	0	1	0	0	0	1	0	0
5-7 years	1	0	0	0	0	0	0	0	2	2	0	1	0	0	3	1	0	3	0	1	1	0
7-10 years	1	0	0	0	0	0	2	0	1	0	1	0	1	1	0	1	0	0	1	0	1	0
10-15 years	2	0	1	0	0	1	0	0	0	0	0	0	1	0	0	0	0	0	0	0	0	0
15+ years	1	0	0	0	0	0	0	0	0	1	0	0	0	0	0	0	1	0	0	0	0	0

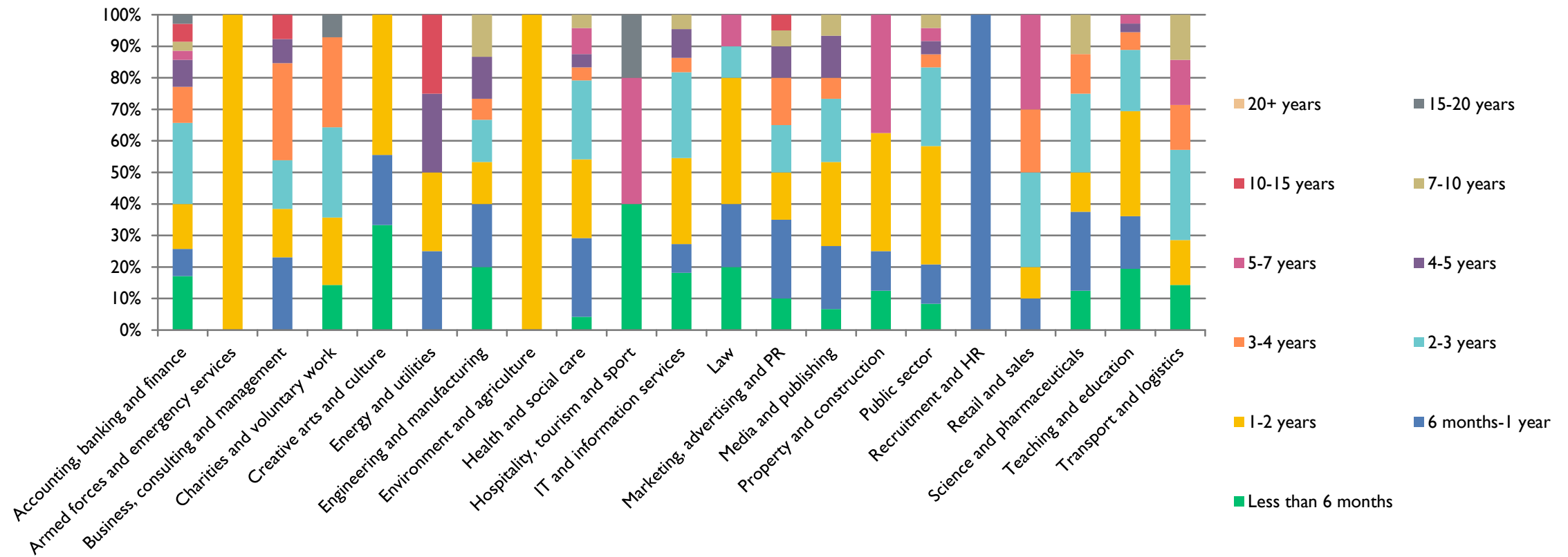
DURATION RUN-COMMUTING BY INDUSTRY

DURATION OF RUN-COMMUTING BY INDUSTRY %



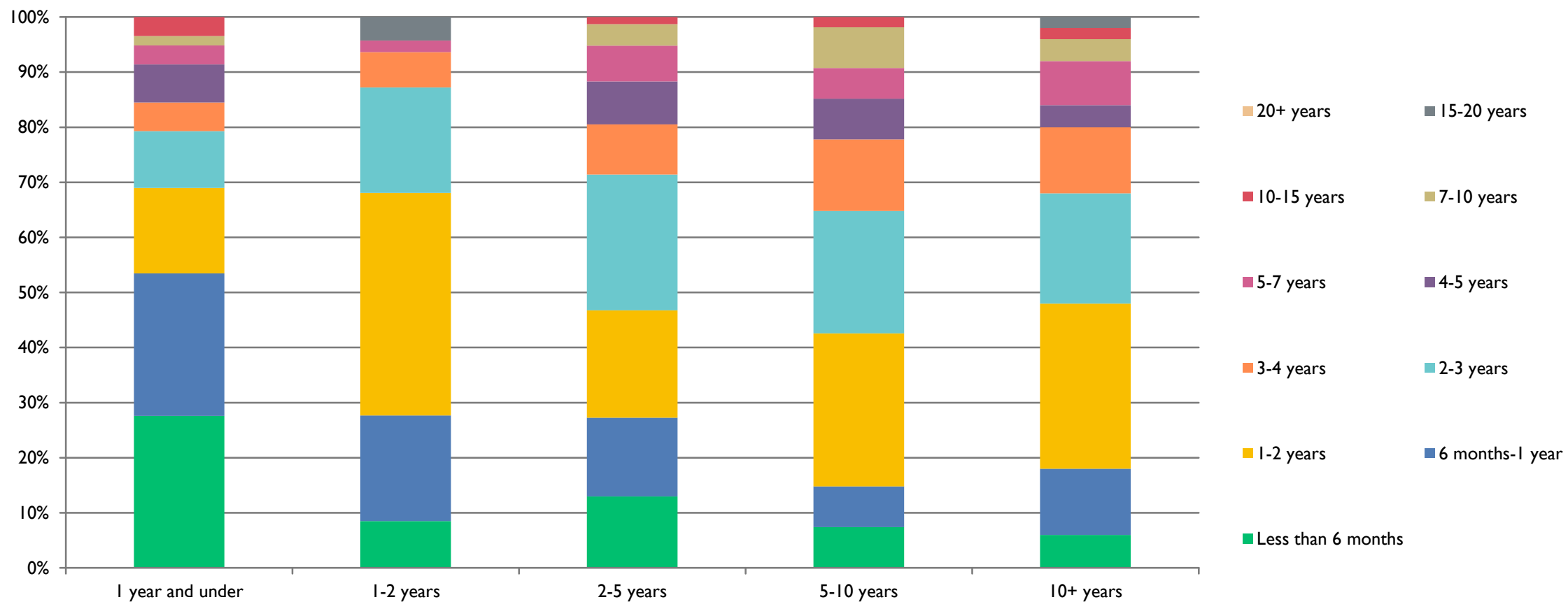
DURATION RUN-COMMUTING BY INDUSTRY

How many years have you been run commuting for?



DURATION OF RUN-COMMUTING BY TIME AT COMPANY

How many years have you been run commuting for?





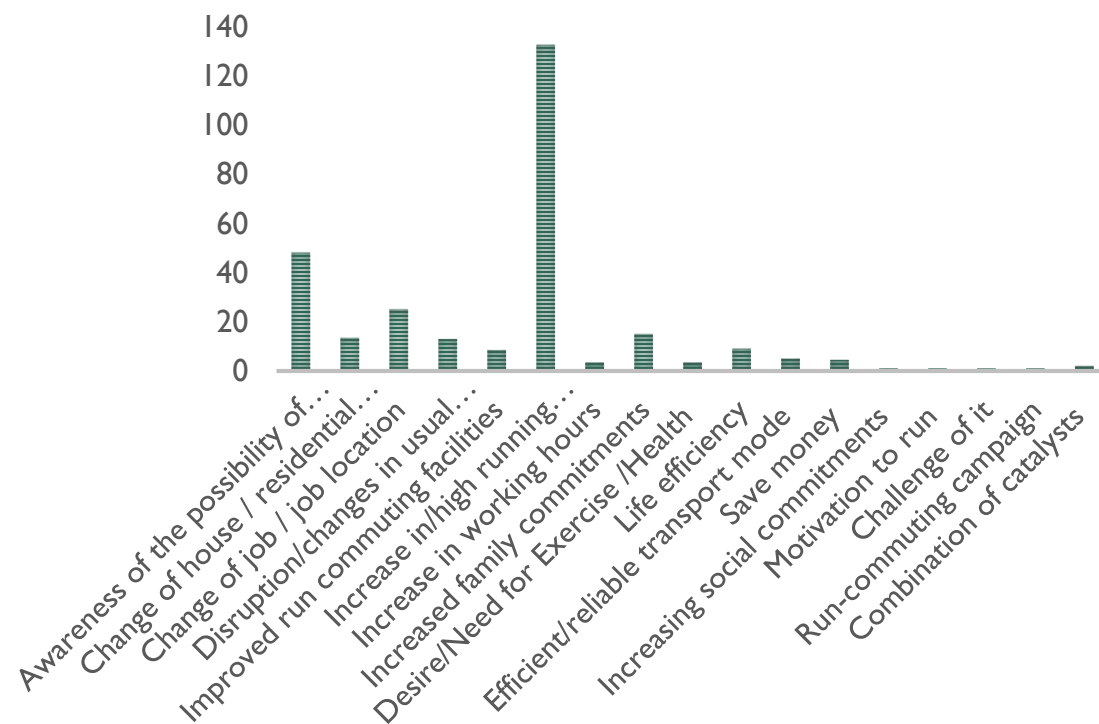
RUN-COMMUTING CATALYST



CATALYST FOR RUN-COMMUTING (ACCOUNTING FOR OTHERS)

Reason	Count	Percentage
Awareness of the possibility of run commuting	48	16.72
Change of house / residential location	13.5	4.70
Change of job / job location	25	8.71
Disruption/changes in usual travel arrangements	13	4.53
Improved run commuting facilities	8.5	2.96
Increase in/high running requirements	132.5	46.17
Increase in working hours	3.5	1.22
Increased family commitments	15	5.23
Desire/Need for Exercise /Health	3.5	1.22
Life efficiency	9	3.14
Efficient/reliable transport mode	5	1.74
Save money	4.5	1.57
Increasing social commitments	1	0.35
Motivation to run	1	0.35
Challenge of it	1	0.35
Run-commuting campaign	1	0.35
Combination of catalysts	2	0.70
Total	287	100
Skipped	0	

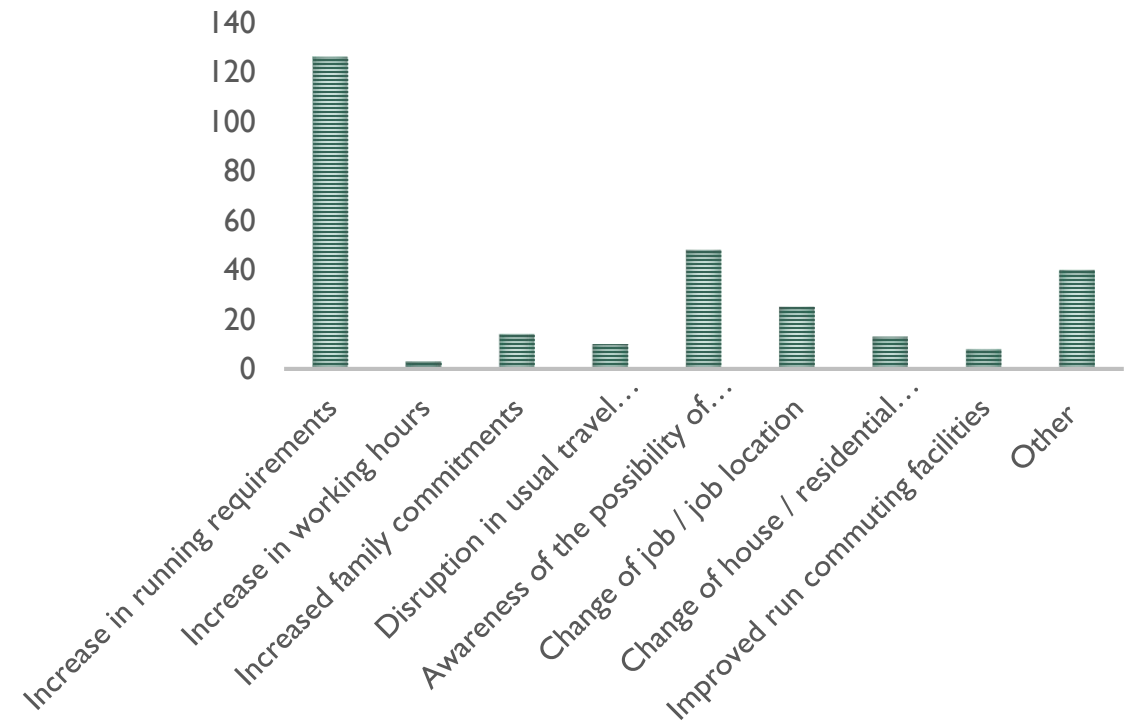
CATALYSTS FOR RUN-COMMUTING



CATALYST FOR RUN-COMMUTING WITH OTHER CATEGORY

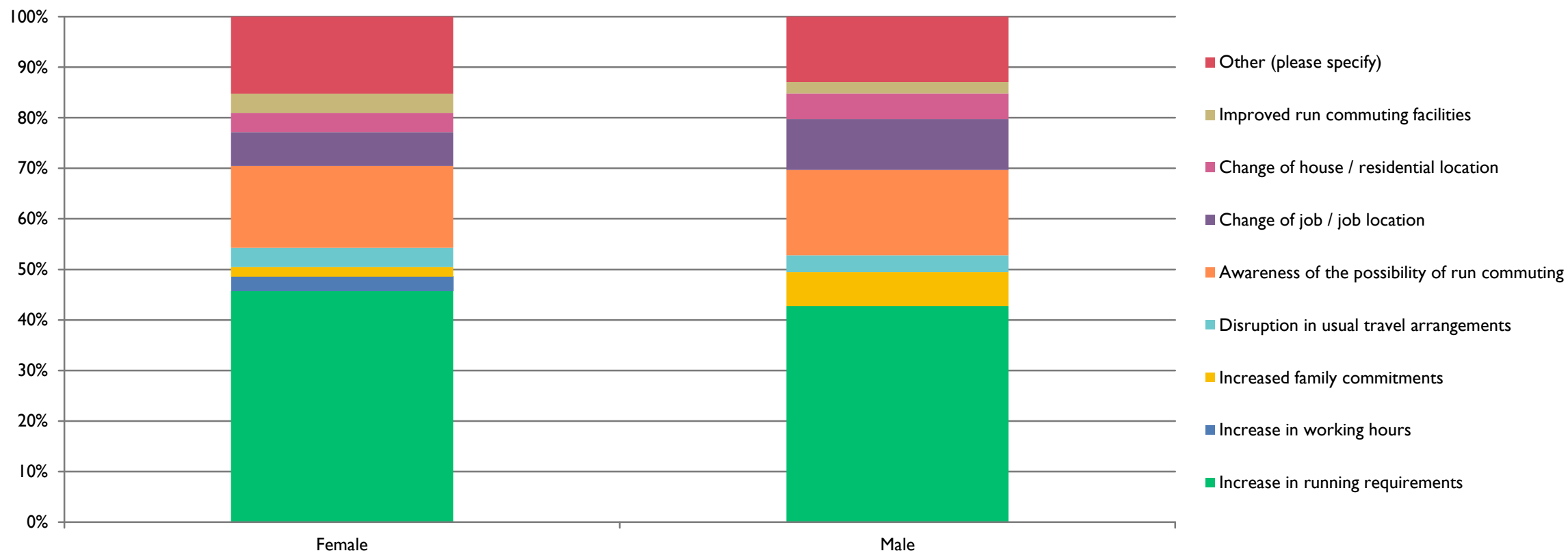
Reason	Count	Percentage
Increase in running requirements	126	43.90%
Increase in working hours	3	1.05%
Increased family commitments	14	4.88%
Disruption in usual travel arrangements	10	3.48%
Awareness of the possibility of run commuting	48	16.72%
Change of job / job location	25	8.71%
Change of house / residential location	13	4.53%
Improved run commuting facilities	8	2.79%
Other	40	13.94%
Total	287	100
Skipped	0	

CATALYSTS FOR RUN-COMMUTING



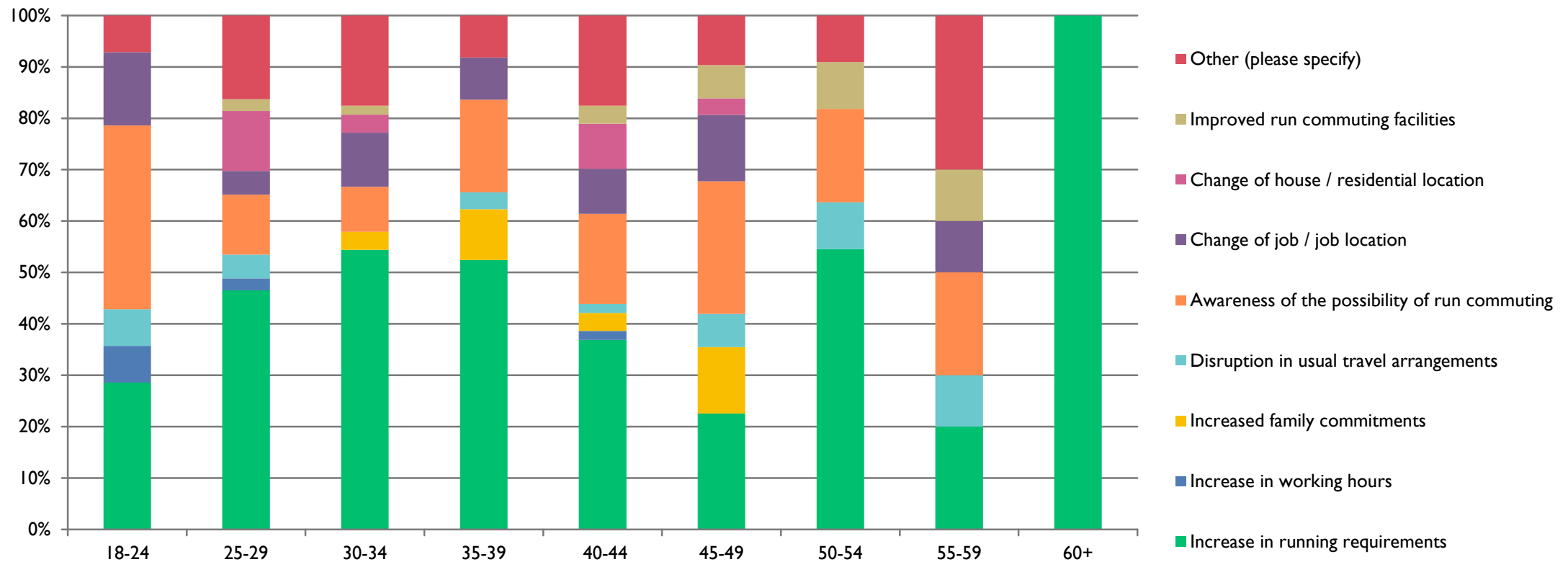
RUN COMMUTING CATALYST BY GENDER

What caused you to start run commuting in the first place?



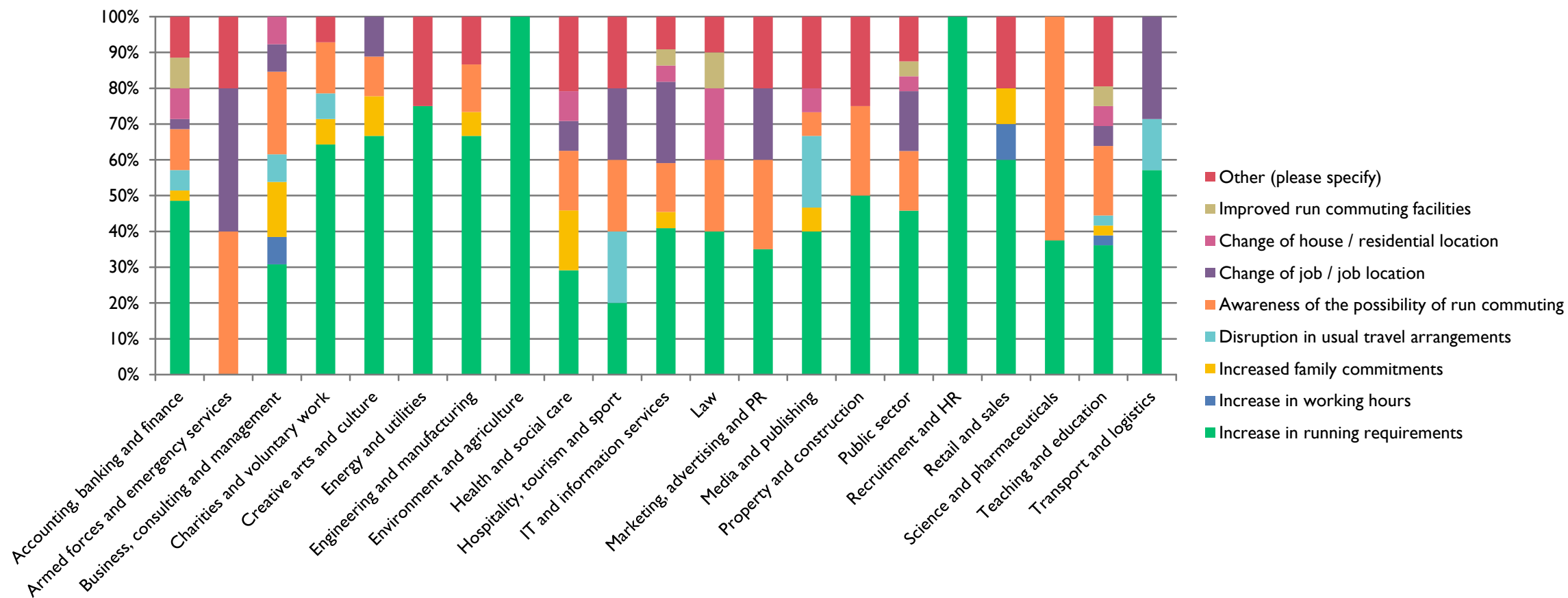
RUN COMMUTING CATALYST BY AGE

What caused you to start run commuting in the first place?



RUN COMMUTING CATALYST BY INDUSTRY

What caused you to start run commuting in the first place?





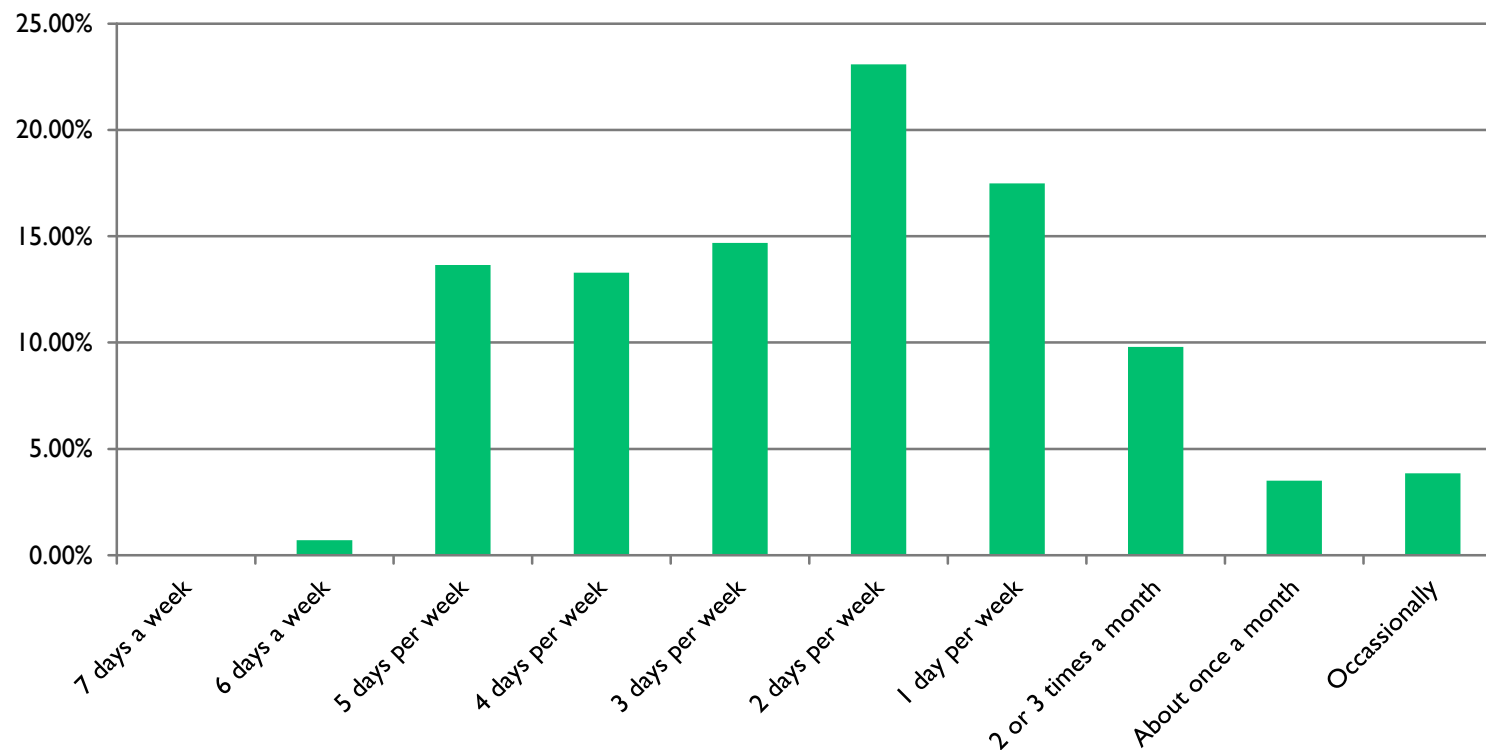
RUN-COMMUTING FREQUENCY



RUN-COMMUTING FREQUENCY

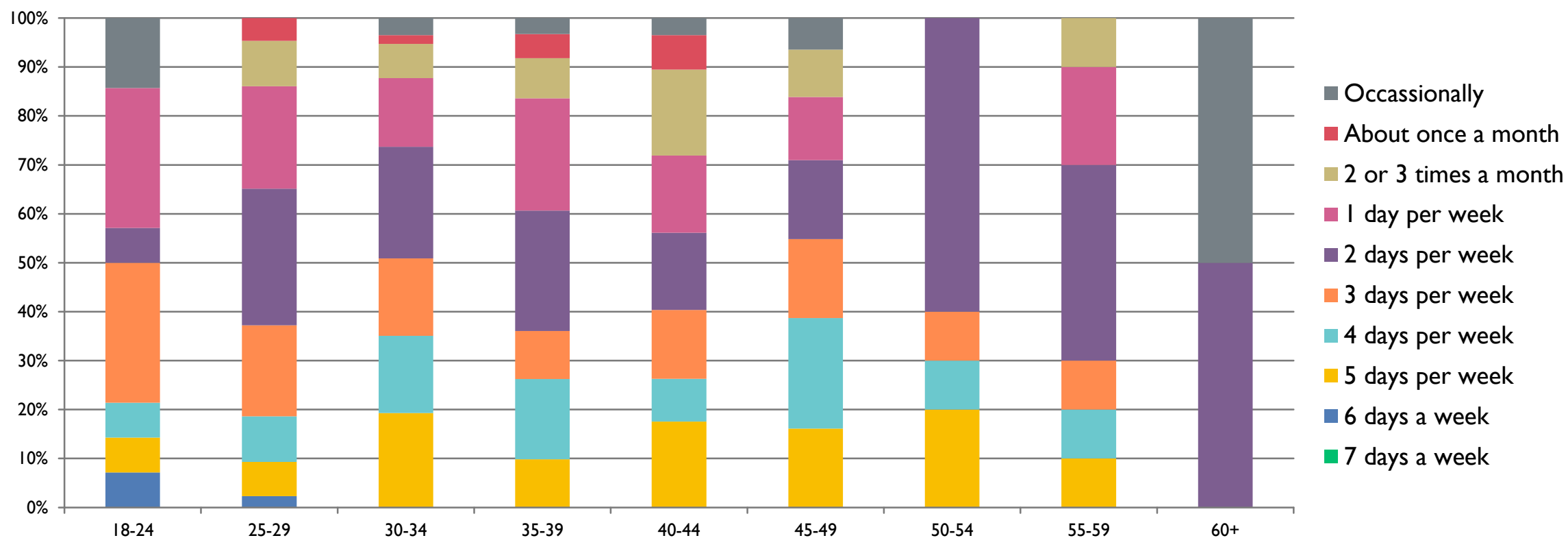
How often do you run commute at least one way?

- Mode: 2 days per week
- Median: 2 days per week
- 82.8% run at least once per week
- Answered: 286
- Skipped: 1



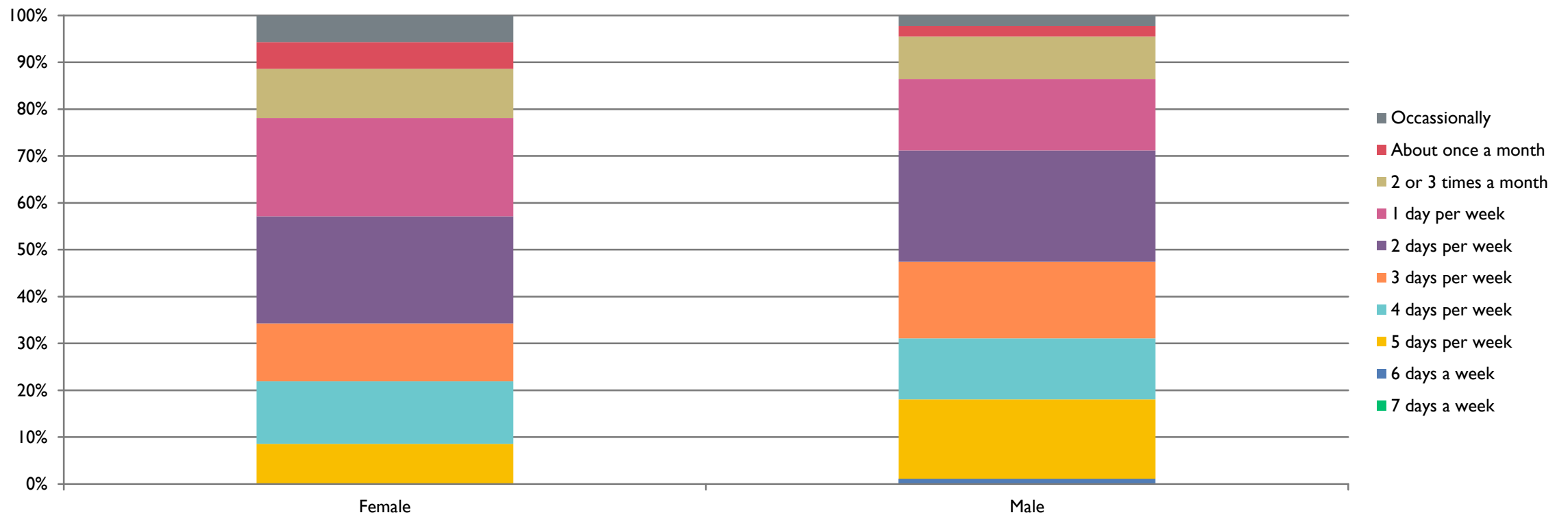
RUN-COMMUTING FREQUENCY BY AGE

How often do you run commute at least one way?



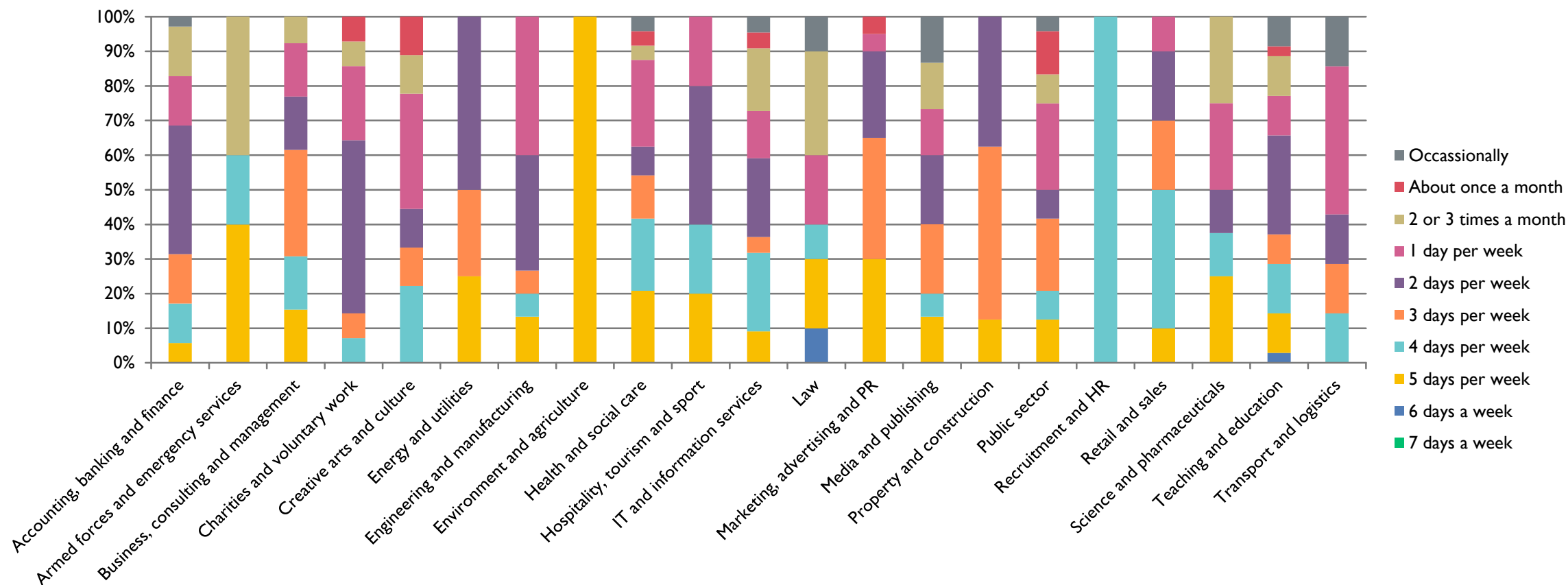
RUN COMMUTING FREQUENCY BY GENDER

How often do you run commute at least one way?



RUN COMMUTING FREQUENCY BY INDUSTRY

How often do you run commute at least one way?





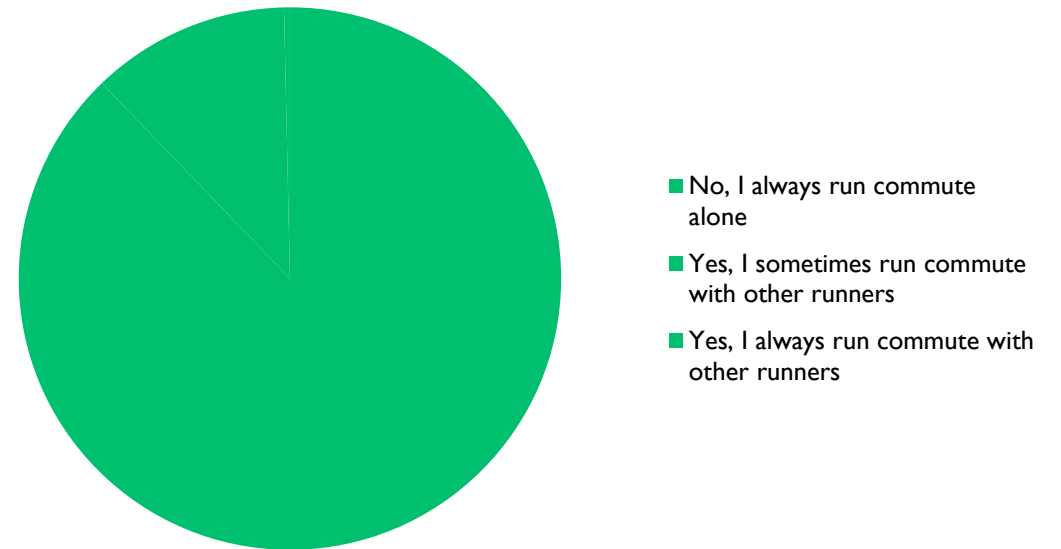
RUN WITH OTHERS?



RUN COMMUTE WITH OTHERS?

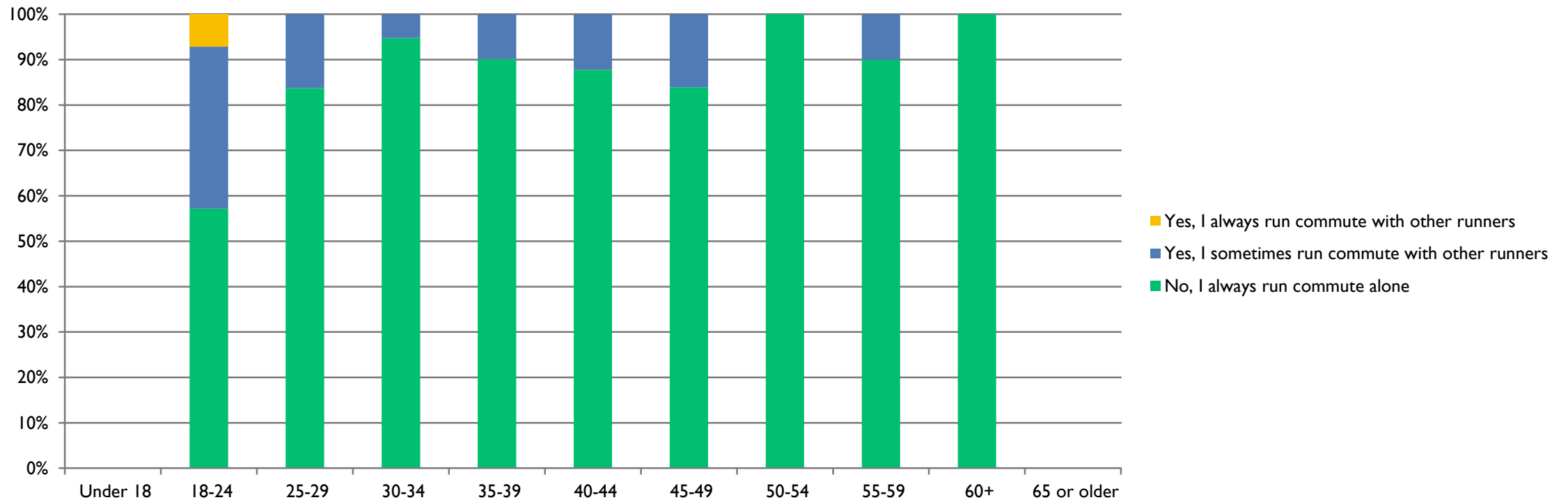
- 87.8% run commute by themselves always
- 11.85% sometimes run commute with others
- Only 0.35% always run commute with others
- Answered: 287
- Skipped: 0

Do you run commute with anyone else?

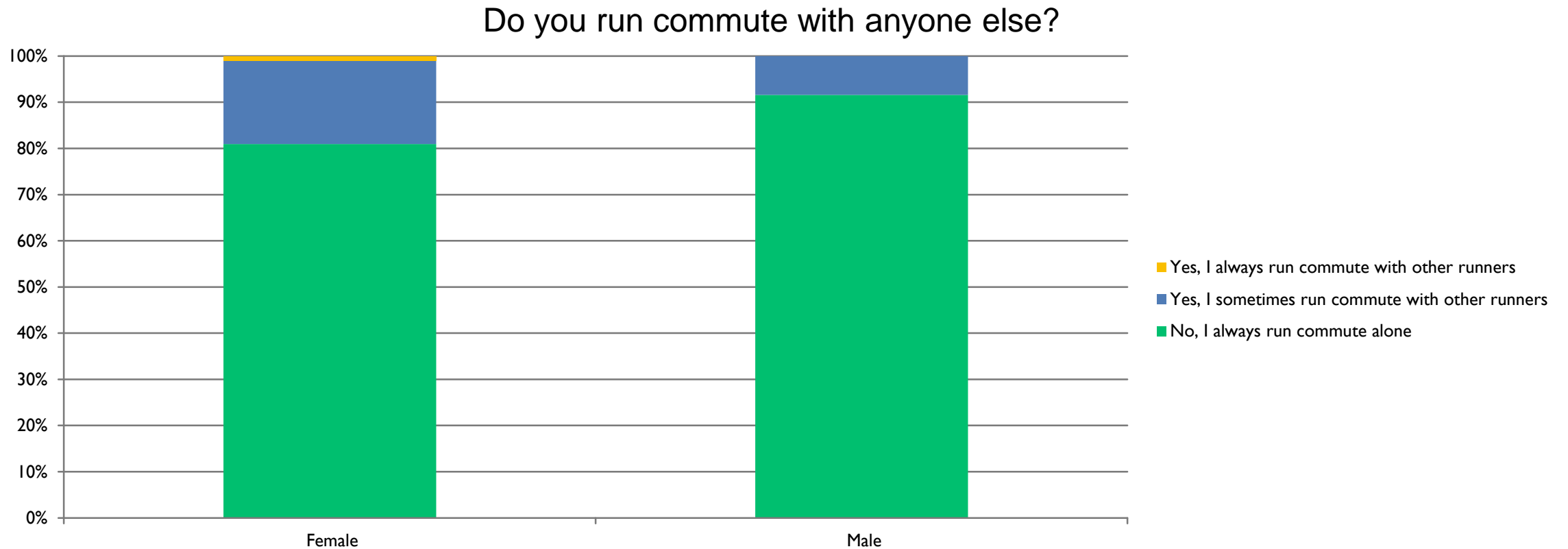


RUN COMMUTE WITH OTHERS BY AGE

Do you run commute with anyone else?



RUN COMMUTE WITH OTHERS BY GENDER





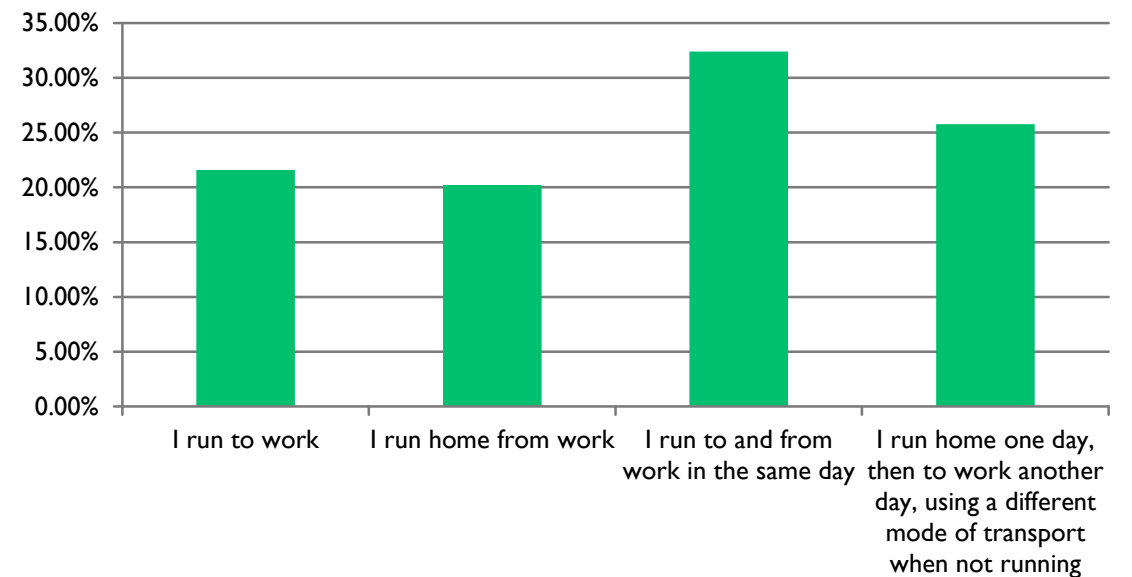
DIRECTION OF RUN COMMUTING



DIRECTION OF RUN COMMUTING

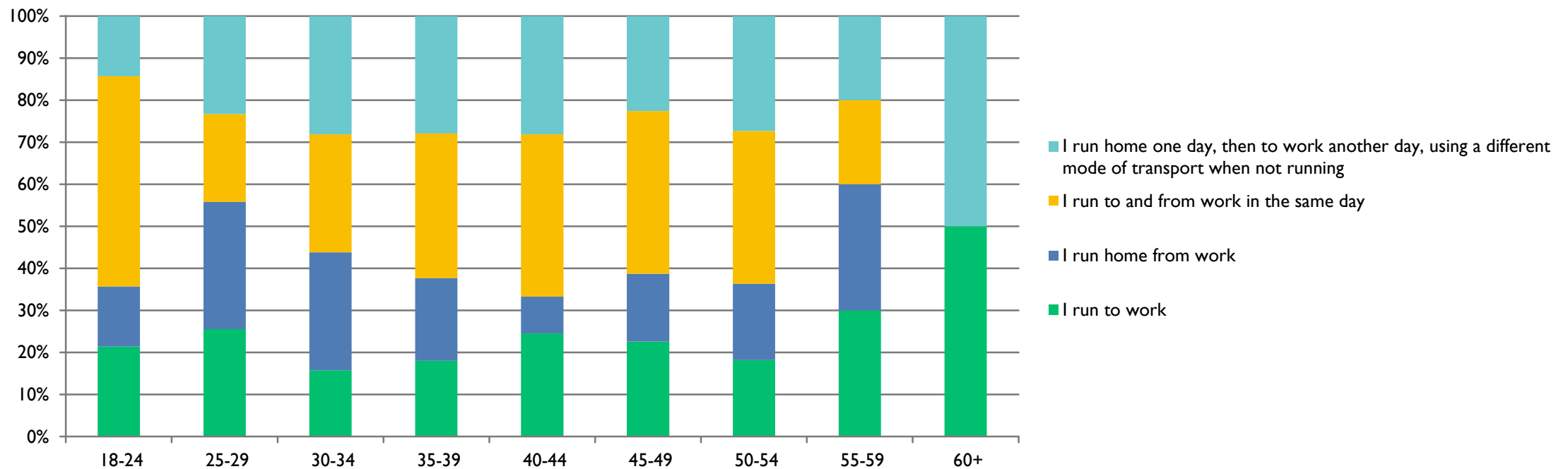
Direction	%
I run to work	21.60%
I run home from work	20.21%
I run to and from work in the same day	32.40%
I run home one day, then to work another day, using a different mode of transport when not running	25.78%
Answered:	287
Skipped:	0

In which direction do you run commute?



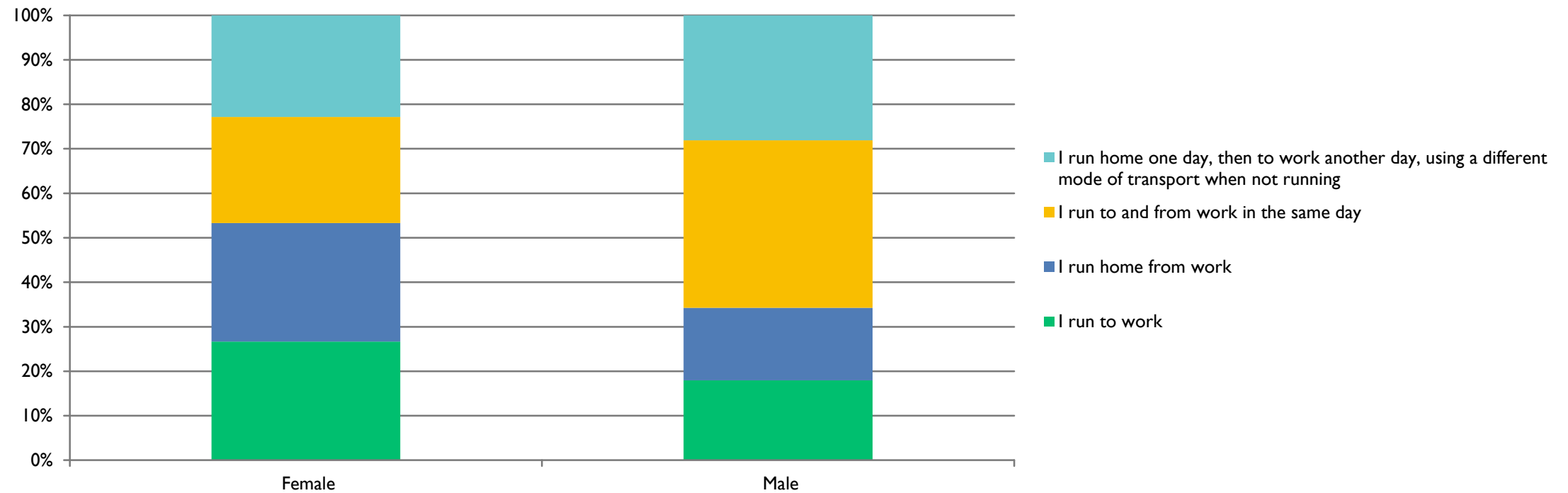
DIRECTION OF RUN COMMUTING BY AGE

In which direction do you run commute?



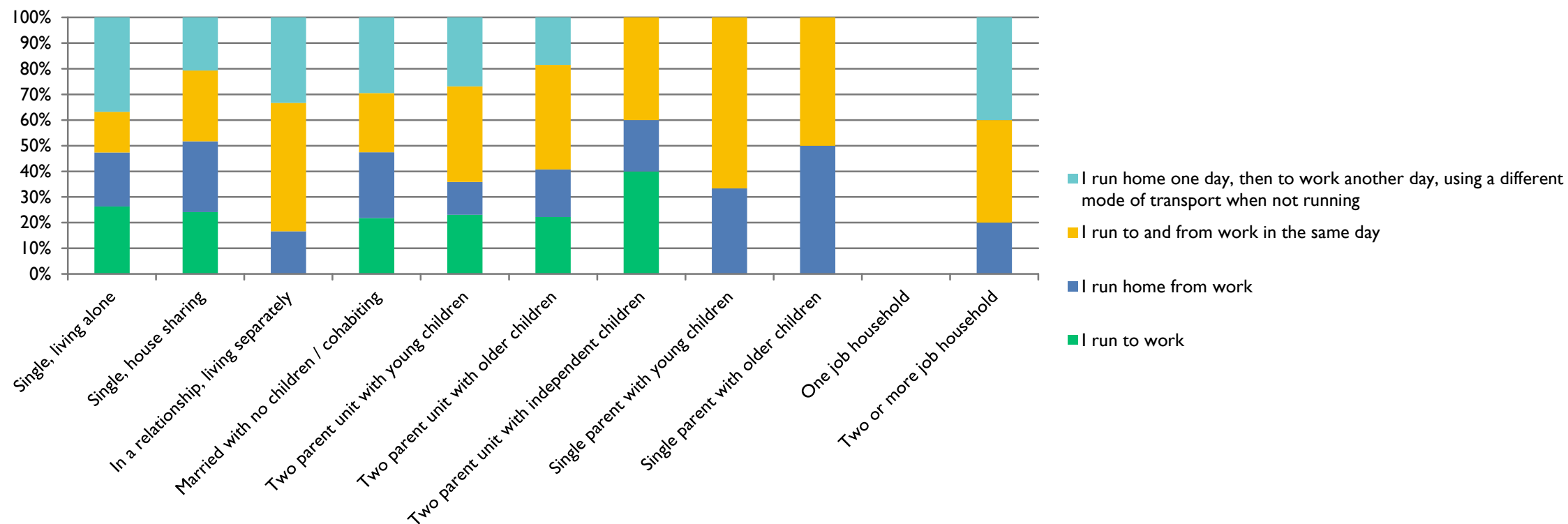
DIRECTION OF RUN COMMUTING BY GENDER

In which direction do you run commute?



DIRECTION OF RUN COMMUTE BY LIVING SITUATION

In which direction do you run commute?





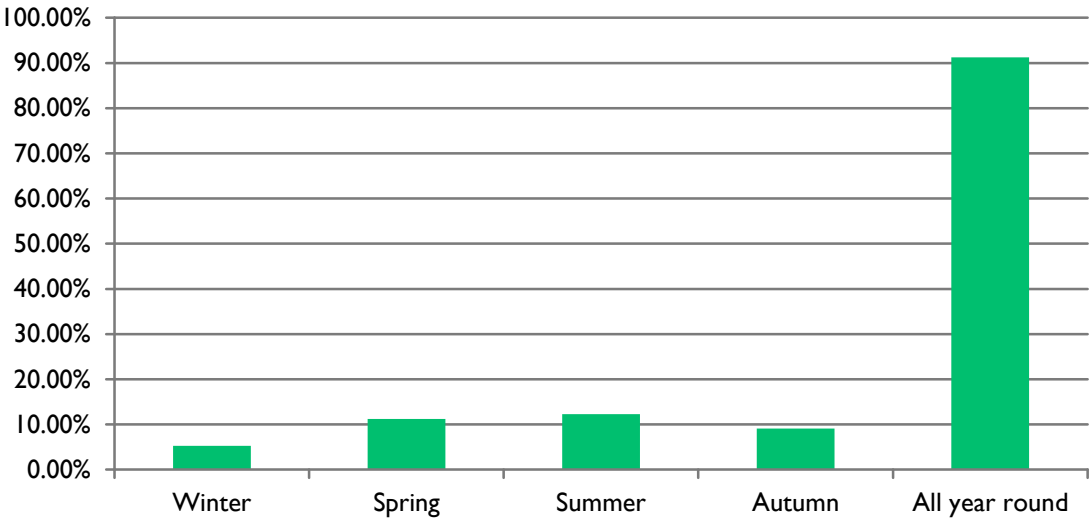
SEASONALITY OF RUN COMMUTING



SEASONALITY OF RUN COMMUTING

Answer Choices	Responses	
Winter	5.24%	15
Spring	11.19%	32
Summer	12.24%	35
Autumn	9.09%	26
All year round	91.26%	261
	Answered	286
	Skipped	1

During which seasons do you run commute? Please select all that apply.





DAYS OF THE WEEK RUN-COMMUTING

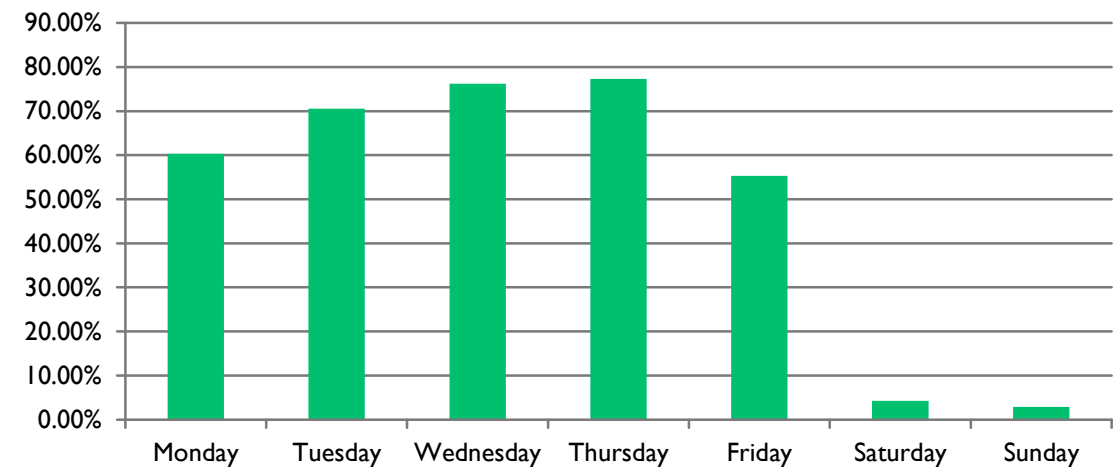


DAYS OF THE WEEK RUN COMMUTING

Answer Choices	Responses	
Monday	60.28%	170
Tuesday	70.57%	199
Wednesday	76.24%	215
Thursday	77.30%	218
Friday	55.32%	156
Saturday	4.26%	12
Sunday	2.84%	8
Answered		282
Skipped		5

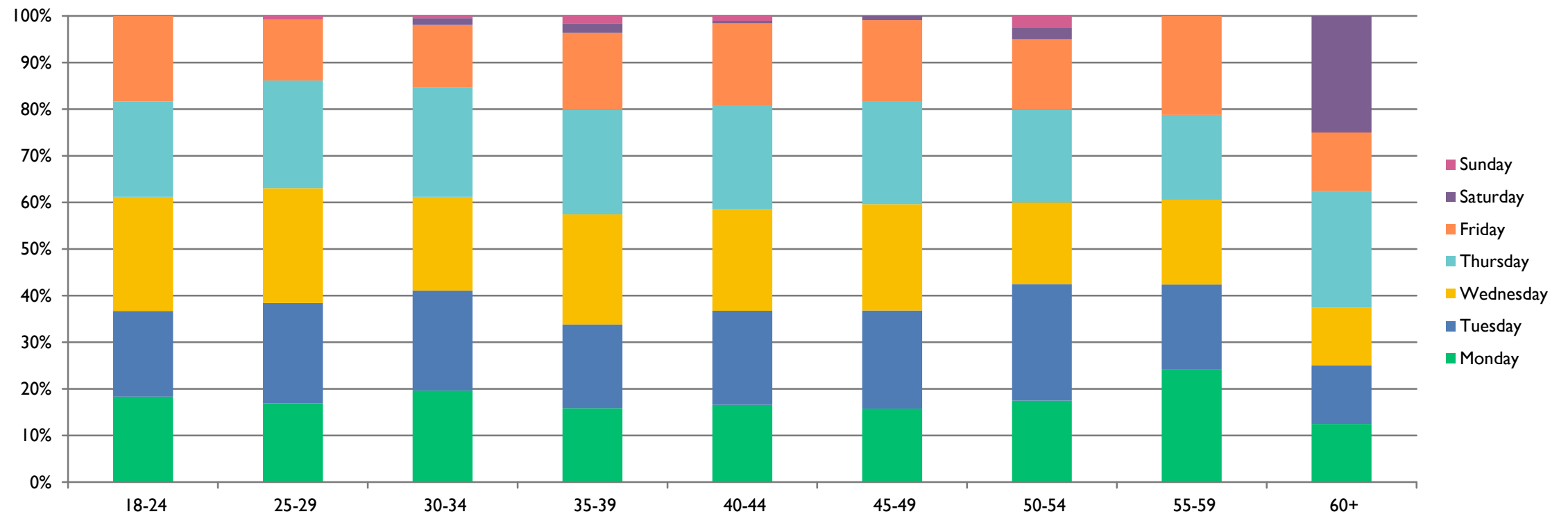
- Compare to the frequency of run commuting – do not add up. Suggests people may not have a fixed run commuting pattern.

Which days of the week do you prefer to run commute? Please select all that apply.



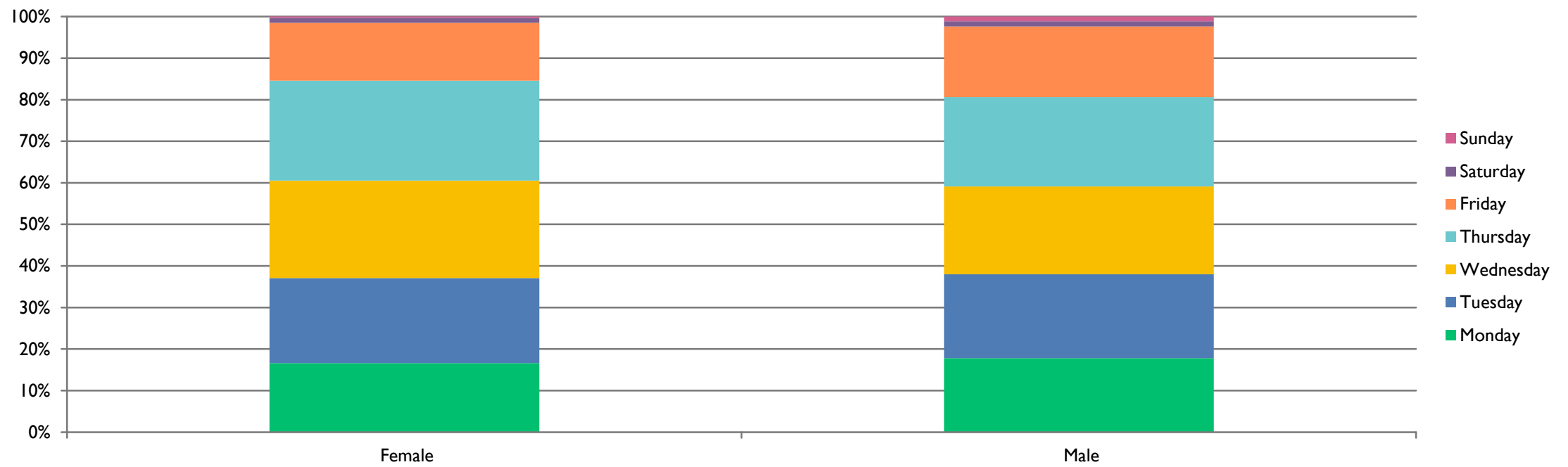
DAYS OF THE WEEK BY AGE

Which days of the week do you prefer to run commute? Please select all that apply.



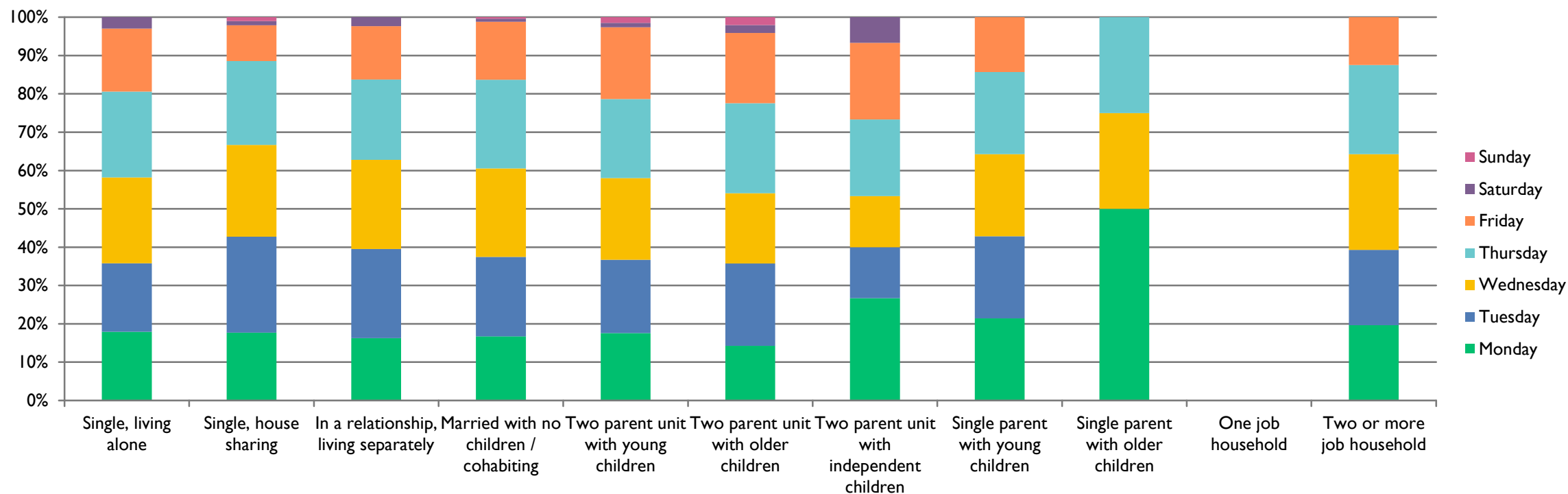
DAYS OF THE WEEK BY GENDER

Which days of the week do you prefer to run commute? Please select all that apply.



DAYS OF THE WEEK BY LIVING SITUATION

Which days of the week do you prefer to run commute? Please select all that apply.



DECISION TO RUN ON ANY DAY

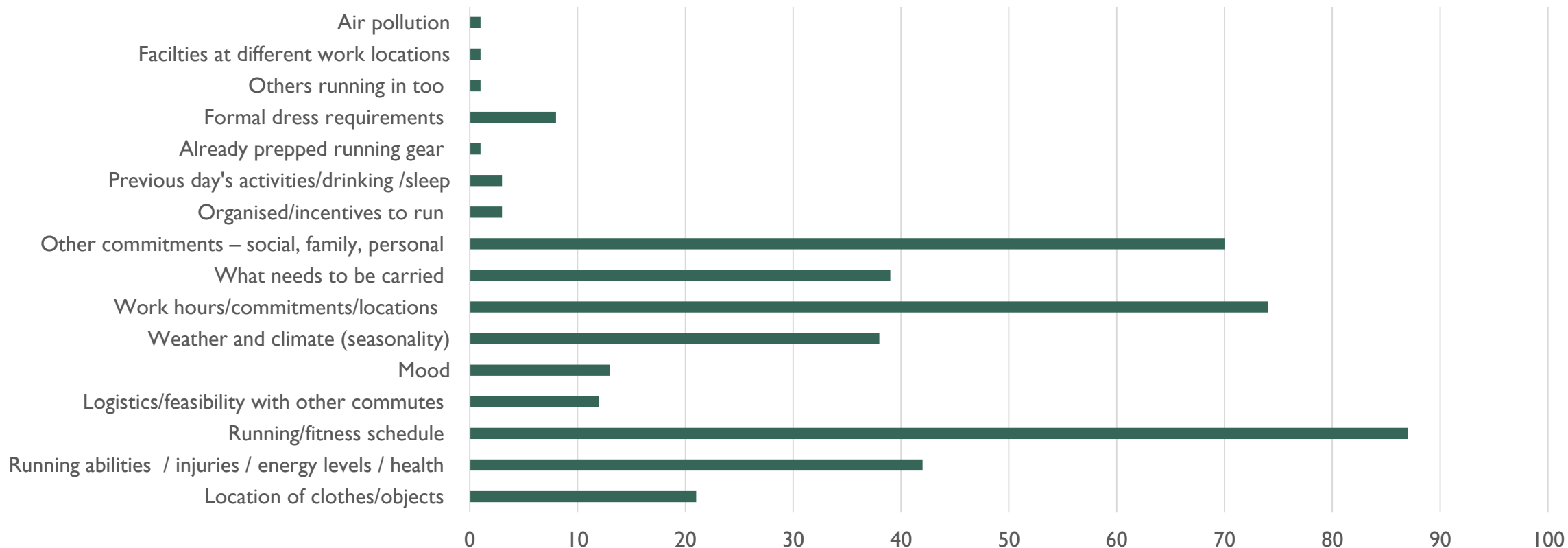
Factor	Number
Location of clothes/objects	21
Running abilities / injuries / energy levels / health	42
Running/fitness schedule	87
Logistics/feasibility with other commutes	12
Always run	1
Mood	13
Weather	37
Work hours/commitments/locations	74
What needs to be carried	39
Evening activities	30
Dependents needs	8
Organised/incentives to run	3
Previous day's activities/drinking /sleep	3
Time constraints / other commitments	24
Already prepped running gear	1
Family commitments	8
Formal dress requiremenets	8
Others running in too	1
Facilities at different work locations	1
Light (seasons)	1
Air pollution	1

DECISION TO RUN ON ANY DAY (CATEGORISED)

Factor	Number
Location of clothes/objects	21
Running abilities / injuries / energy levels / health	42
Running/fitness schedule	87
Logistics/feasibility with other commutes	12
Mood	13
Weather and climate (seasonality)	38
Work hours/commitments/locations	74
What needs to be carried	39
Other commitments – social, family, personal	70
Organised/incentives to run	3
Previous day's activities/drinking /sleep	3
Already prepped running gear	1
Formal dress requirements	8
Others running in too	1
Facilities at different work locations	1
Air pollution	1

DECISION TO RUN ON ANY DAY (CATEGORISED)

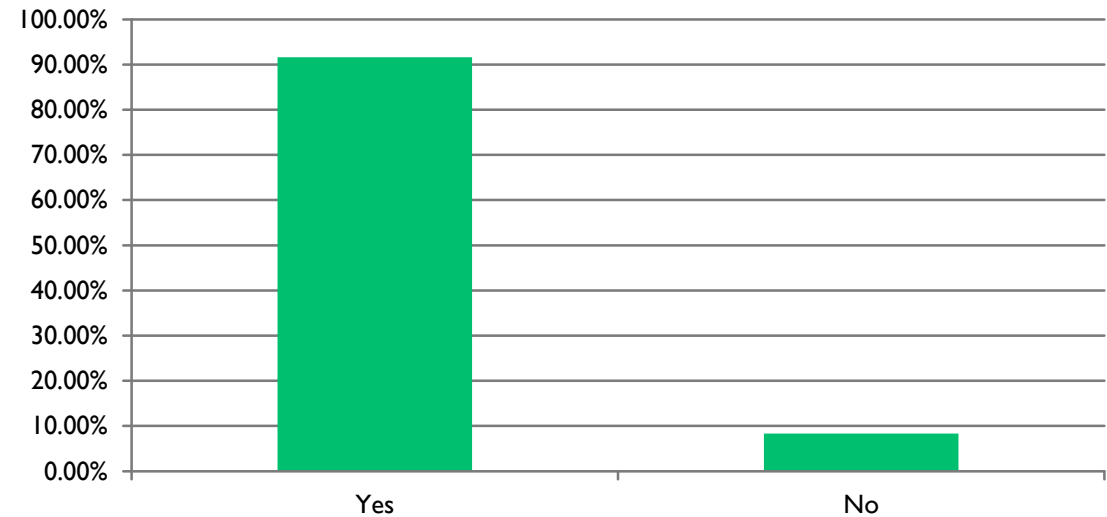
Factors influencing run-commuting



RUN COMMUTING AS PART OF A TRAINING / FITNESS PLAN?

Answer Choices	Responses	
Yes	91.64%	263
No	8.36%	24
	Answered	287
	Skipped	0

Do you use your run commute as part of a training/fitness plan?



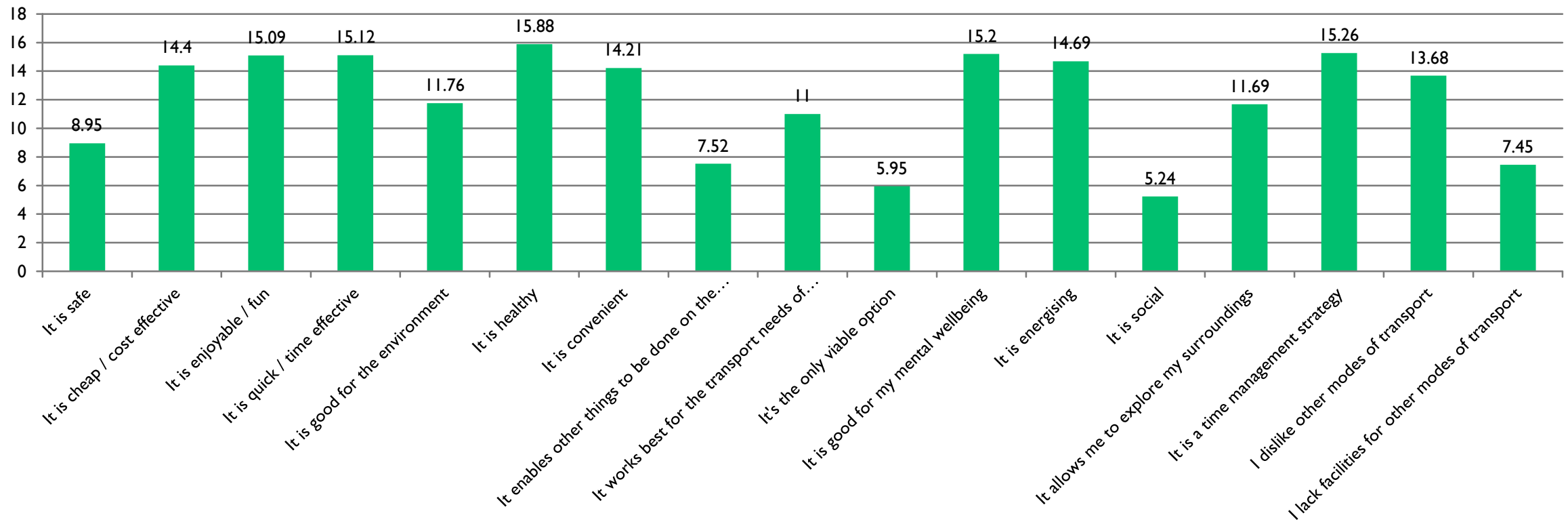


REASONS FOR RUN COMMUTING

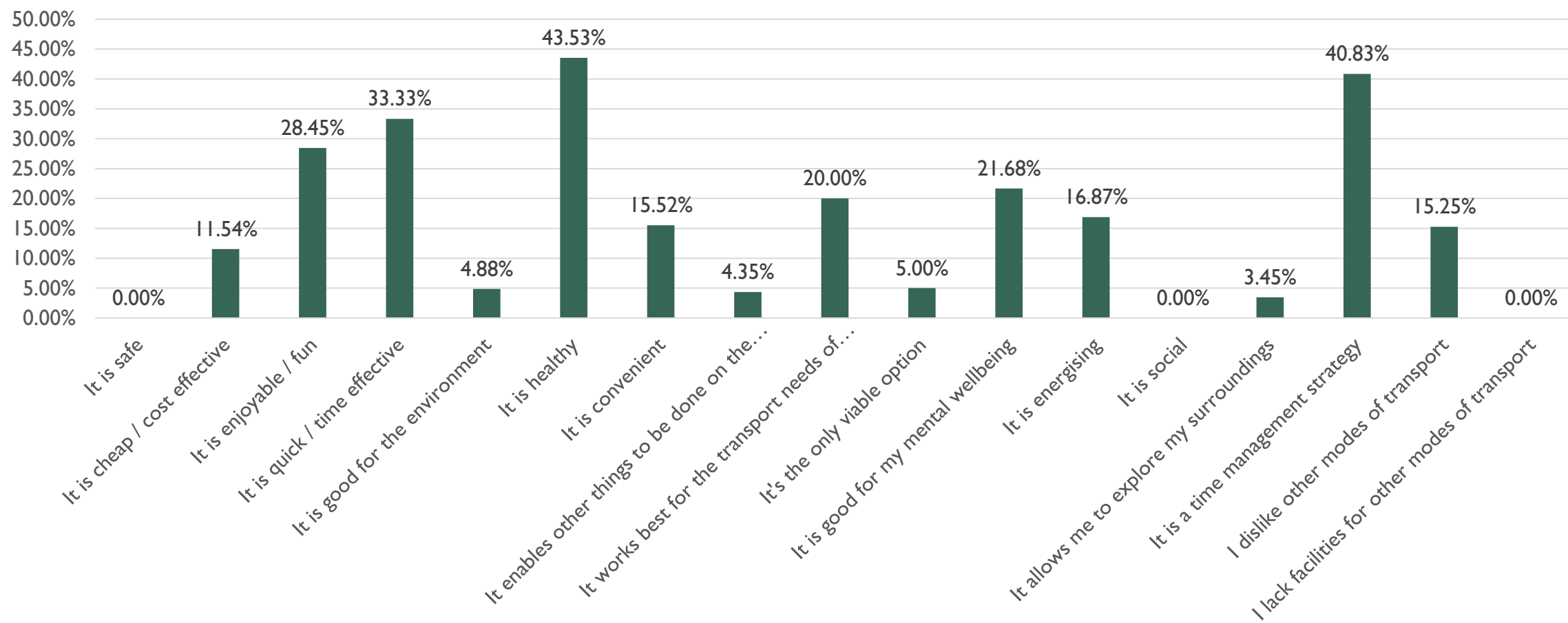


REASONS FOR RUN COMMUTING

Please rank your top reasons for run commuting. You only need to select your top THREE reasons, number 1 being the most important.



TOP REASON FOR RUN COMMUTING



OTHER REASONS FOR RUN COMMUTING

- All centred around convenient/feasible way of fitting in training and the benefits that brings.
- Very little difference between genders and age



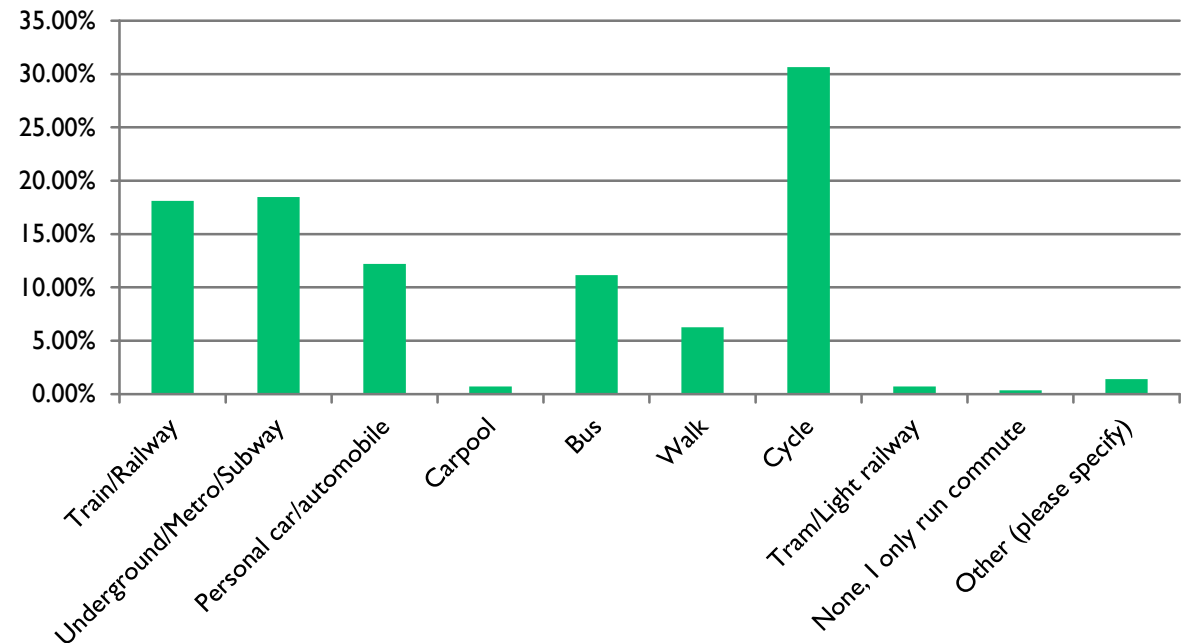
PRIMARY OTHER MODE OF COMMUTING



PRIMARY OTHER MODE OF COMMUTING

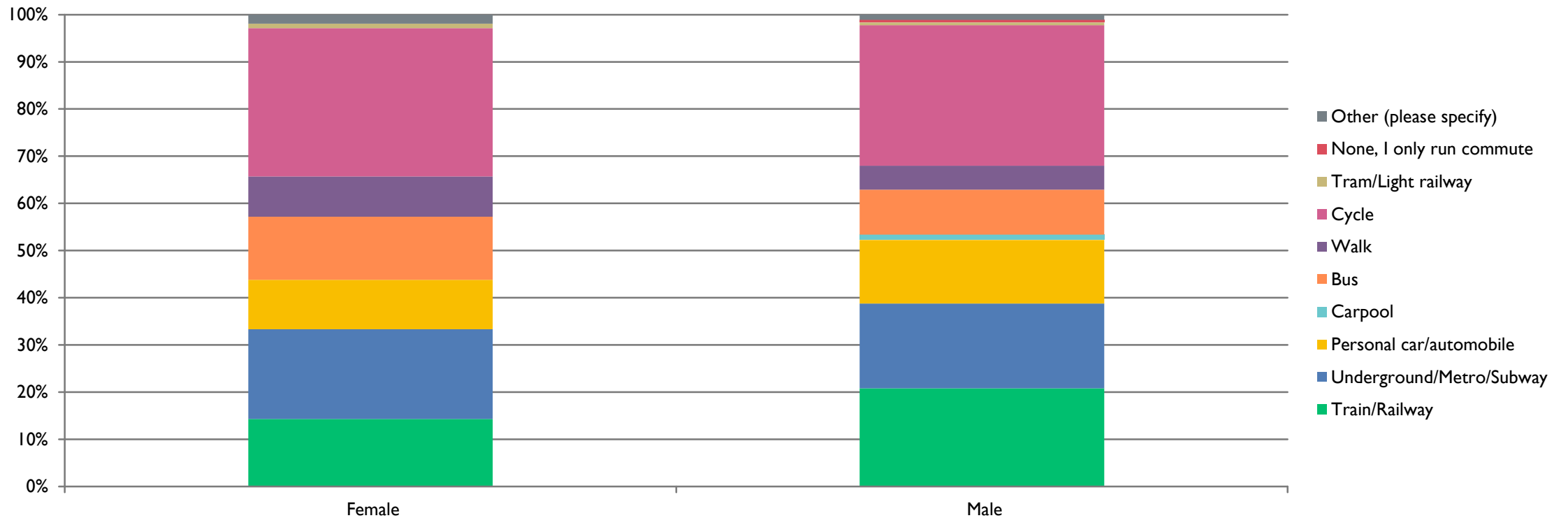
Answer Choices	Responses	
Train/Railway	18.12%	52
Underground/Metro/Subway	18.47%	53
Personal car/automobile	12.20%	35
Carpool	0.70%	2
Bus	11.15%	32
Walk	6.27%	18
Cycle	30.66%	88
Tram/Light railway	0.70%	2
None, I only run commute	0.35%	1
Other (please specify)	1.39%	4
	Answered	287
	Skipped	0

What is the primary mode of transport for your commute when not running?



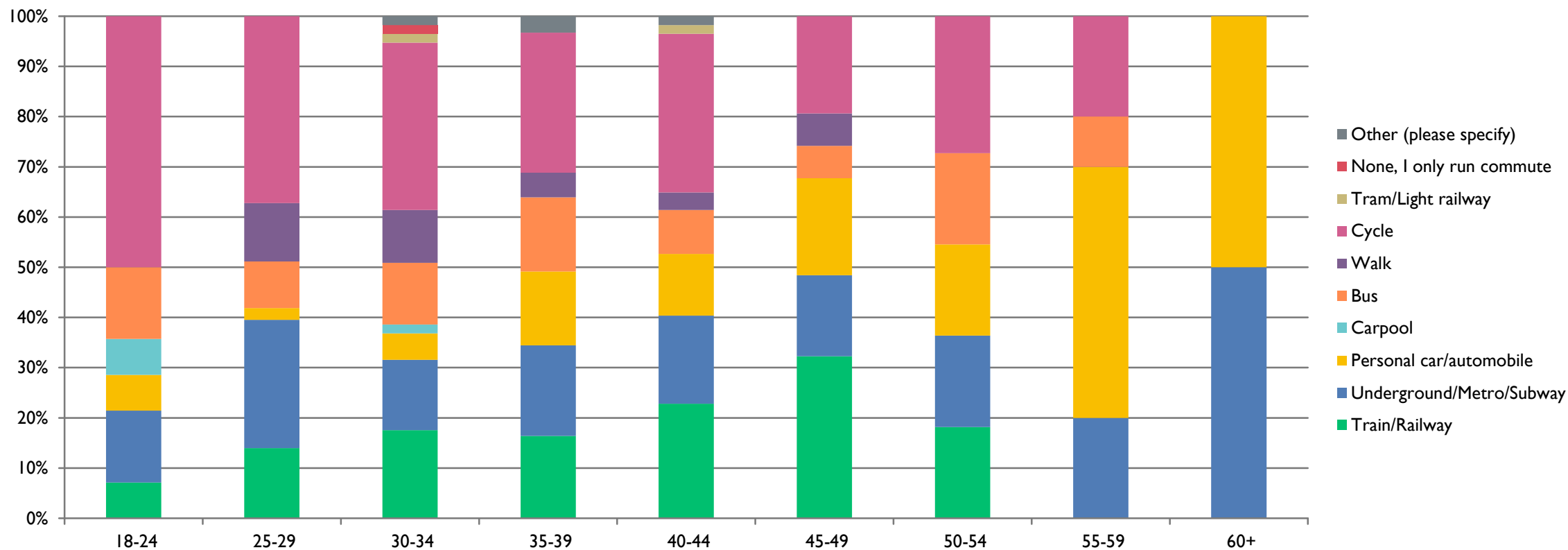
PRIMARY OTHER MODE OF COMMUTING BY GENDER

What is the primary mode of transport for your commute when not running?



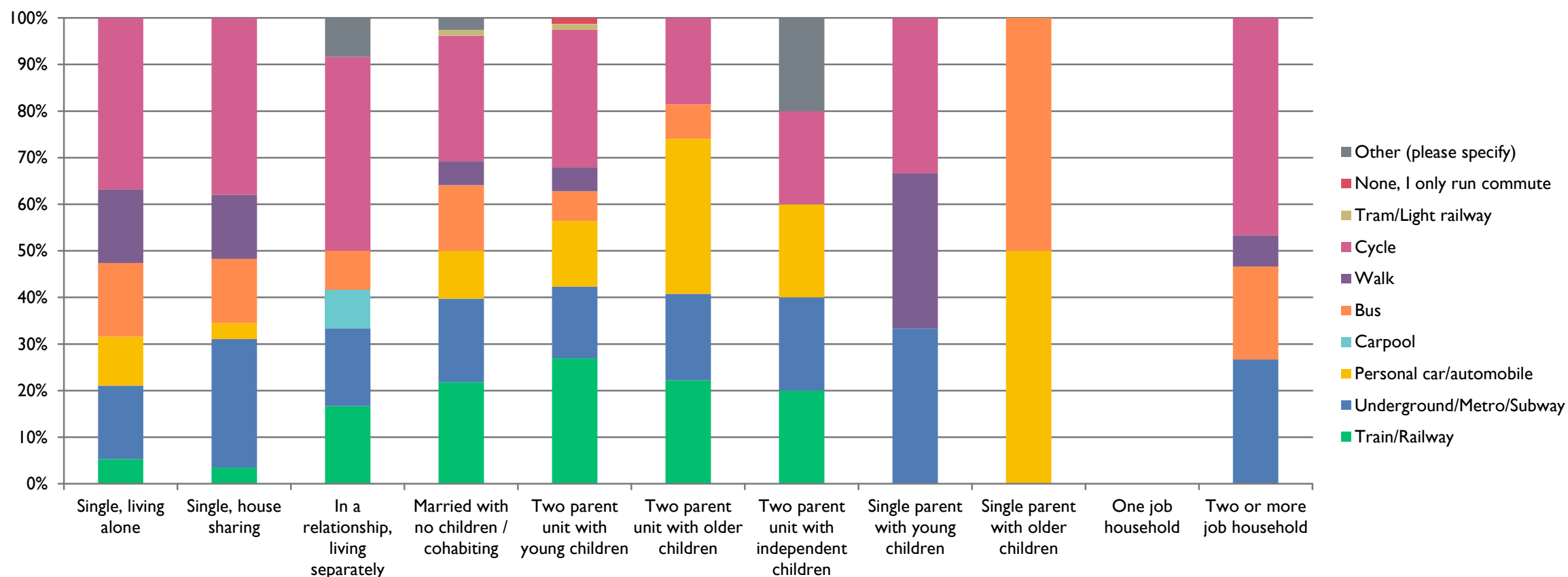
PRIMARY OTHER MODE OF COMMUTING BY AGE

What is the primary mode of transport for your commute when not running?



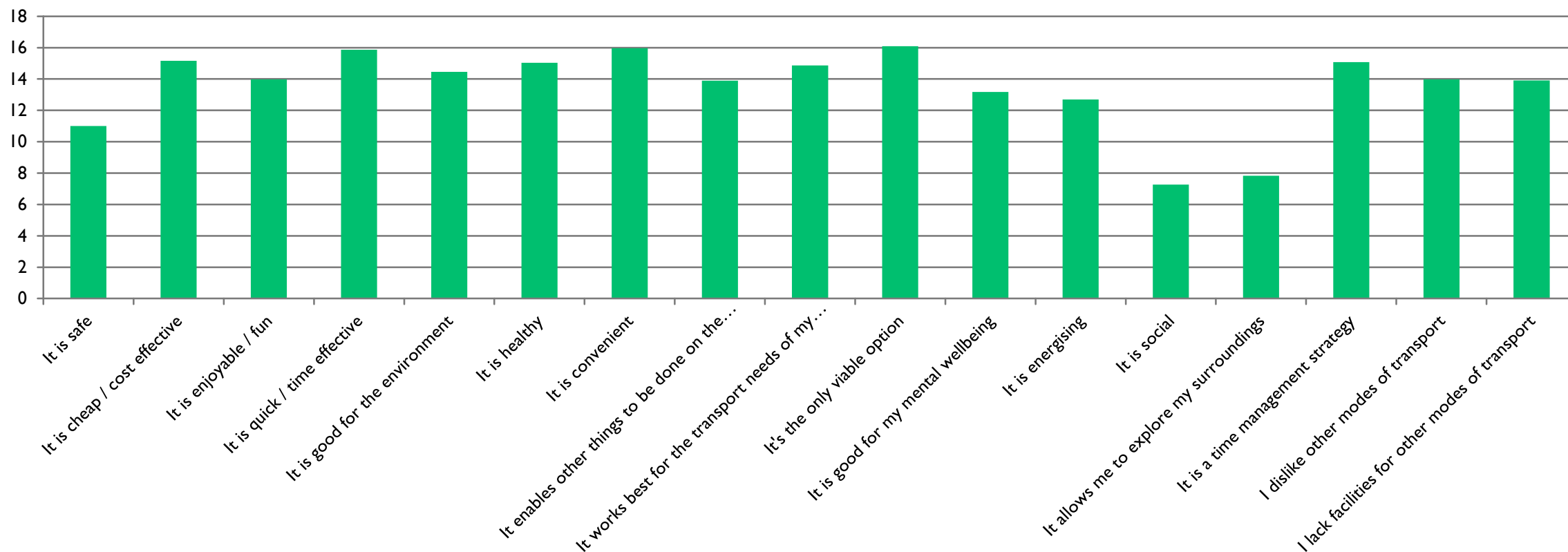
PRIMARY OTHER MODE OF COMMUTING BY LIVING SITUATION

What is the primary mode of transport for your commute when not running?

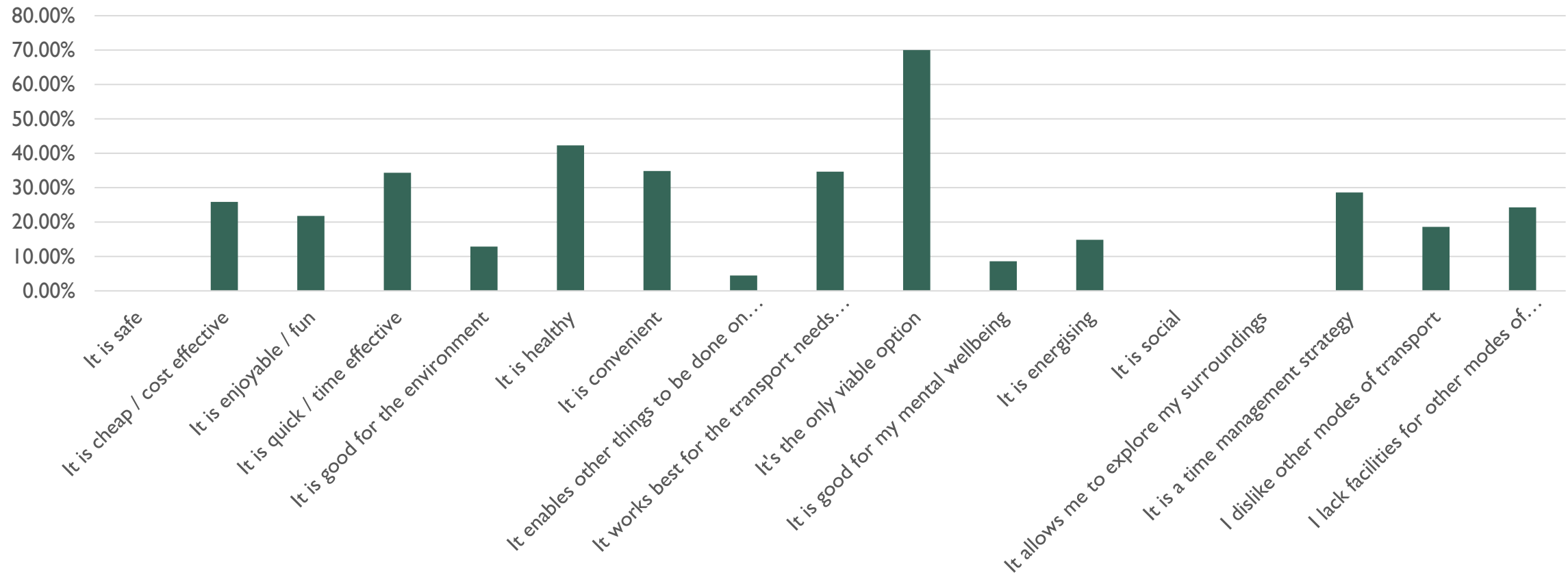


REASONS FOR CHOOSING OTHER PRIMARY COMMUTING MODE

Please rank your top reasons for choosing this mode of transport. You only need to select your top THREE reasons, number 1 being the most important.



TOP REASON FOR CHOOSING OTHER PRIMARY COMMUTE MODE





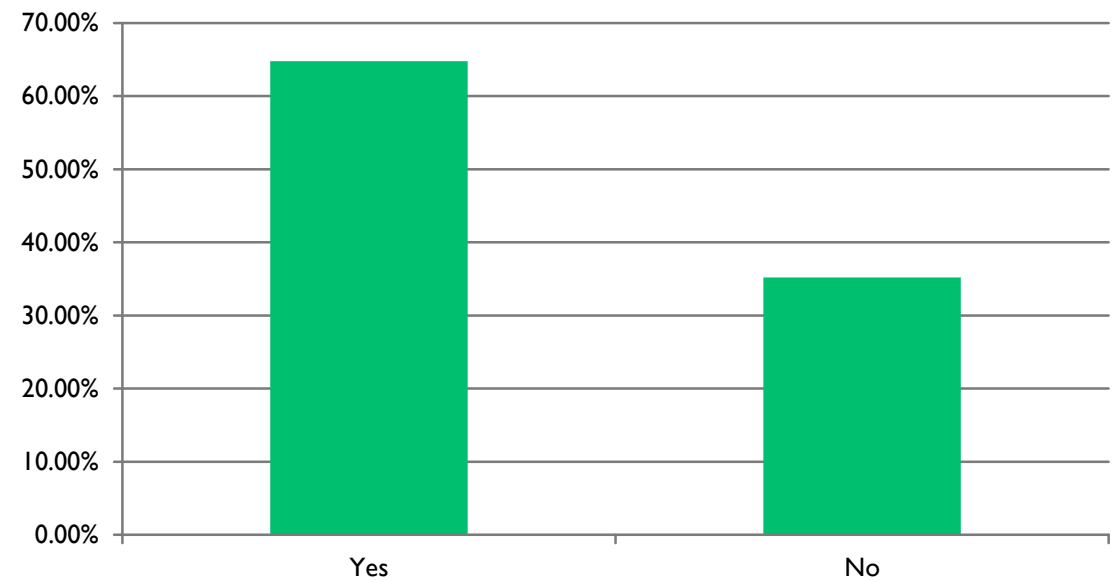
DOES RUN COMMUTING REDUCE TRANSPORT COSTS?



DECREASE IN TRANSPORT COSTS?

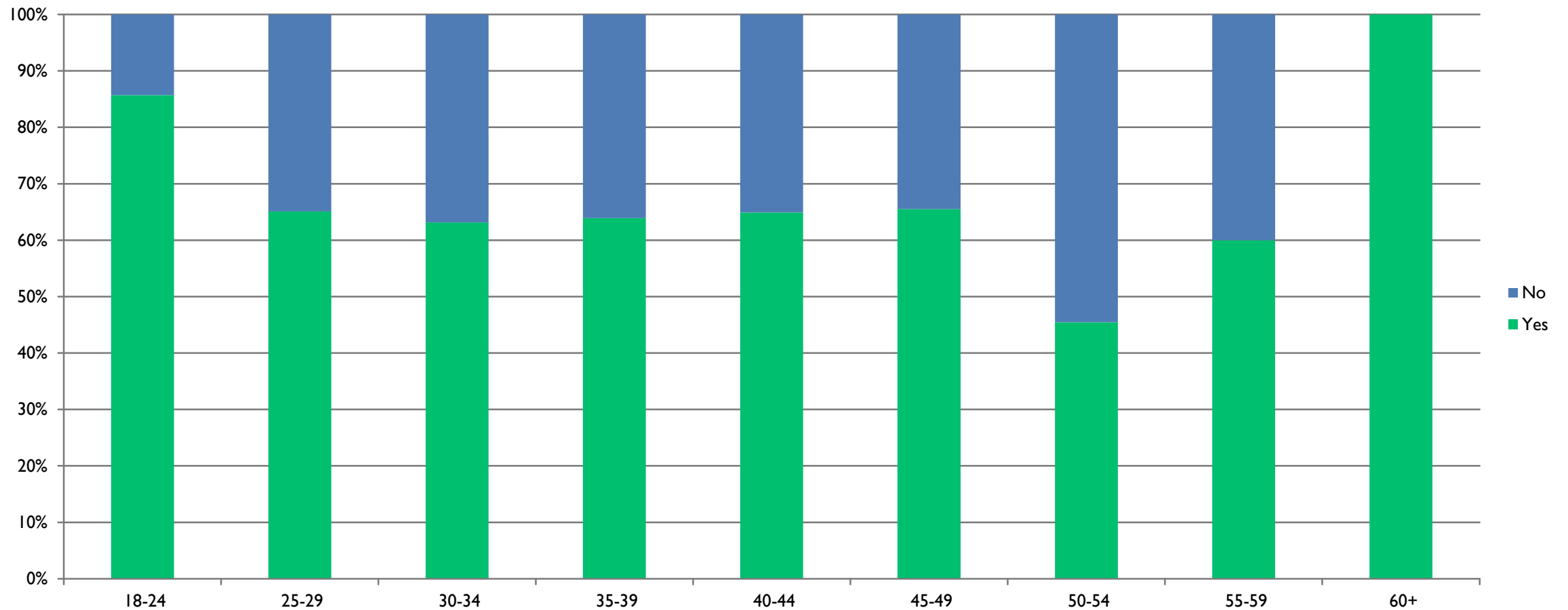
Answer Choices	Responses	
Yes	64.79%	184
No	35.21%	100
Answered		284
Skipped		3

Does run commuting help to reduce that cost?



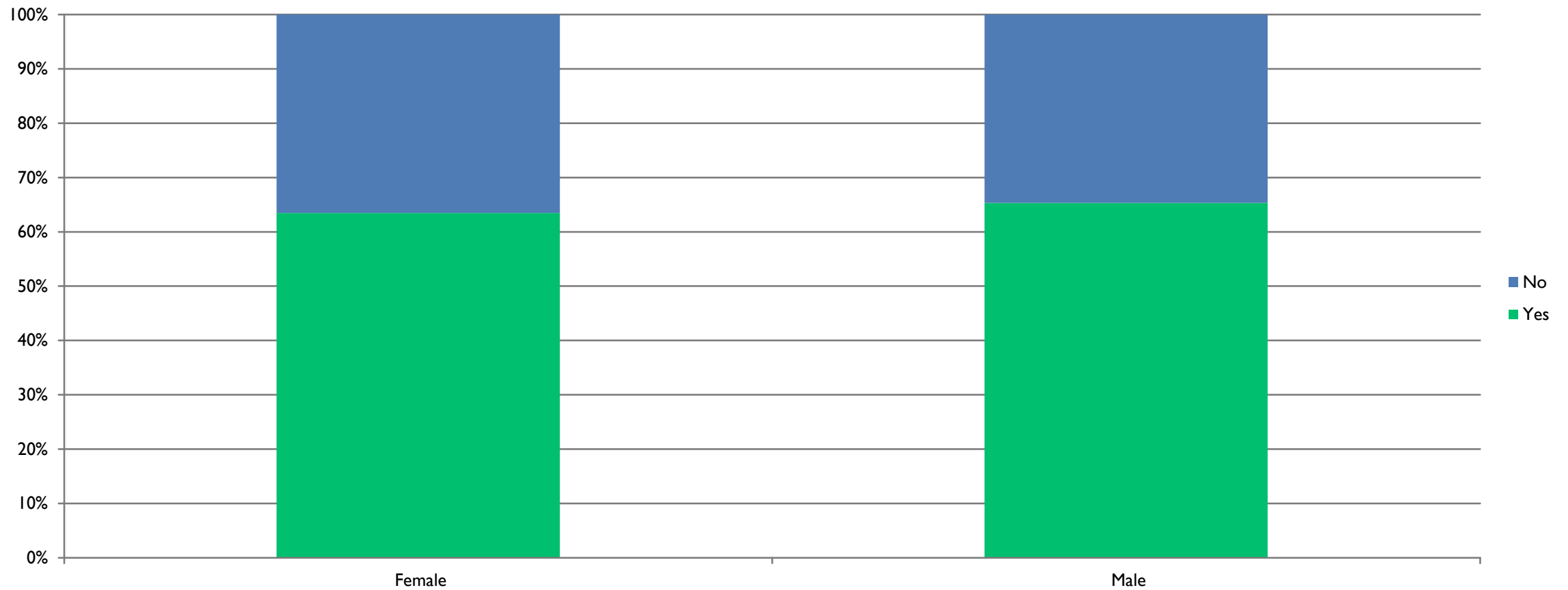
DECREASE IN TRANSPORT COSTS BY AGE

Does run commuting help to reduce that cost?



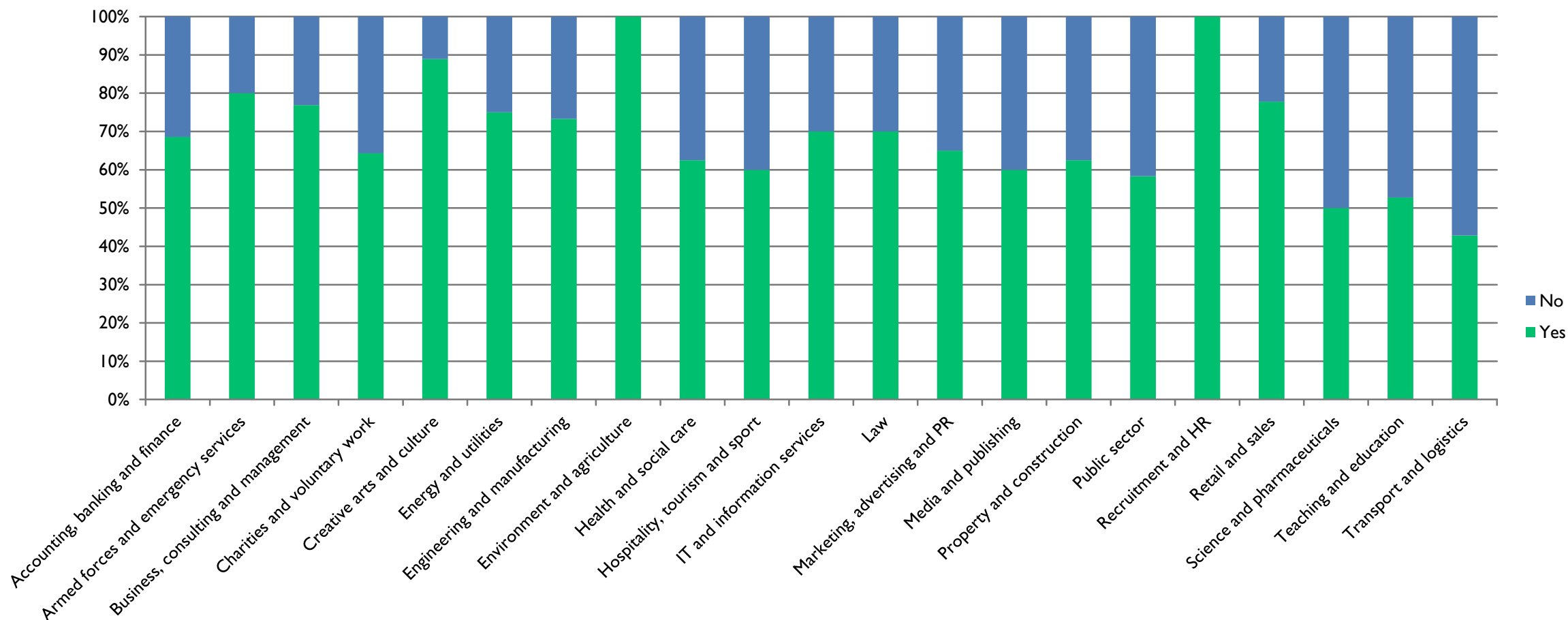
DECREASE IN TRANSPORT COSTS BY GENDER

Does run commuting help to reduce that cost?



DECREASE IN TRANSPORT COSTS BY INDUSTRY

Does run commuting help to reduce that cost?



SAVINGS THROUGH RUN-COMMUTING PER MONTH

- Higher estimates
 - Mean: £53.64
 - 1st Quartile: £15
 - Median: £30
 - 3rd Quartile: £60
 - Range: £944
-
- Answered: 166
 - Skipped: 108



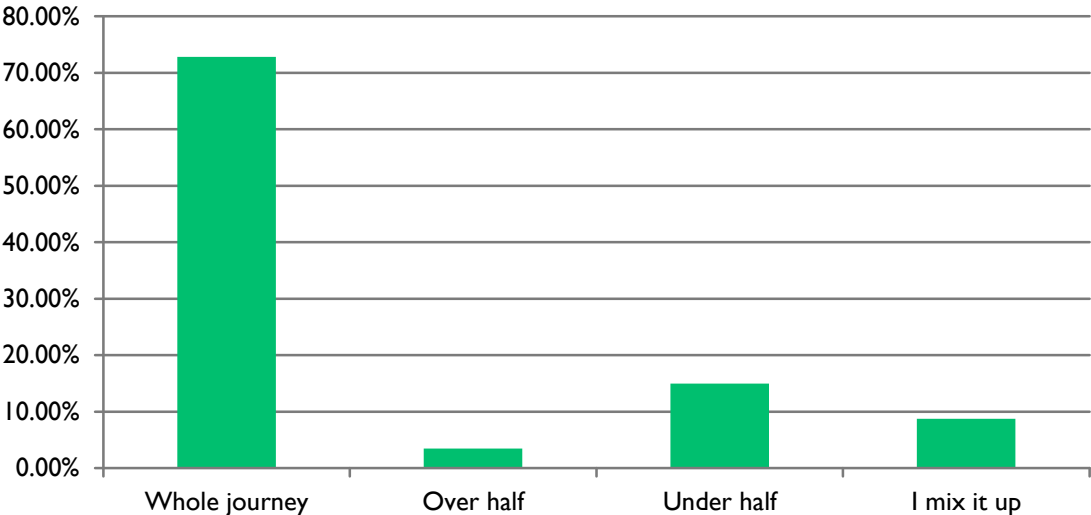
AMOUNT OF COMMUTE ACTUALLY RAN



AMOUNT OF JOURNEY ACTUALLY RAN

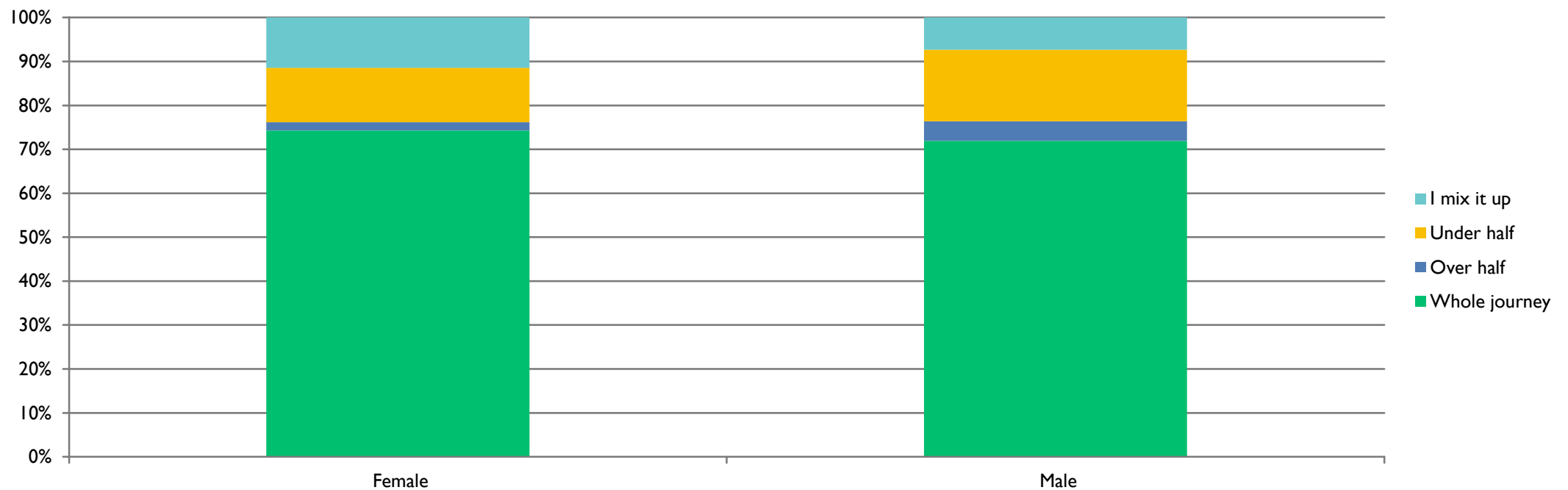
Answer Choices	Responses	
Whole journey	72.82%	209
Over half	3.48%	10
Under half	14.98%	43
I mix it up	8.71%	25
Answered		287
Skipped		0

How much of your commute do you tend to run?



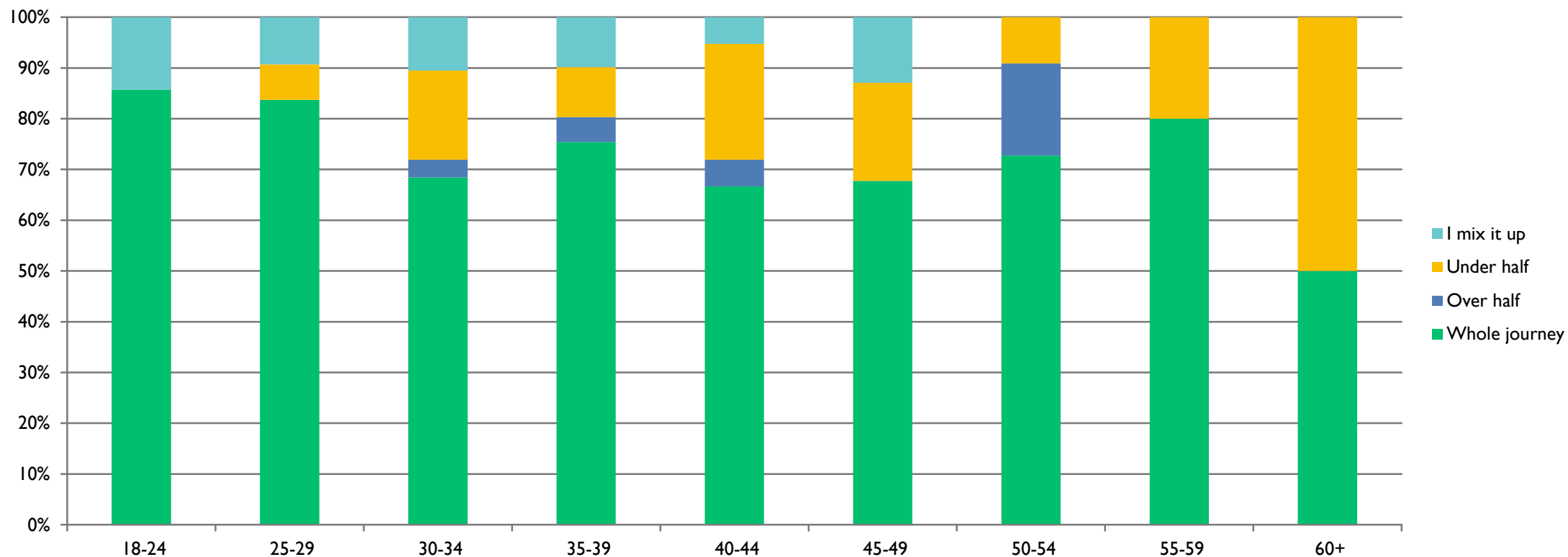
AMOUNT OF JOURNEY ACTUALLY RAN BY GENDER

How much of your commute do you tend to run?



AMOUNT OF JOURNEY ACTUALLY RAN BY AGE

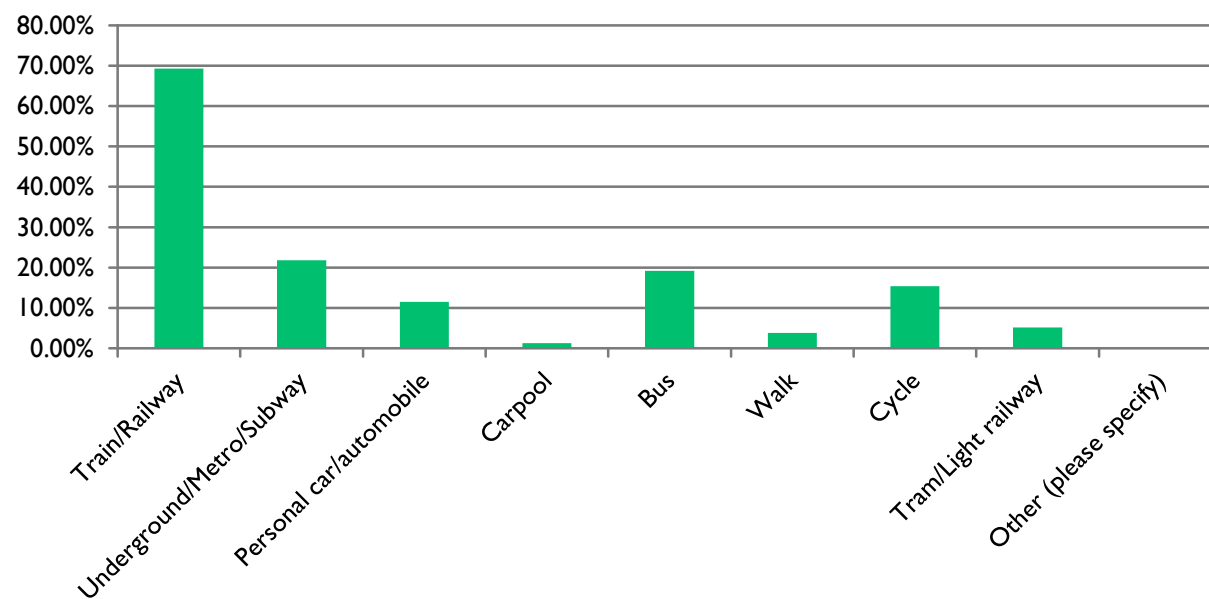
How much of your commute do you tend to run?



HOW ARE MODALITIES COMBINED ON THE RUN COMMUTE?

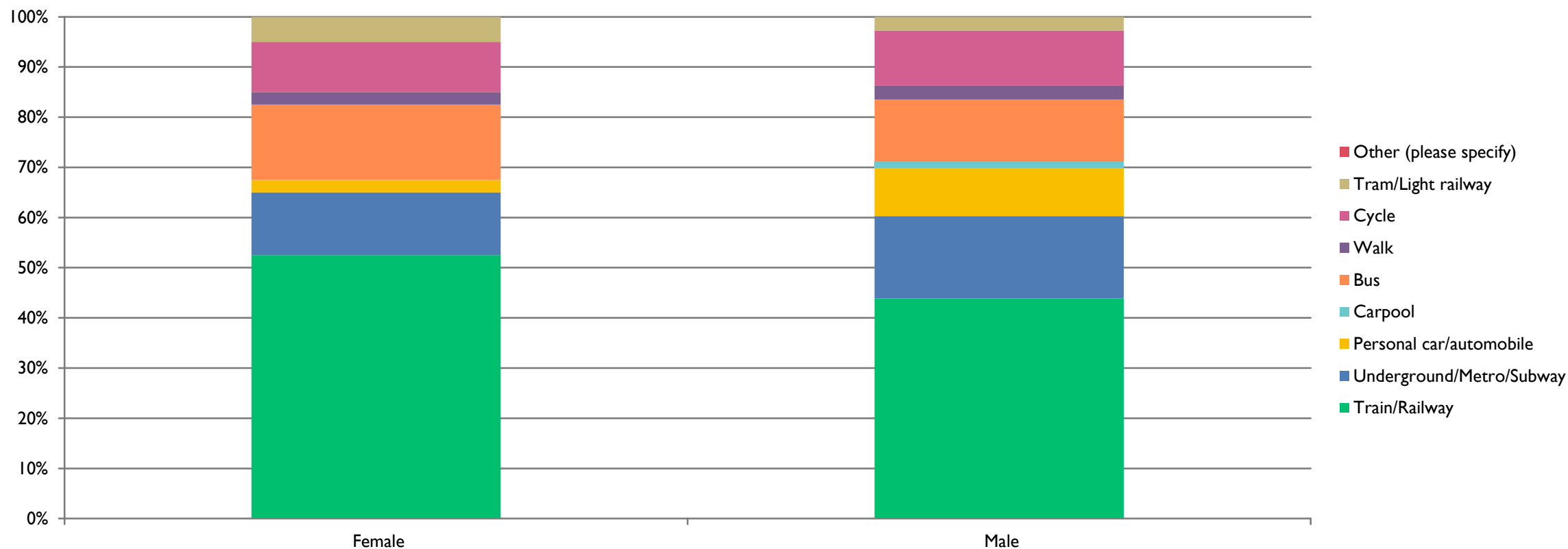
Answer Choices	Responses	
Train/Railway	69.23%	54
Underground/Metro/Subway	21.79%	17
Personal car/automobile	11.54%	9
Carpool	1.28%	1
Bus	19.23%	15
Walk	3.85%	3
Cycle	15.38%	12
Tram/Light railway	5.13%	4
Other (please specify)	0.00%	0
	Answered	78
	Skipped	209

Which other forms of transport do you combine run commuting with? Please select all that apply.



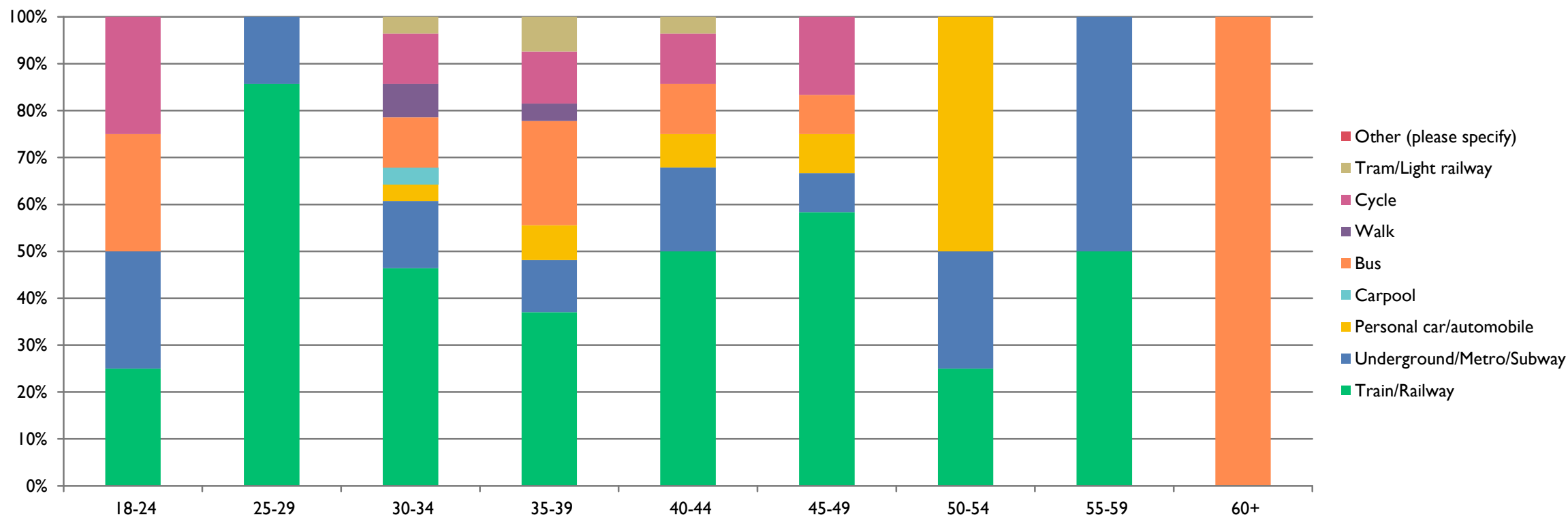
COMBINATION OF MODALITIES BY GENDER

Which other forms of transport do you combine run commuting with? Please select all that apply.



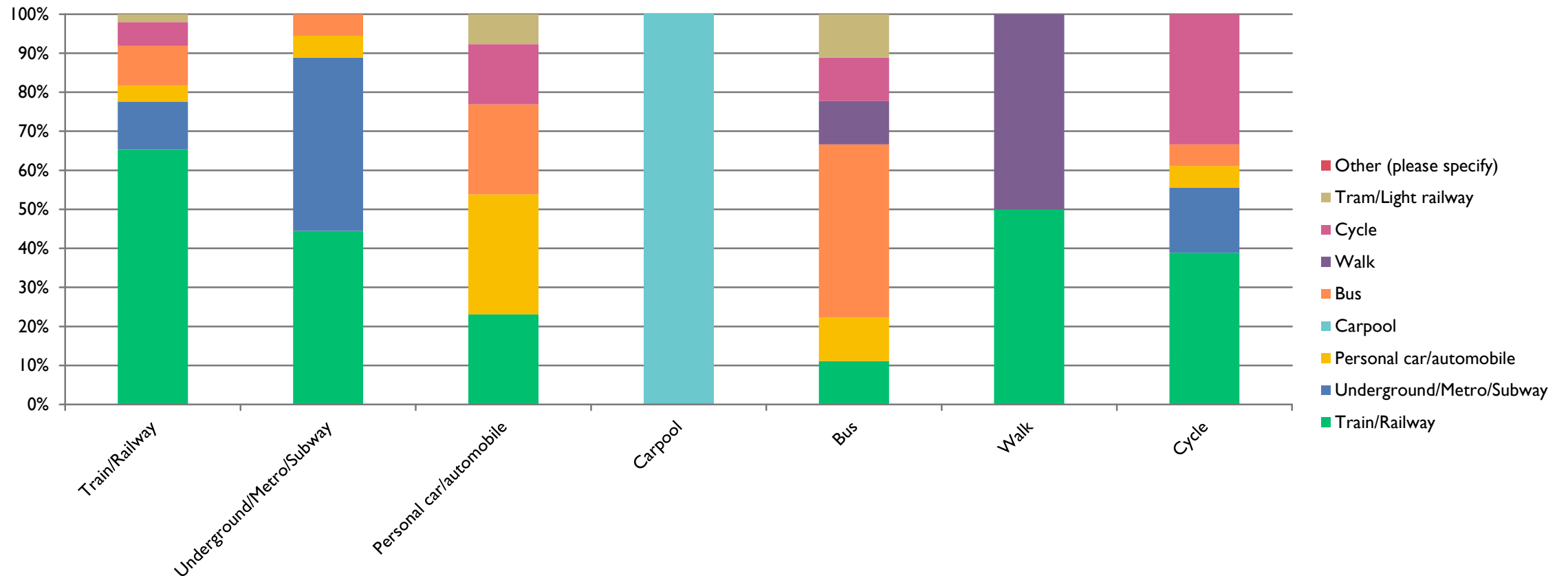
COMBINATION OF MODALITIES BY AGE

Which other forms of transport do you combine run commuting with? Please select all that apply.



COMBINATION OF MODALITIES BY OTHER PRIMARY COMMUTE MODE

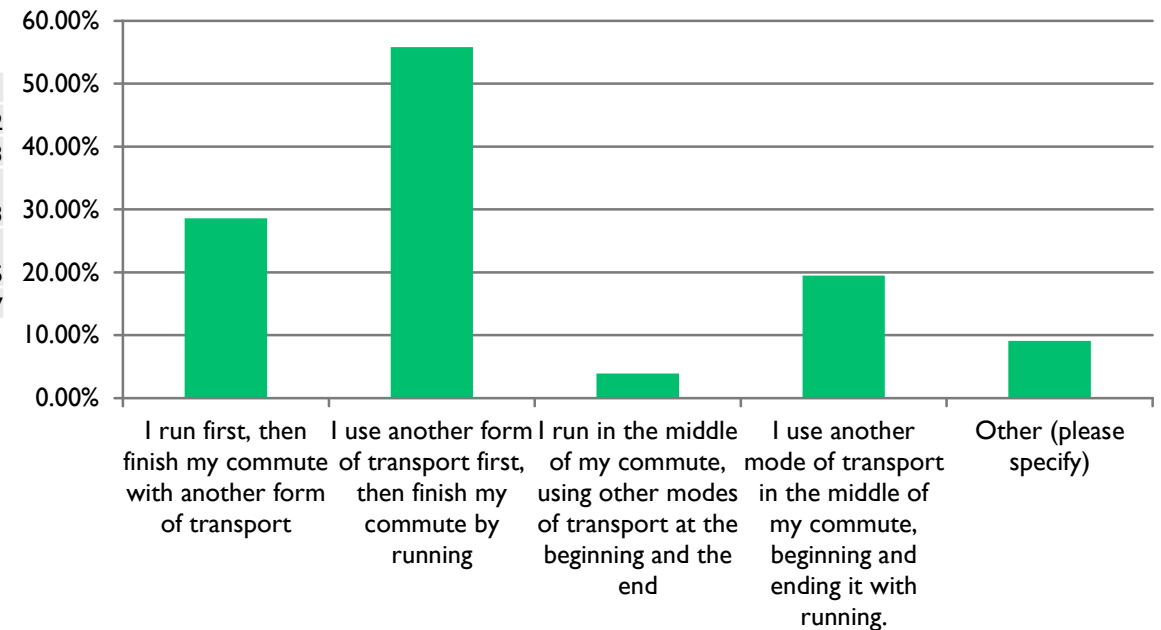
Which other forms of transport do you combine run commuting with? Please select all that apply.



SEQUENCE OF COMBINATION

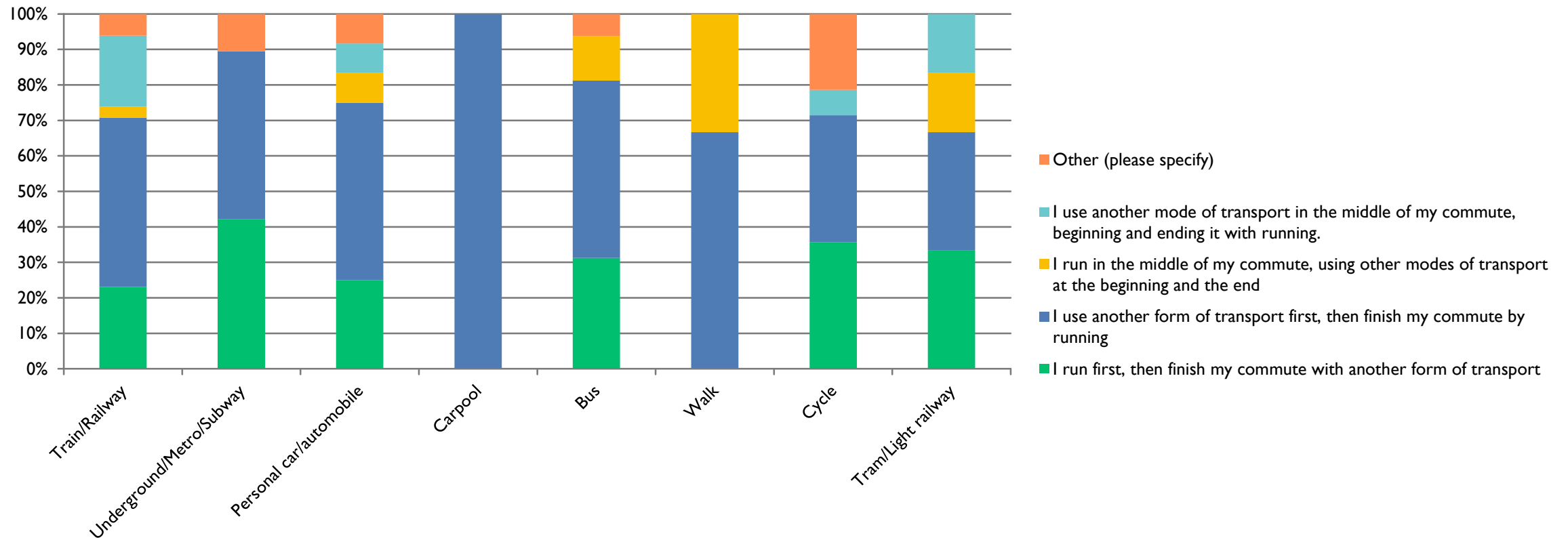
Answer Choices	Responses	
I run first, then finish my commute with another form of transport	28.57%	22
I use another form of transport first, then finish my commute by running	55.84%	43
I run in the middle of my commute, using other modes of transport at the beginning and the end	3.90%	3
I use another mode of transport in the middle of my commute, beginning and ending it with running.	19.48%	15
Other (please specify)	9.09%	7

In what sequence do you combine run commuting with other modes of transport?
Please select all that apply.



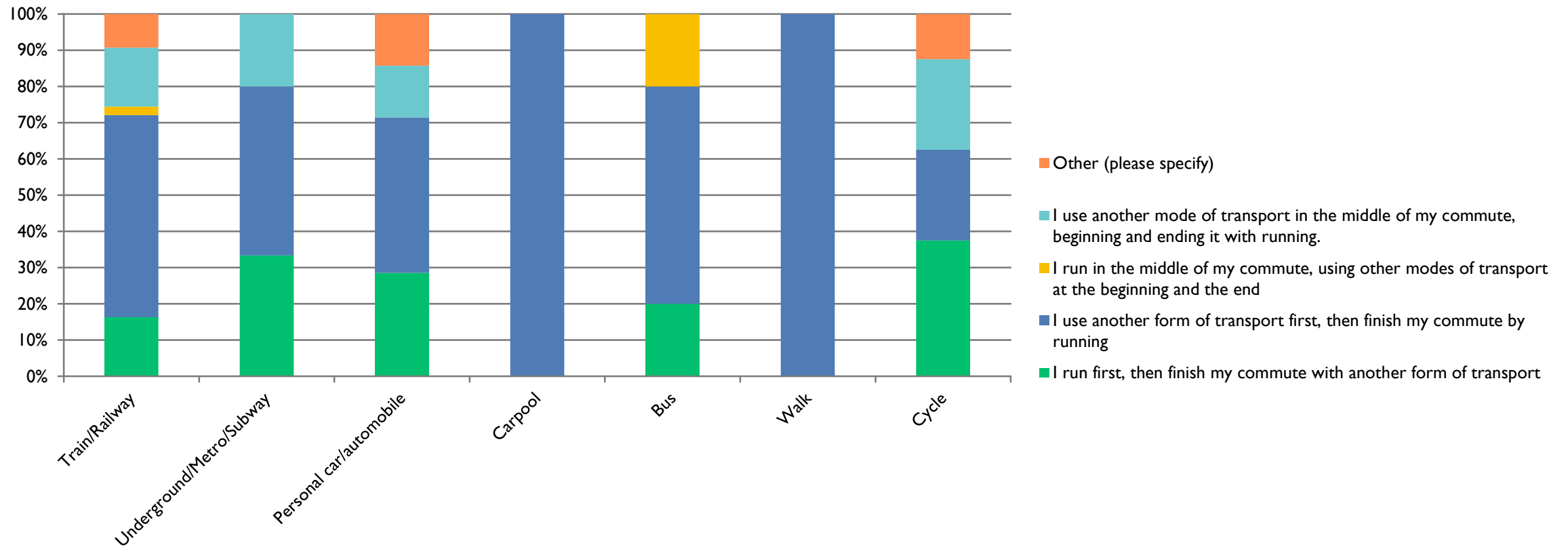
SEQUENCE OF COMBINATION BY MODALITY MIXED WITH

In what sequence do you combine run commuting with other modes of transport?
Please select all that apply.



SEQUENCE OF COMBINATION BY OTHER PRIMARY MODE

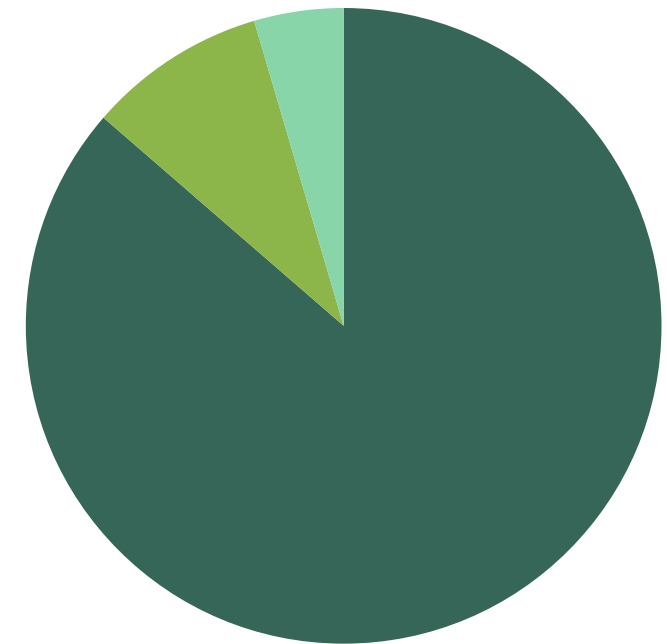
In what sequence do you combine run commuting with other modes of transport?
Please select all that apply.



EXPERIENCE OF THE TRANSITIONS BETWEEN MODES

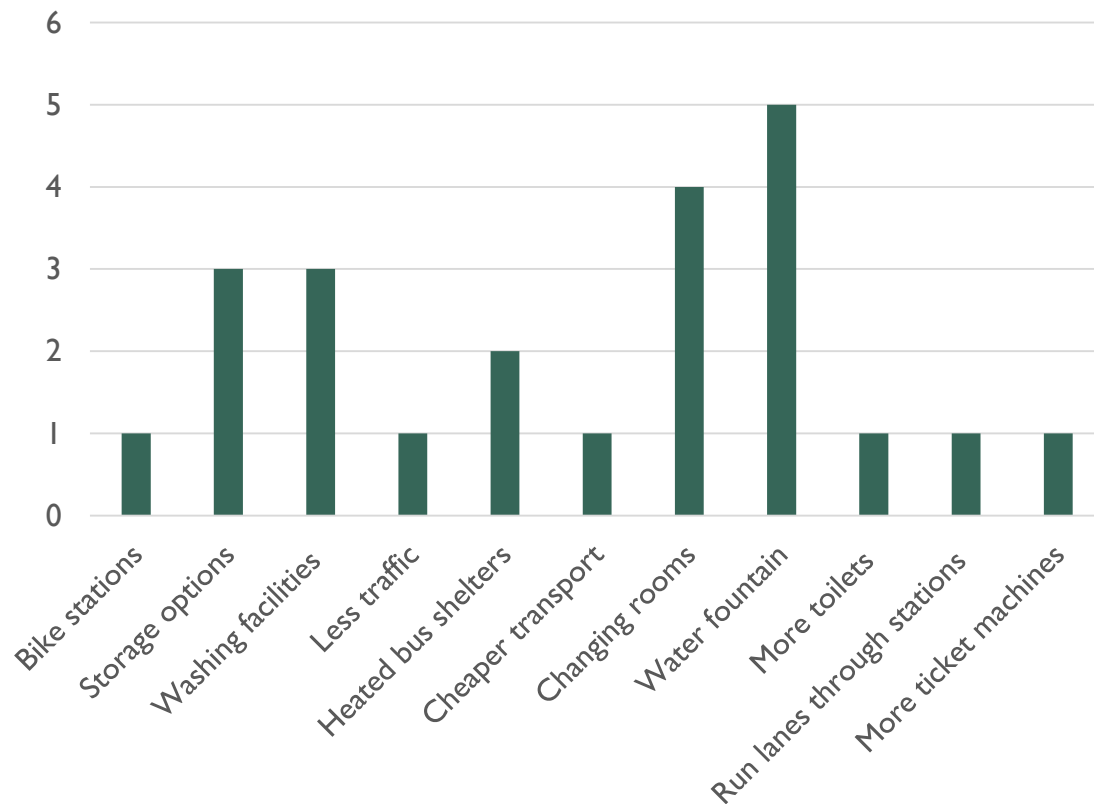
Experience	Count
Generally, no problem	57
Some issues	6
Difficult	3

- My legs can seize up a bit for the second run so I stand on the train now rather than sit
- Relatively easy, depending on bus timetables and waiting times.
- Heavily congested if using the bus, not so bad on the trains.
- Tricky to time
- I commute in my running gear then run from the train so it's fine. People on the way home might not like me so much but at least I get a seat.
- OK, but I don't think people like sitting next to me on the train when I'm sweating and bright red.
- I am fine with the transitions. My fellow commuters find me a bit sweaty!
- Good - I run to the tube (have to cool down before entering) and then get off the tube easily and start running. It's good to be in trainers coming out of the station to get away from the crowds quickly!
- Easy as well drilled now!
- A bit of a faff, particularly in winter where I might need to shed a layer before I start running.
- Difficult as nobody likes us to run in stations
- Ok as long as the trains aren't delayed - I get very cold if I have to hang around unexpectedly!
- quite challenging - to time my run with a half hourly train. and in the summer to get on the train home sweaty!



■ Generally, no problem ■ Some issues ■ Difficult

ADDITIONAL FACILITIES AT TRANSITIONS



Many people are happy with the transition / happy with how they've managed it:

- No, I travel on the train happily sweaty
- Nope, already changed for running.
- Not really

Also many see this as blue sky thinking:

- In an ideal world, covered and heated bus stops with water fountains!
- I'd love a shower / changing facility - but is that realistic?
- In ideal world, I suppose changing room!



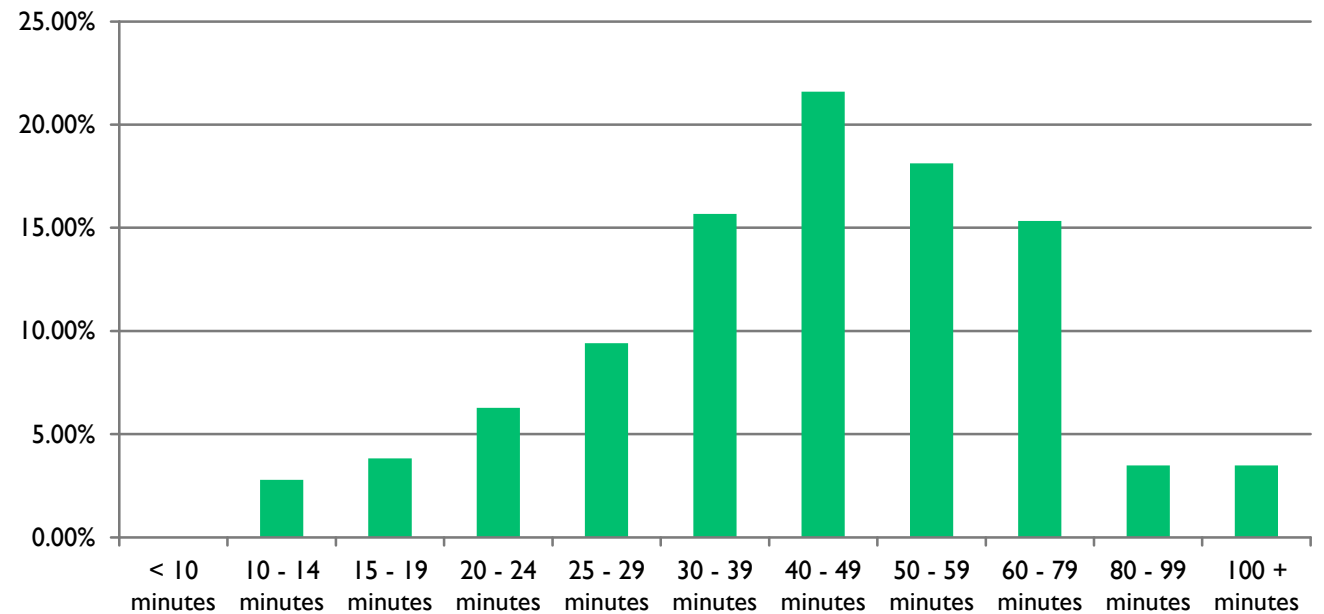
DURATION OF RUN COMMUTE



DURATION OF RUN COMMUTE

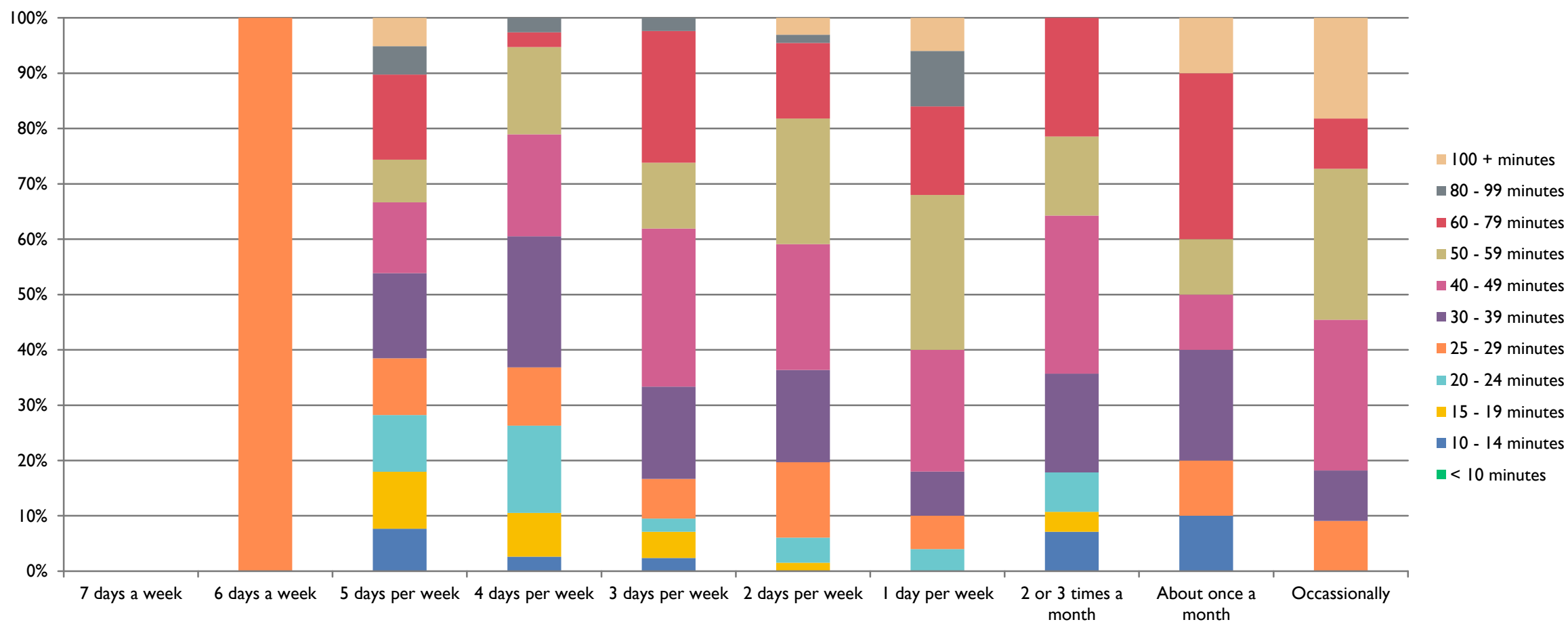
Answer Choices	Responses	
< 10 minutes	0.00%	0
10 - 14 minutes	2.79%	8
15 - 19 minutes	3.83%	11
20 - 24 minutes	6.27%	18
25 - 29 minutes	9.41%	27
30 - 39 minutes	15.68%	45
40 - 49 minutes	21.60%	62
50 - 59 minutes	18.12%	52
60 - 79 minutes	15.33%	44
80 - 99 minutes	3.48%	10
100 + minutes	3.48%	10
	Answered	287
	Skipped	0
Mode	40 – 49 minutes	
Median	49 – 49 minutes	
30 – 79 mins	70.73%	
Under 10 mins	0	

In minutes, how long do you run for during your commute on average?



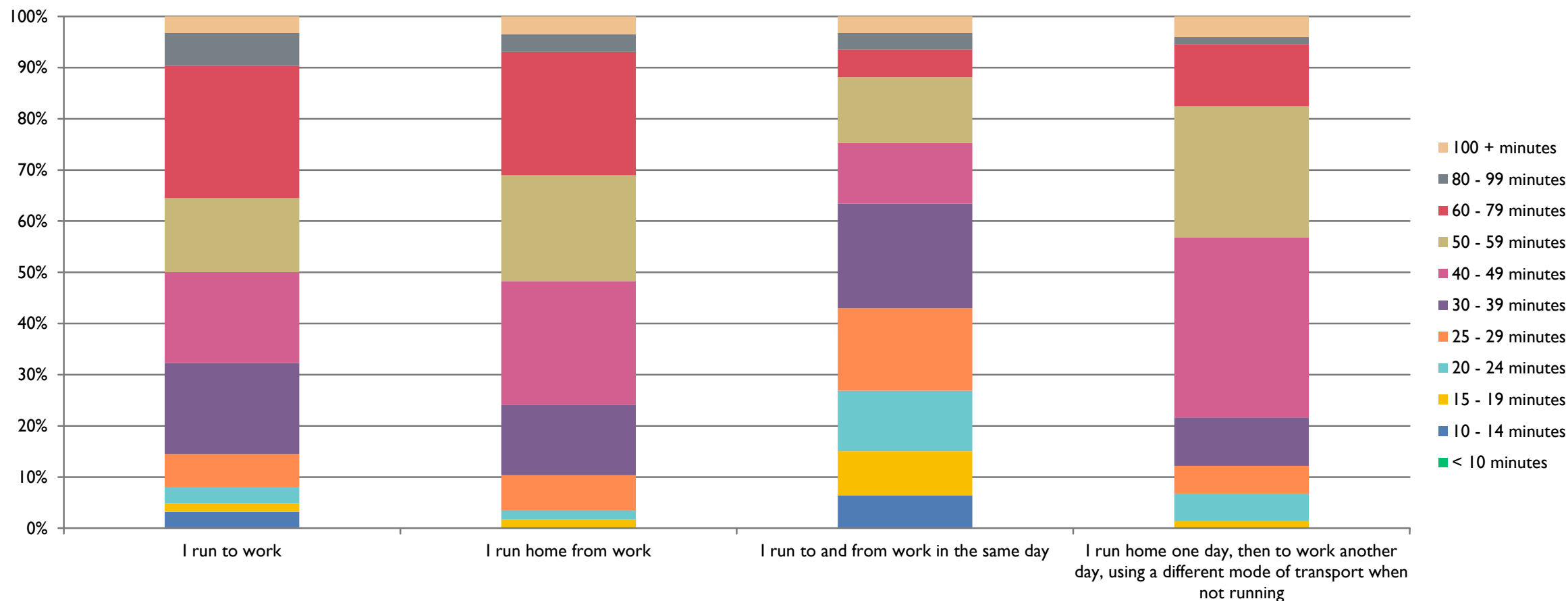
DURATION OF RUN COMMUTE BY FREQUENCY

In minutes, how long do you run for during your commute on average?



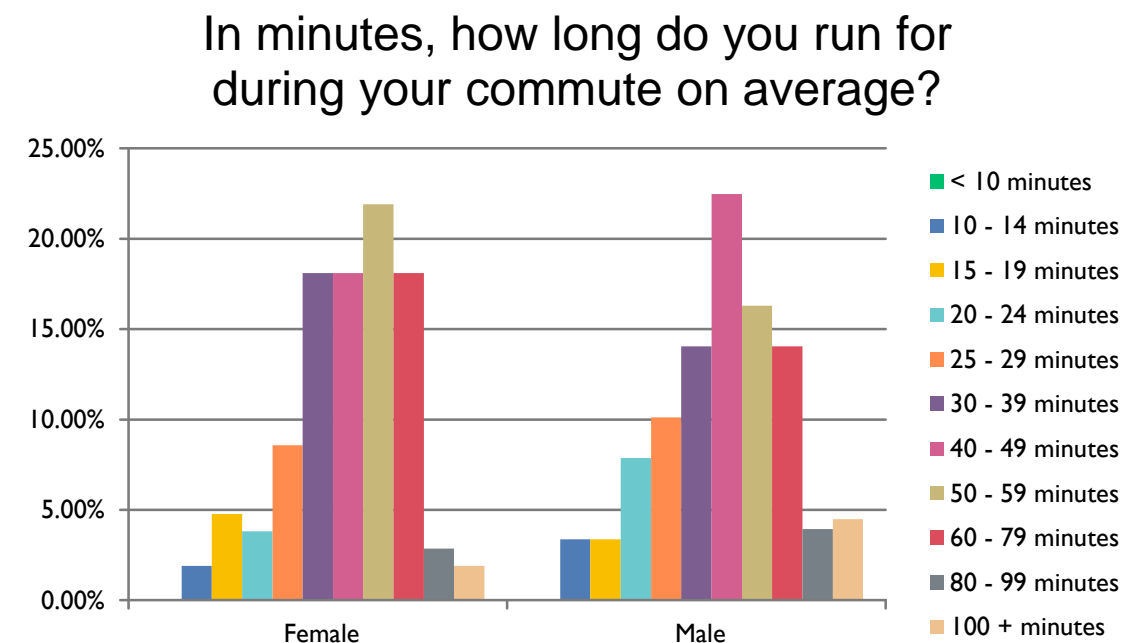
DURATION OF RUN COMMUTE BY DIRECTION OF RUN COMMUTE

In minutes, how long do you run for during your commute on average?



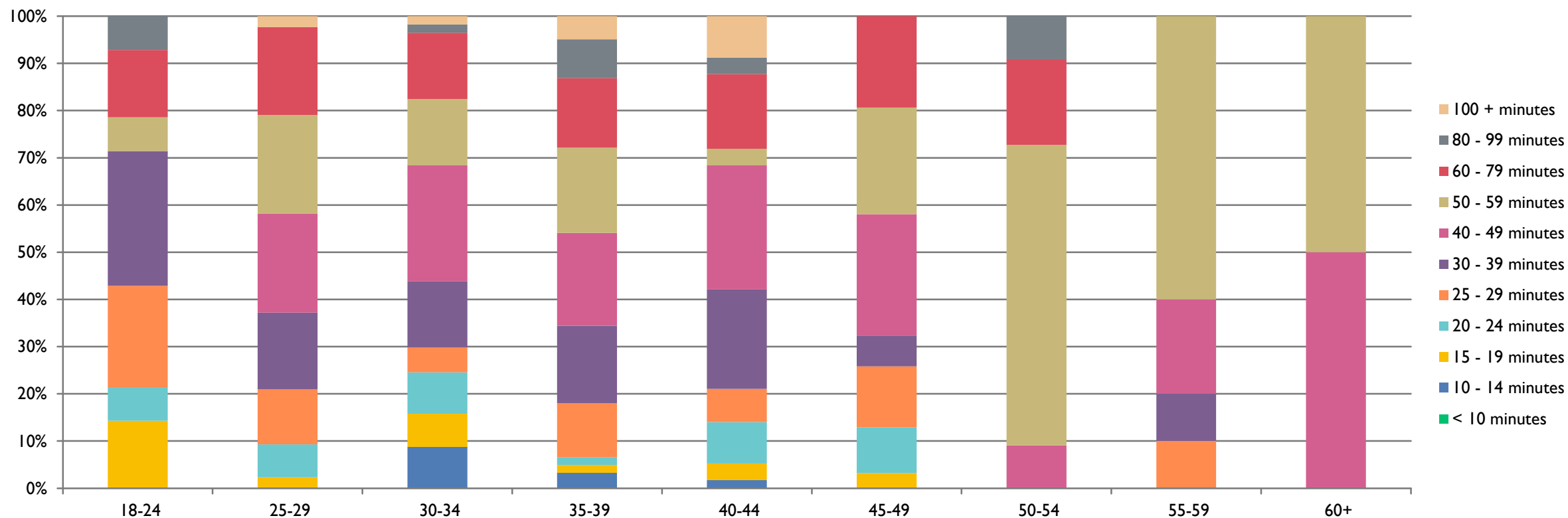
DURATION OF RUN COMMUTE BY GENDER

	Female	Male
Mode	50 – 59 minutes	40 – 49 minutes
Median	40 – 49 minutes	40 – 49 minutes
Under 30 mins	19.04%	24.72%
30 – 79 mins	76.2%	66.84%
Over 80 mins	4.76%	8.42%



DURATION OF RUN COMMUTE BY AGE

In minutes, how long do you run for during your commute on average?





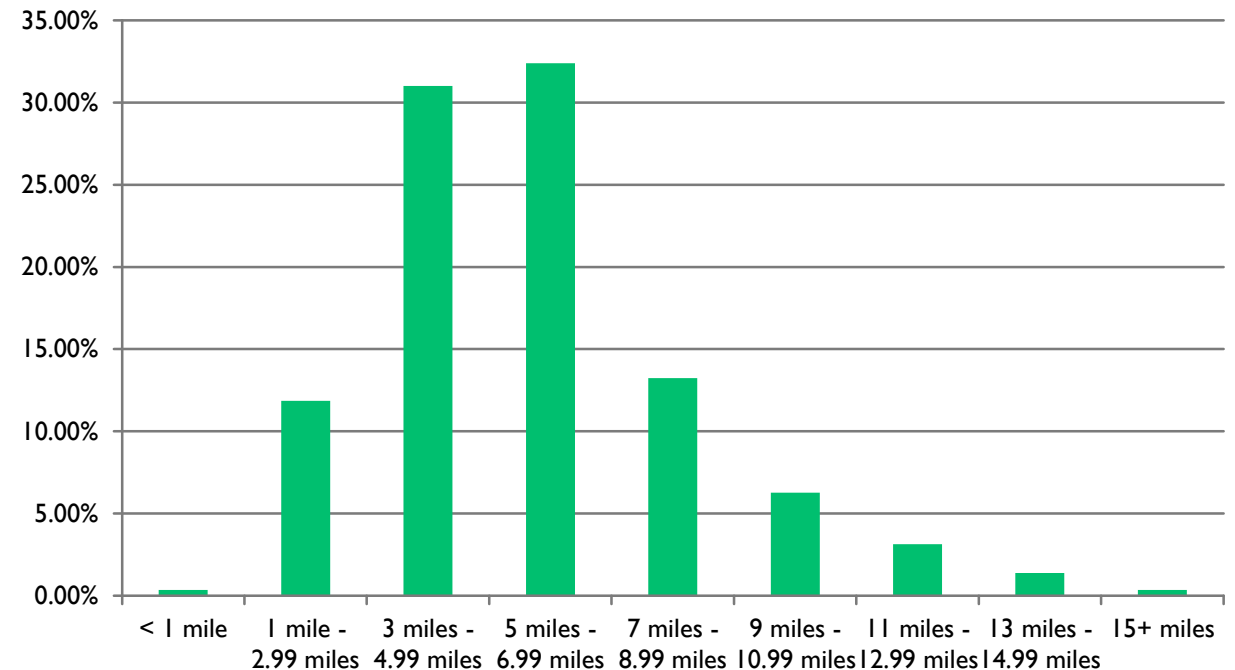
RUN COMMUTING DISTANCE – ONE WAY



RUN COMMUTING DISTANCE – ONE WAY

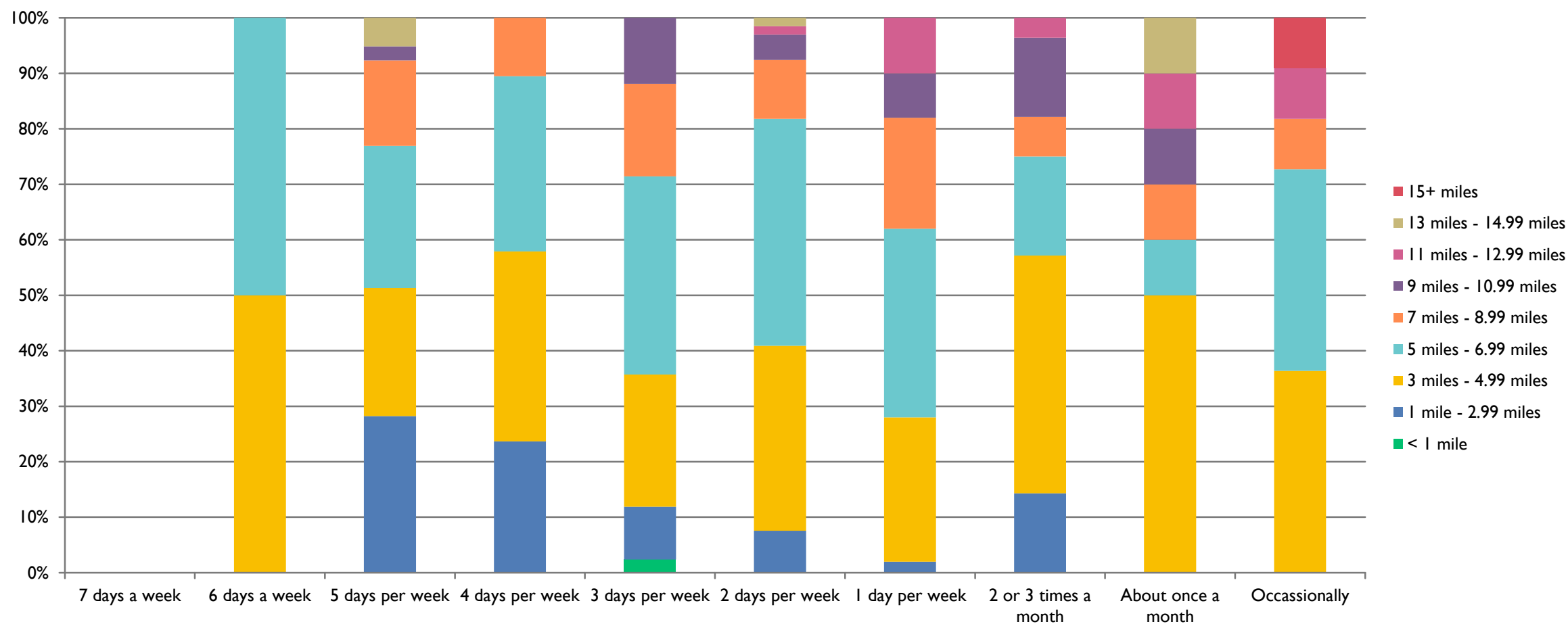
Answer Choices	Responses	
< 1 mile	0.35%	1
1 mile - 2.99 miles	11.85%	34
3 miles - 4.99 miles	31.01%	89
5 miles - 6.99 miles	32.40%	93
7 miles - 8.99 miles	13.24%	38
9 miles - 10.99 miles	6.27%	18
11 miles - 12.99 miles	3.14%	9
13 miles - 14.99 miles	1.39%	4
15+ miles	0.35%	1
	Answered	287
	Skipped	0
Mode	5 – 6.99 miles	
Median	5 – 6.99 miles	
3 – 6.99 miles	63.42%	
3 – 8.99 miles	76.66%	
<1 mile	0.35%	
<2.99 miles	12.2%	
9miles-14.99 miles	10.8%	
15+ miles	0.35%	

In miles, how far is your usual one-way run commute?



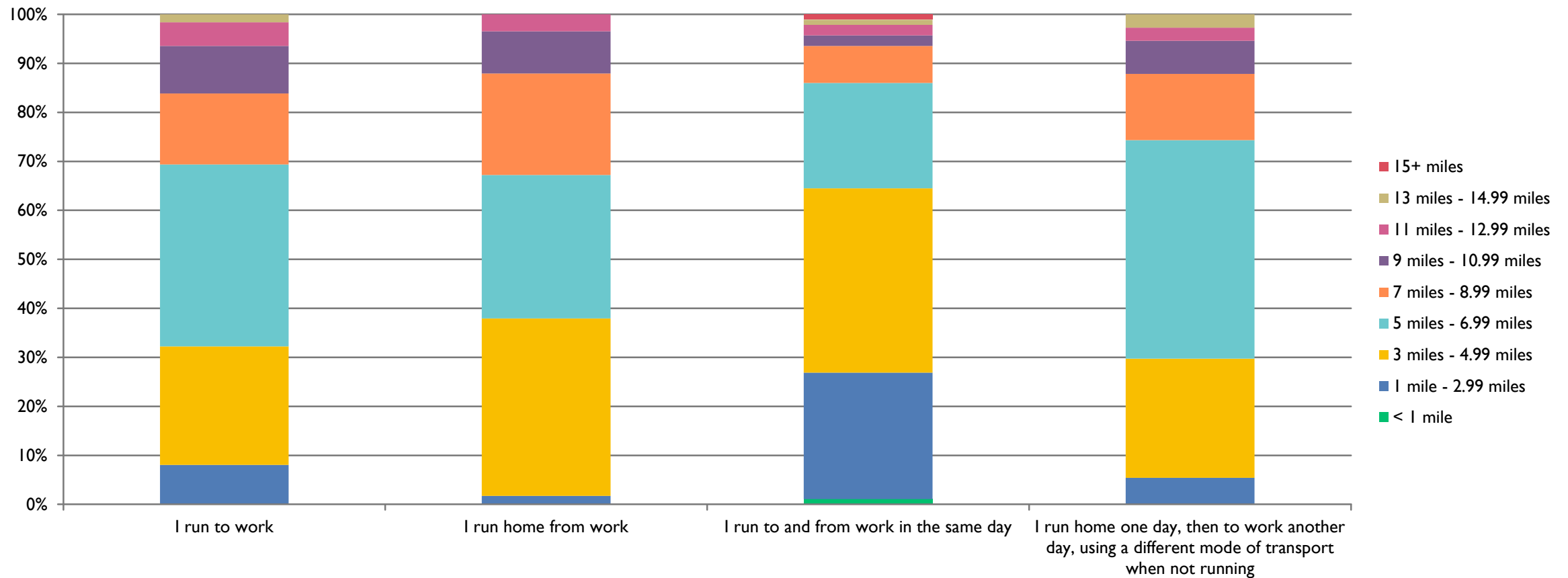
DISTANCE OF RUN COMMUTE BY FREQUENCY

In miles, how far is your usual one-way run commute?



DISTANCE OF RUN COMMUTE BY DIRECTION OF RUN COMMUTE

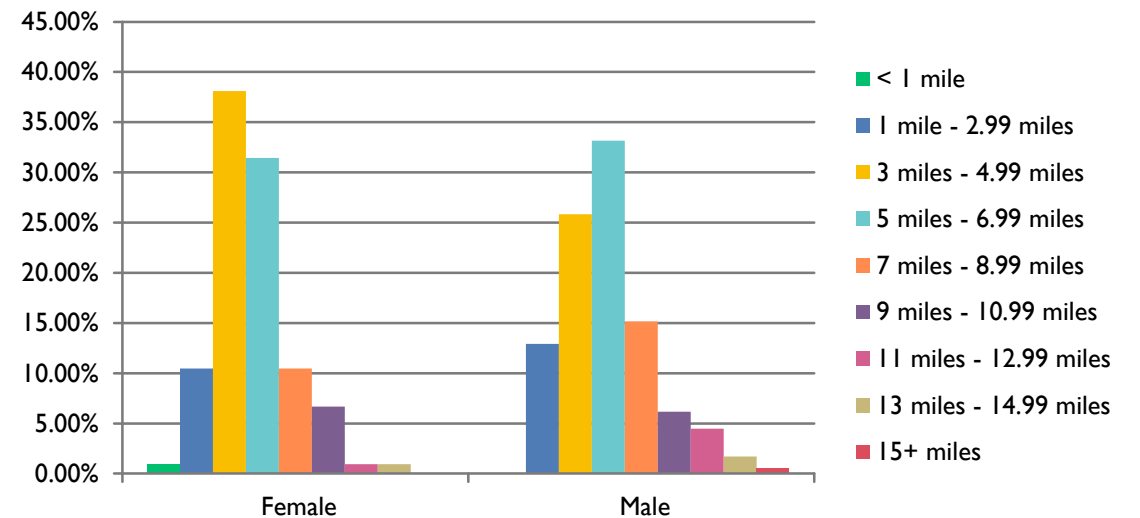
In miles, how far is your usual one-way run commute?



DISTANCE OF RUN COMMUTE BY GENDER

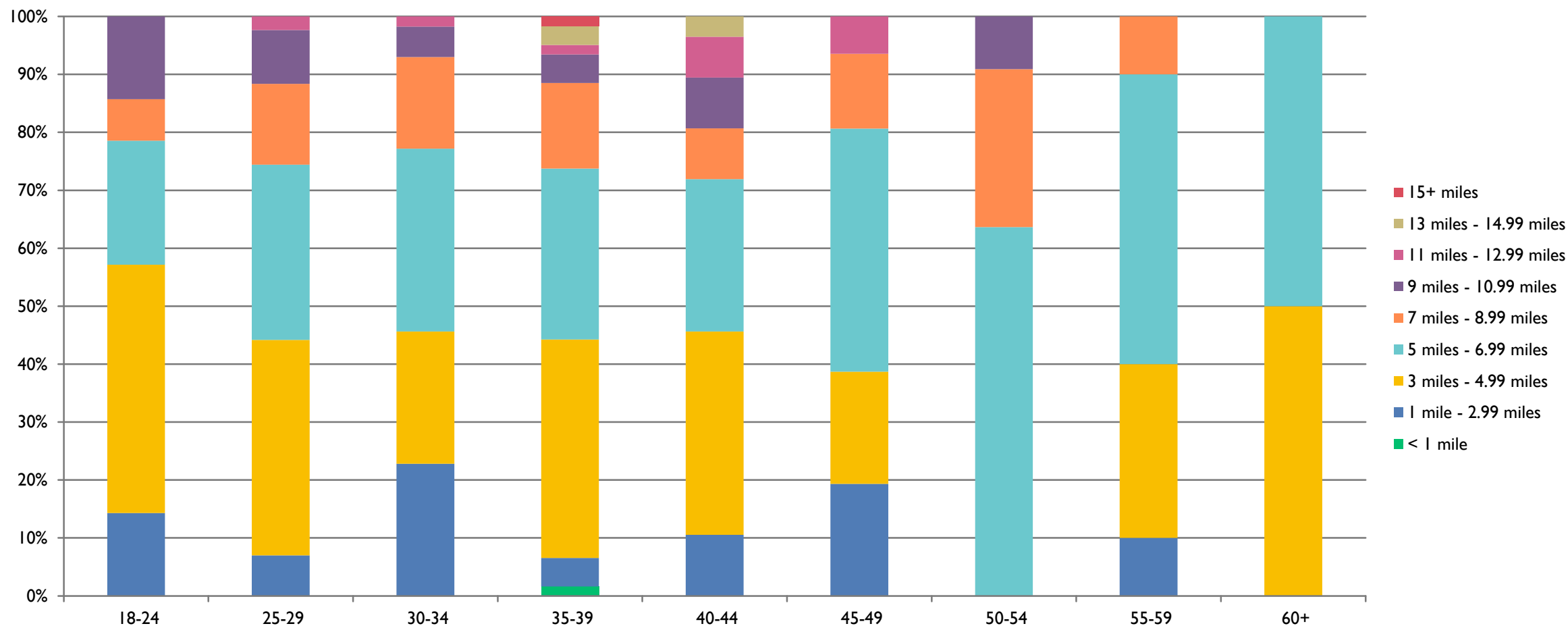
	Female	Male
Mode	3 – 4.99 miles	5 – 6.99 miles
Median	3 – 6.99 miles?	5 – 6.99 miles
< 3miles	11.43%	12.92%
3 – 8.99 miles	80.01%	74.16%
9 + miles	8.57%	12.92%

In miles, how far is your usual one-way run commute?



DISTANCE OF RUN COMMUTE BY AGE

In miles, how far is your usual one-way run commute?





REACTION OF FAMILY AND FRIENDS



REACTION OF FAMILY AND FRIENDS

friends Interest nuts admiration mad odd time shocked None Amazed know
work colleagues crazy runner work think bit run always
impressed Family surprised used think shower
supportive Nothing Positive run lot anyway think mad also
reaction good idea really Disbelief much Unsurprised Generally say
Thought good idea understand People



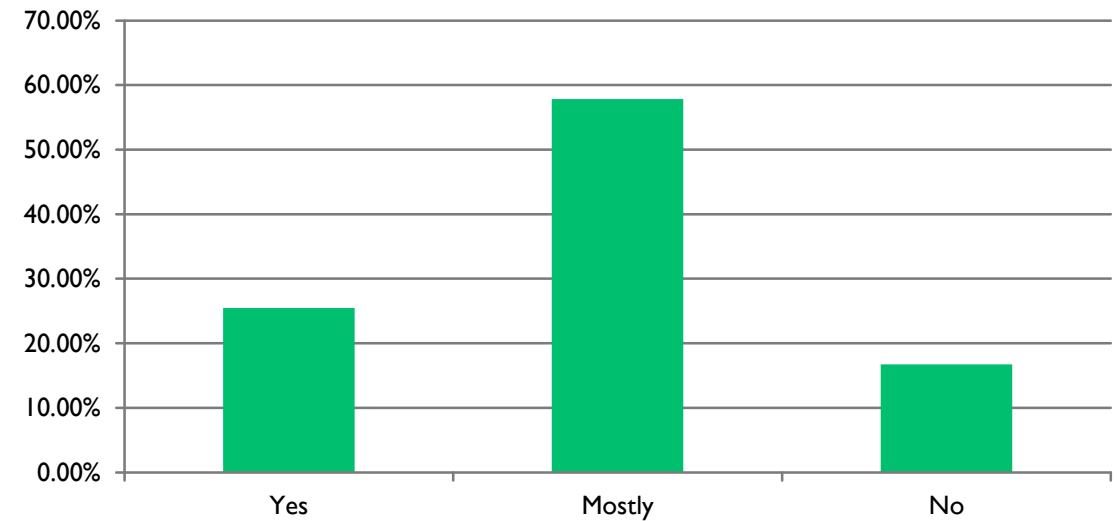
RUN COMMUTING ROUTE



DO YOU ALWAYS RUNS THE SAME ROUTE?

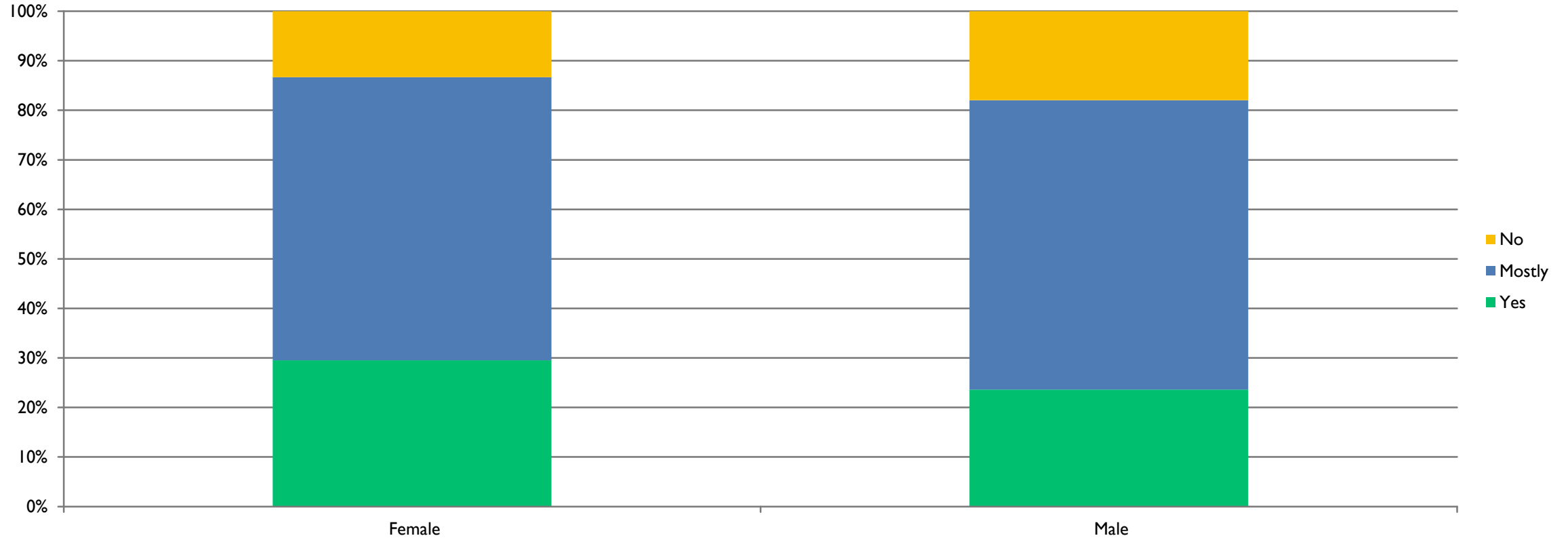
Answer Choices	Responses	
Yes	25.44%	73
Mostly	57.84%	166
No	16.72%	48
	Answered	287
	Skipped	0

Do you always run the same route when run-commuting?



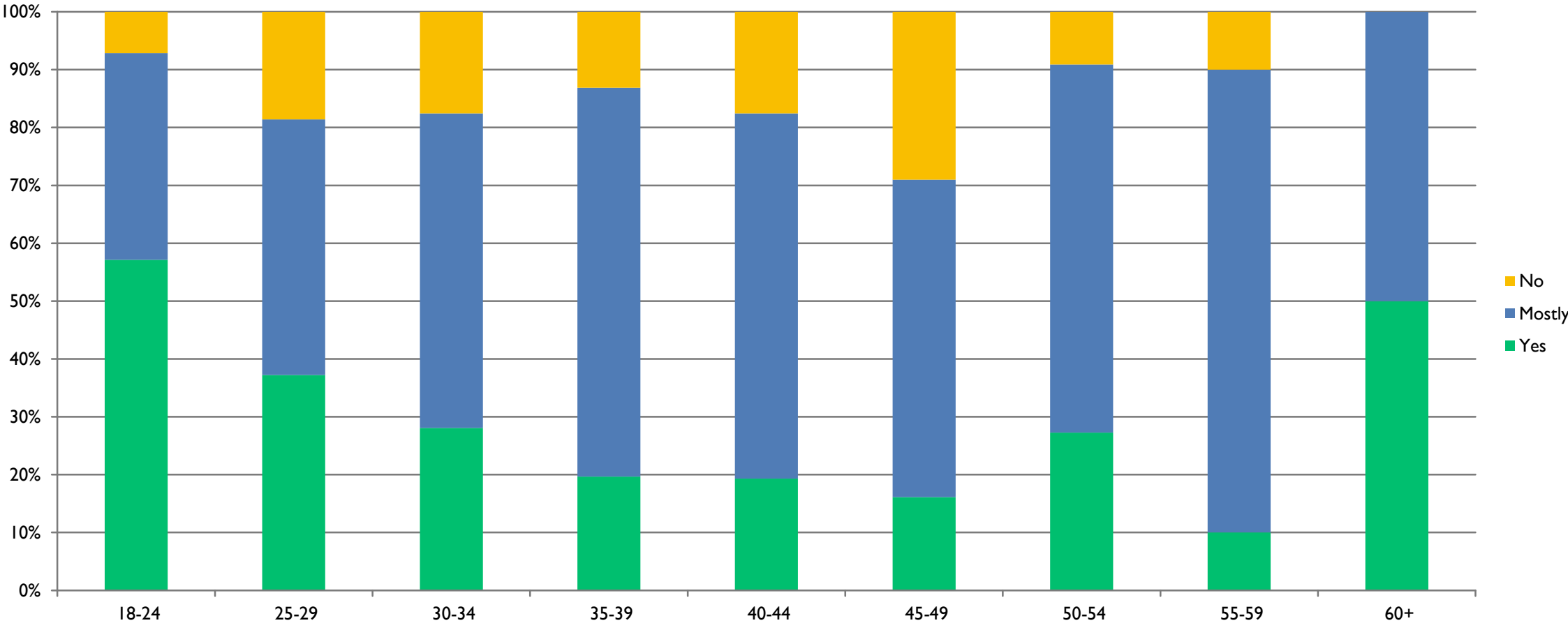
SAME ROUTE BY GENDER

Do you always run the same route when run-commuting?



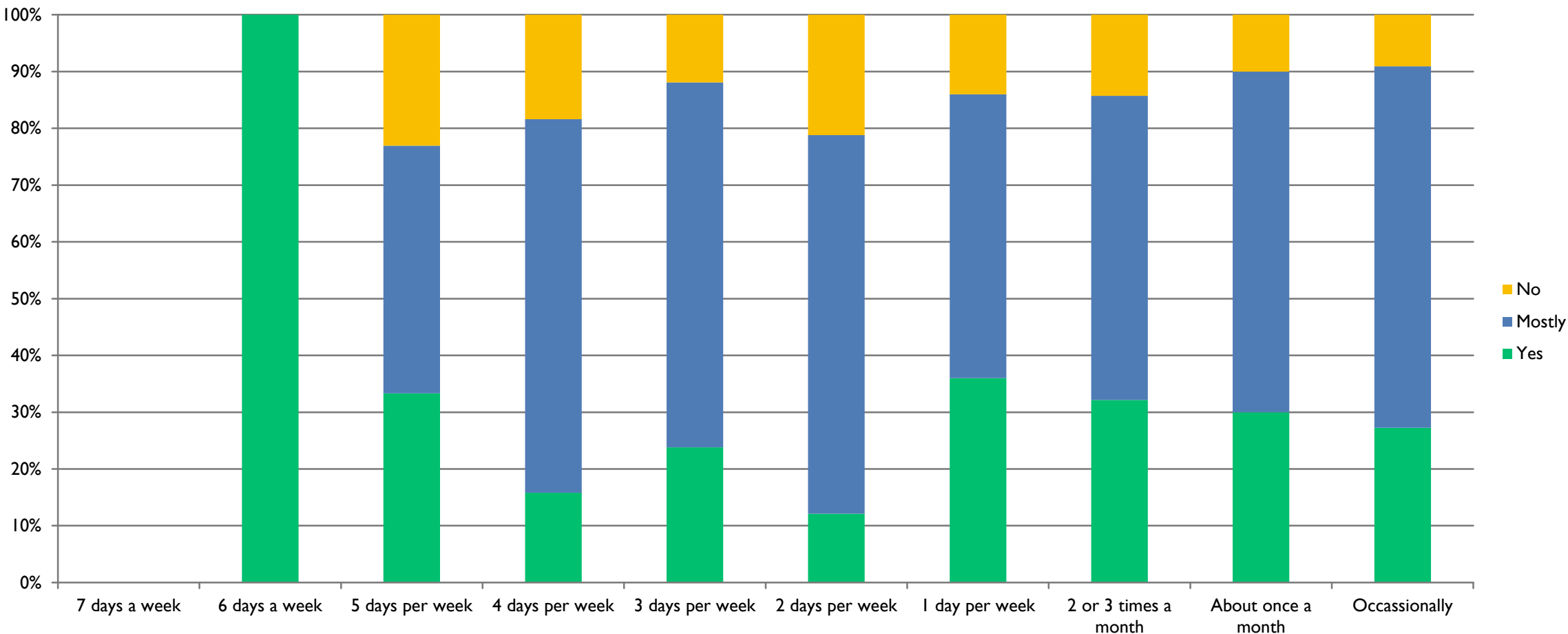
SAME ROUTE BY AGE

Do you always run the same route when run-commuting?



SAME ROUTE BY FREQUENCY OF RUN COMMUTING

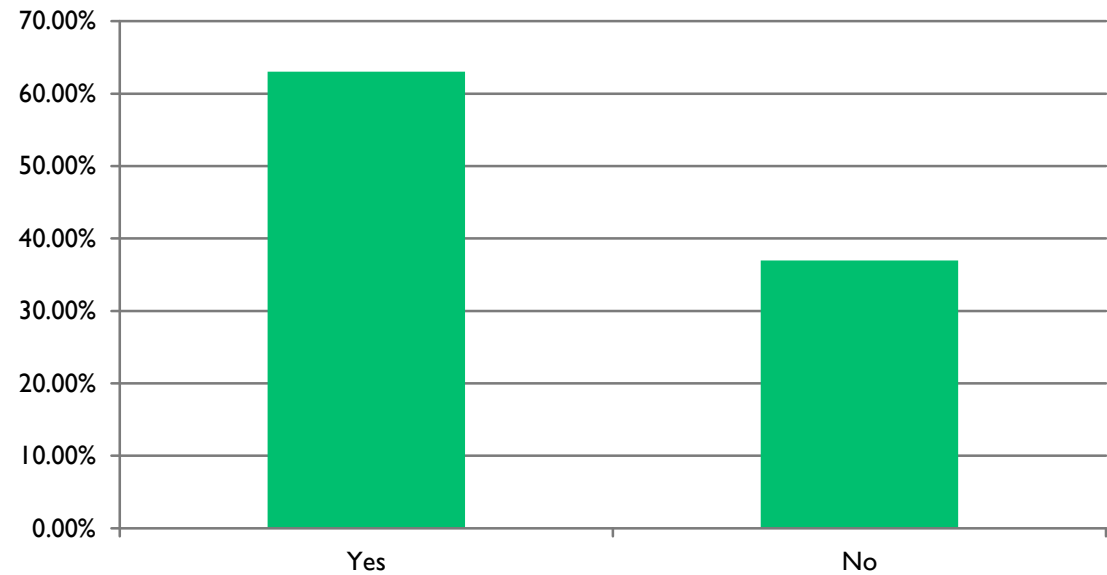
Do you always run the same route when run-commuting?



MOST DIRECT ROUTE?

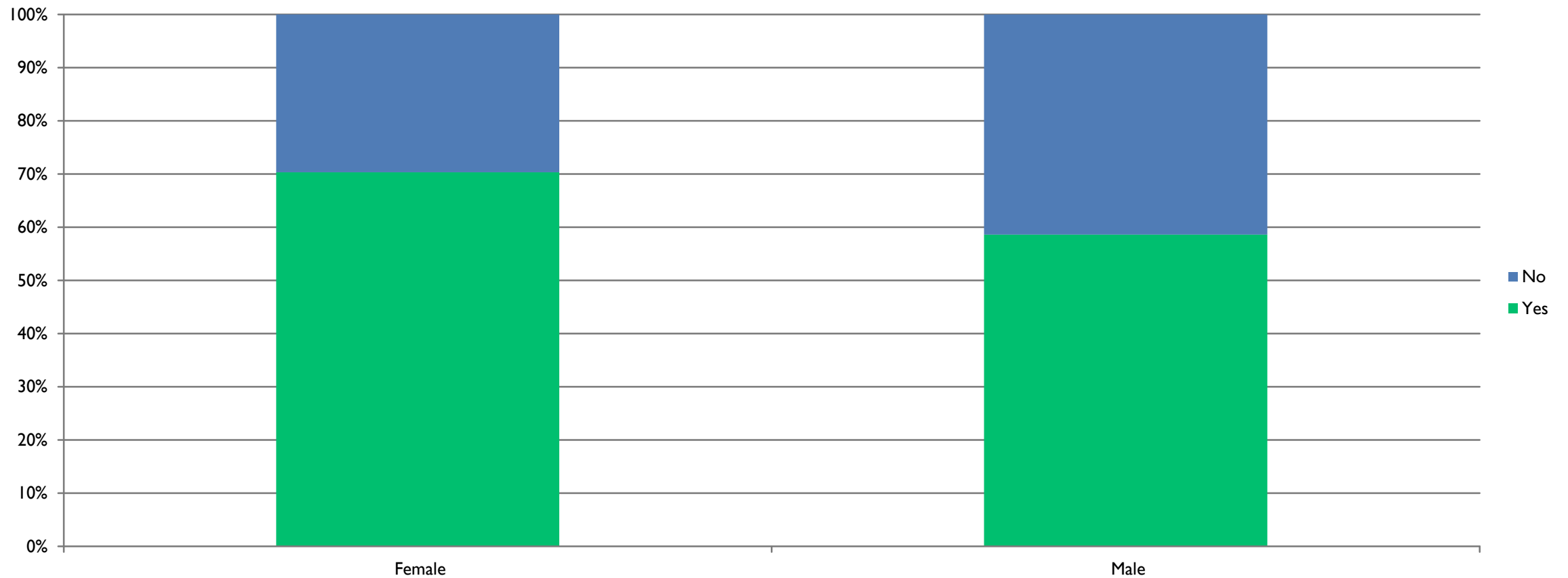
Answer Choices	Responses	
Yes	63.03%	150
No	36.97%	88
	Answered	238
	Skipped	49

Is this route the most direct?



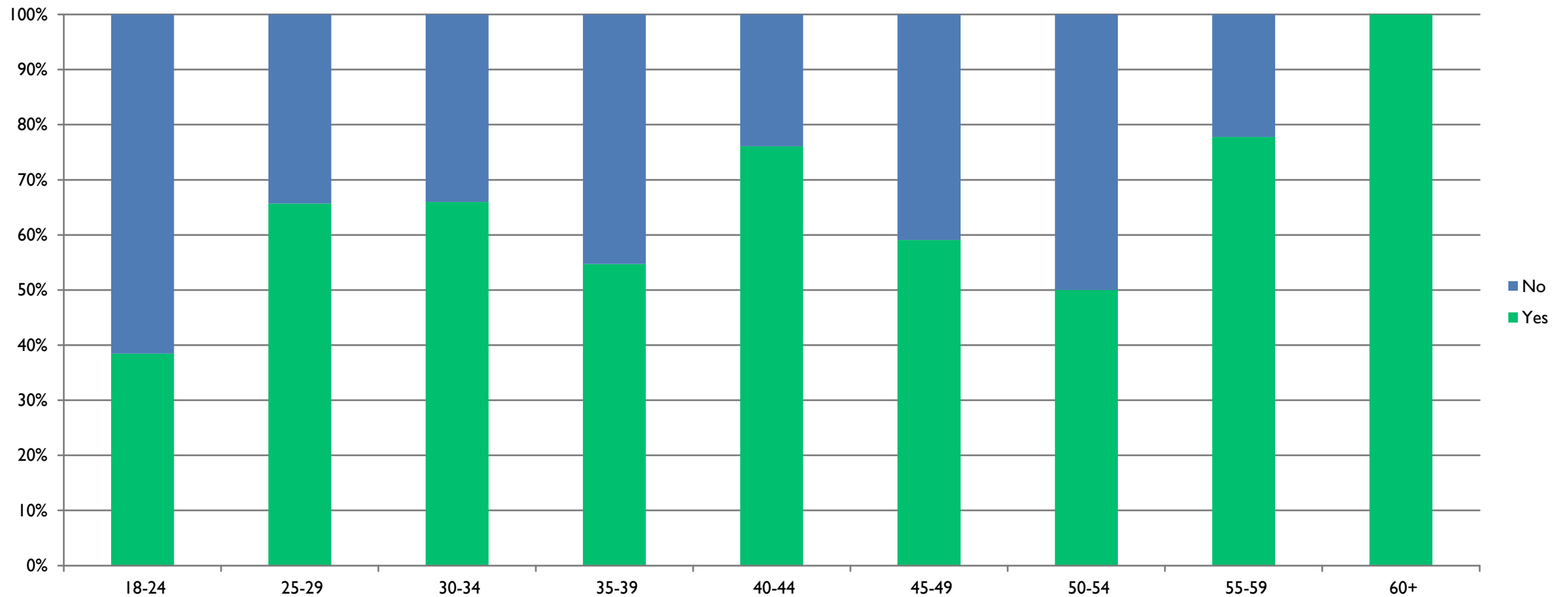
MOST DIRECT ROUTE BY GENDER

Is this route the most direct?



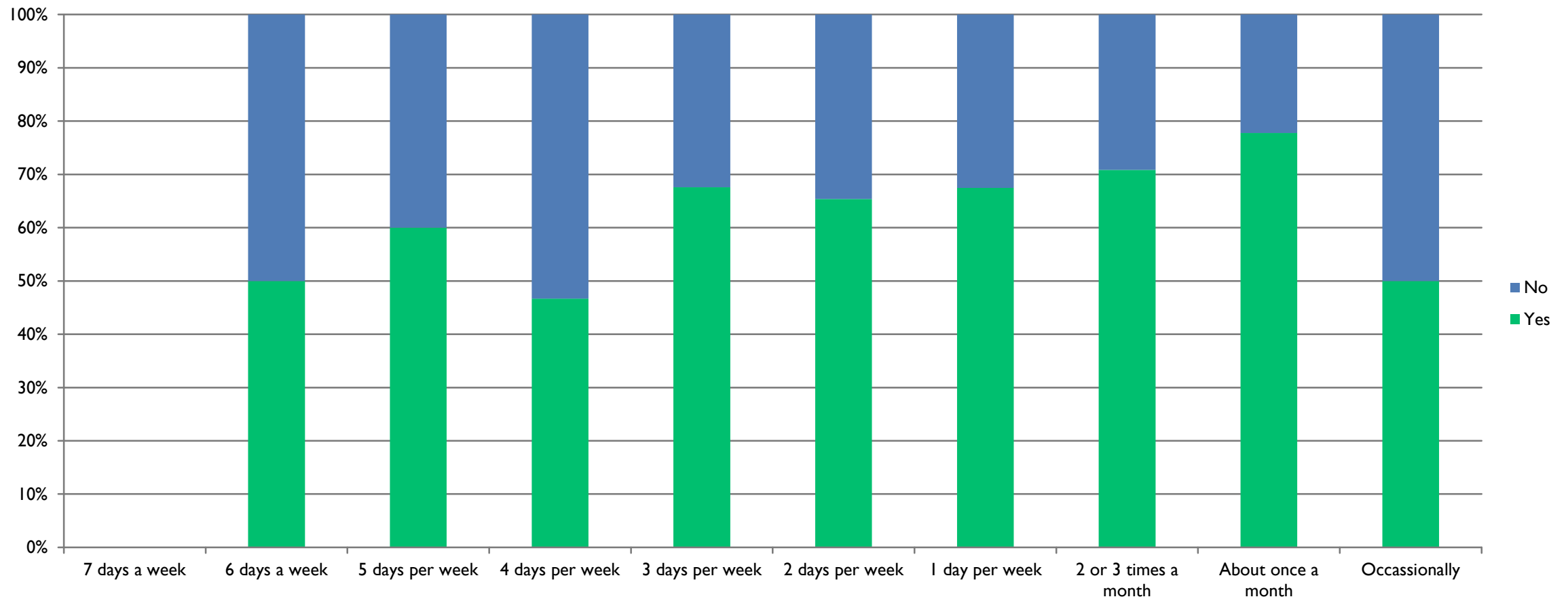
MOST DIRECT ROUTE BY AGE

Is this route the most direct?



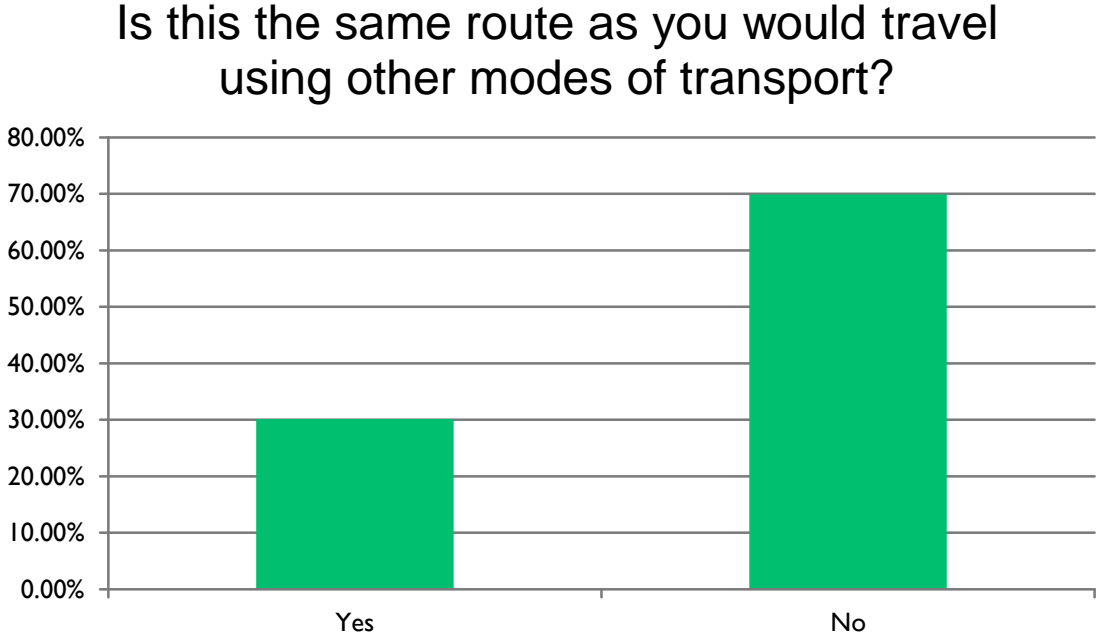
MOST DIRECT BY RUN COMMUTING FREQUENCY

Is this route the most direct?



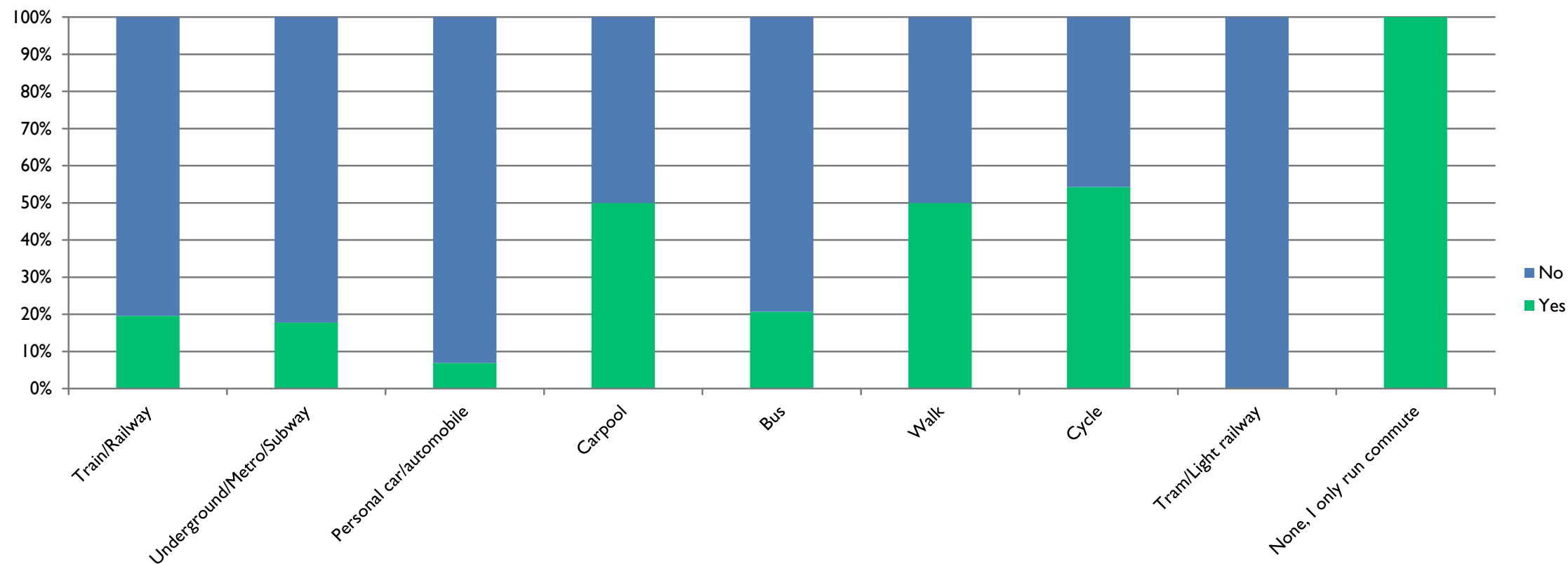
SAME ROUTE AS OTHER MODES

Answer Choices	Responses	
Yes	30.13%	72
No	69.87%	167
	Answered	239
	Skipped	48



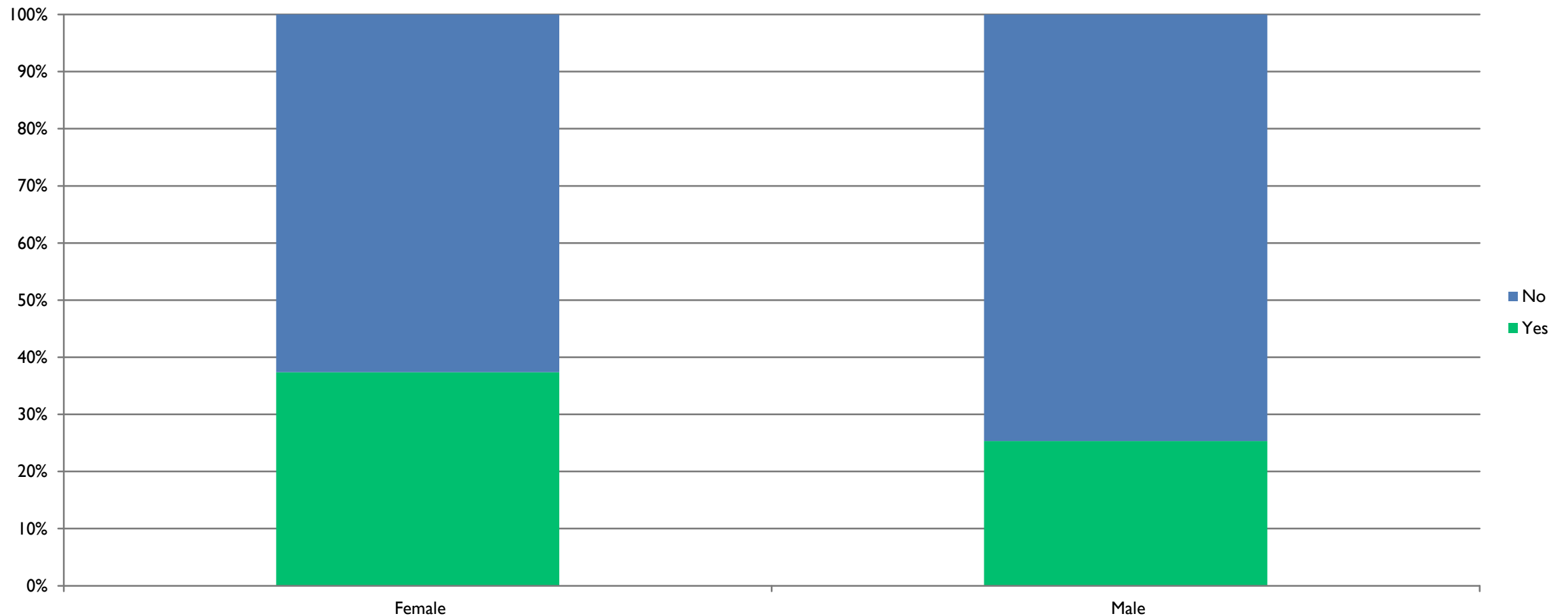
SAME ROUTE AS OTHER MODES BY PRIMARY OTHER MODE

Is this the same route as you would travel using other modes of transport?



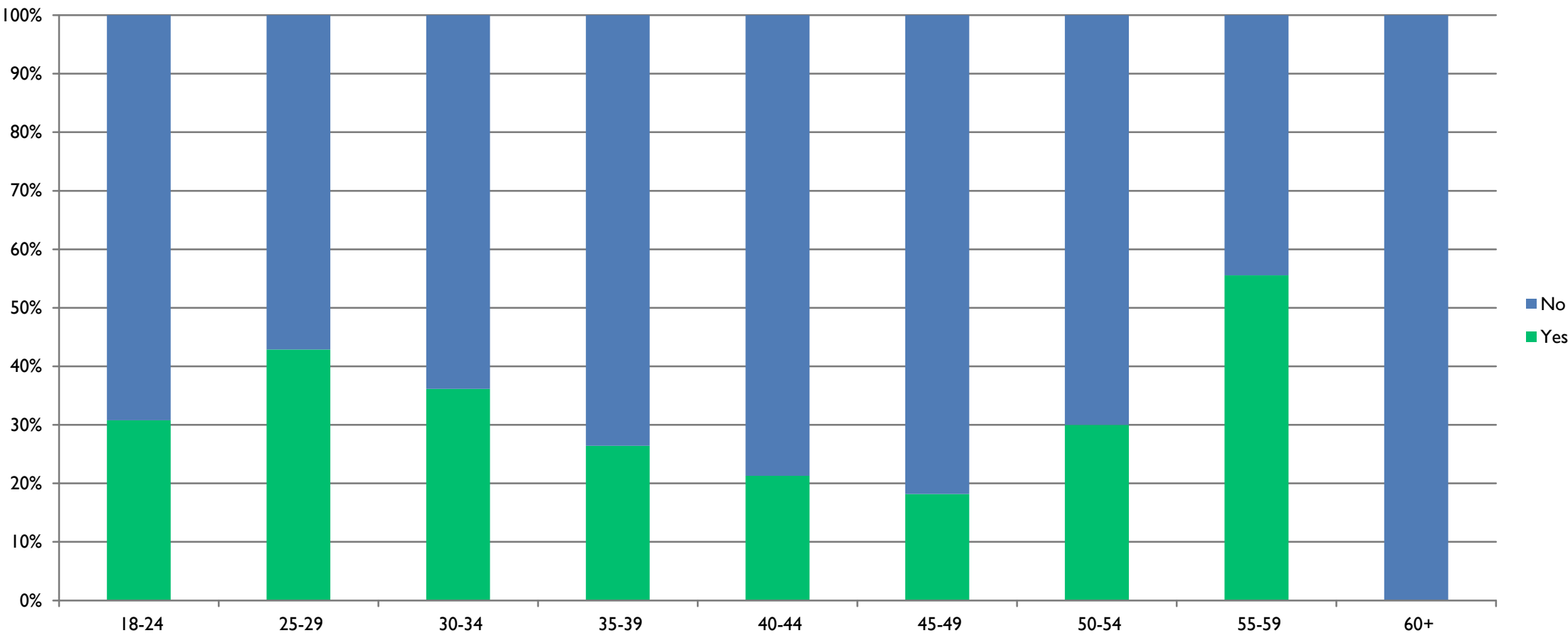
SAME ROUTE AS OTHER MODE BY GENDER

Is this the same route as you would travel using other modes of transport?



SAME ROUTE AS OTHER MODE BY AGE

Is this the same route as you would travel using other modes of transport?



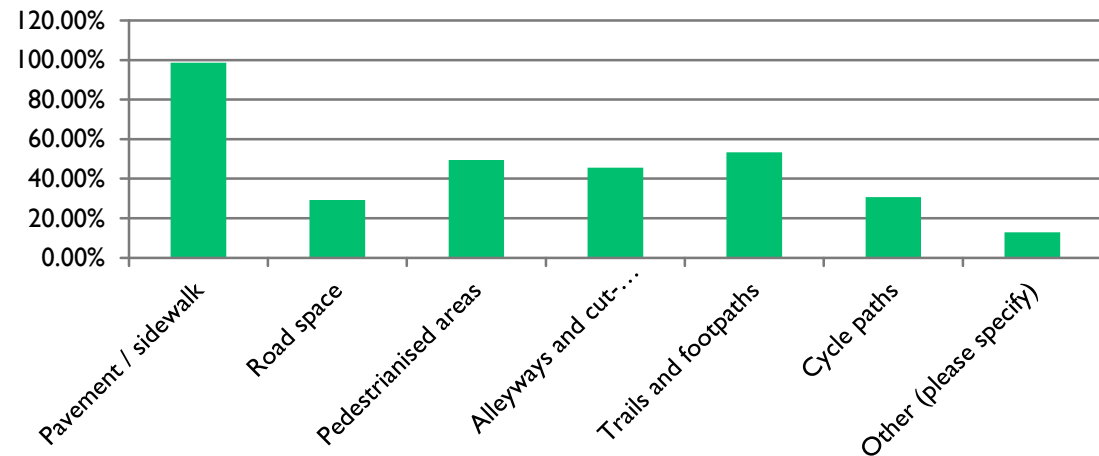
INFLUENCE OVER ROUTE

variety far want run Shortest route pedestrians summer roads paths whether use also along
along
Depends miles possible season winter extend route much time area canal river
Directness pavements CROSS marathon nice pleasant scenic know commute
Away main roads way Training schedule day well lit busy Quieter roads roads
detour weather number longer Weather time training stick
direct people need canal route along river run sometimes
distance pollution parks change time energy traffic less
direct
training plan mileage route available take away traffic
Safety want run light mostly want footpaths avoid roads possible scenery
cycle time available race work home Quickest Avoiding traffic feel view stop rather
main roads normally safe make Shortest slightly far crowds much lack Quickest route
avoid main roads Length try

INFRASTRUCTURES USED ON THE RUN COMMUTE

Answer Choices	Responses	
Pavement / sidewalk	98.61%	283
Road space	29.27%	84
Pedestrianised areas	49.48%	142
Alleyways and cut-throughs	45.64%	131
Trails and footpaths	53.31%	153
Cycle paths	30.66%	88
Other (please specify)	12.89%	37
	Answered	287
	Skipped	0
Other is mostly	Park	Canal towpath

Please select the infrastructures you use during your run commute. Please select all that apply.





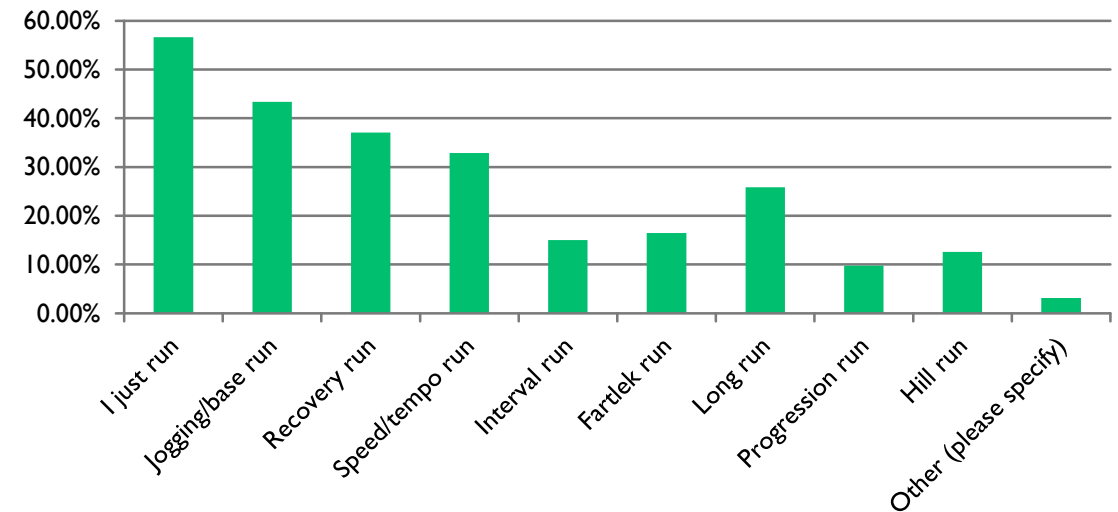
TYPE OR RUNNING ON THE COMMUTE



TYPE OF RUNNING DONE ON THE COMMUTE

Answer Choices	Responses	
I just run	56.64%	162
Jogging/base run	43.36%	124
Recovery run	37.06%	106
Speed/tempo run	32.87%	94
Interval run	15.03%	43
Fartlek run	16.43%	47
Long run	25.87%	74
Progression run	9.79%	28
Hill run	12.59%	36
Other (please specify)	3.15%	9
	Answered	286
	Skipped	1

What sort of running do you do on a run commute? Please select all that apply.



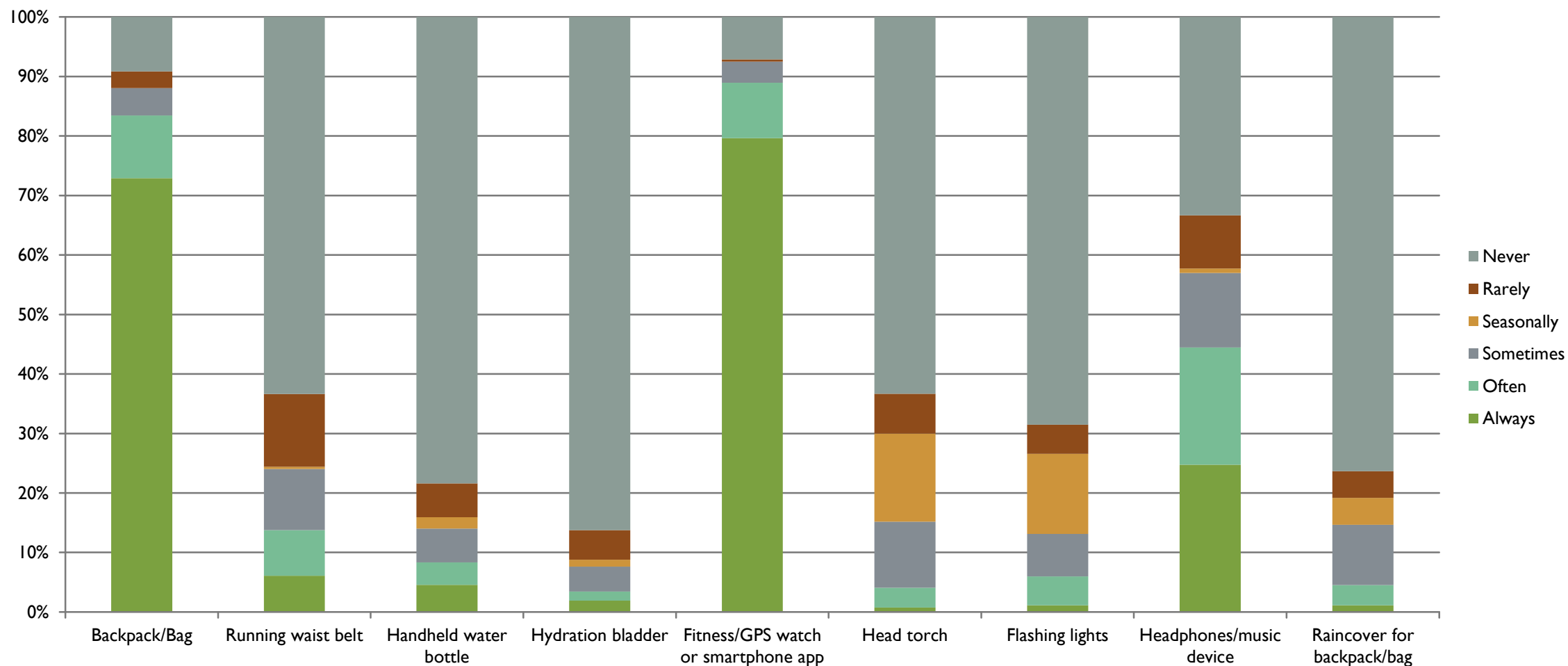


RUN COMMUTING ACCOUTREMENTS

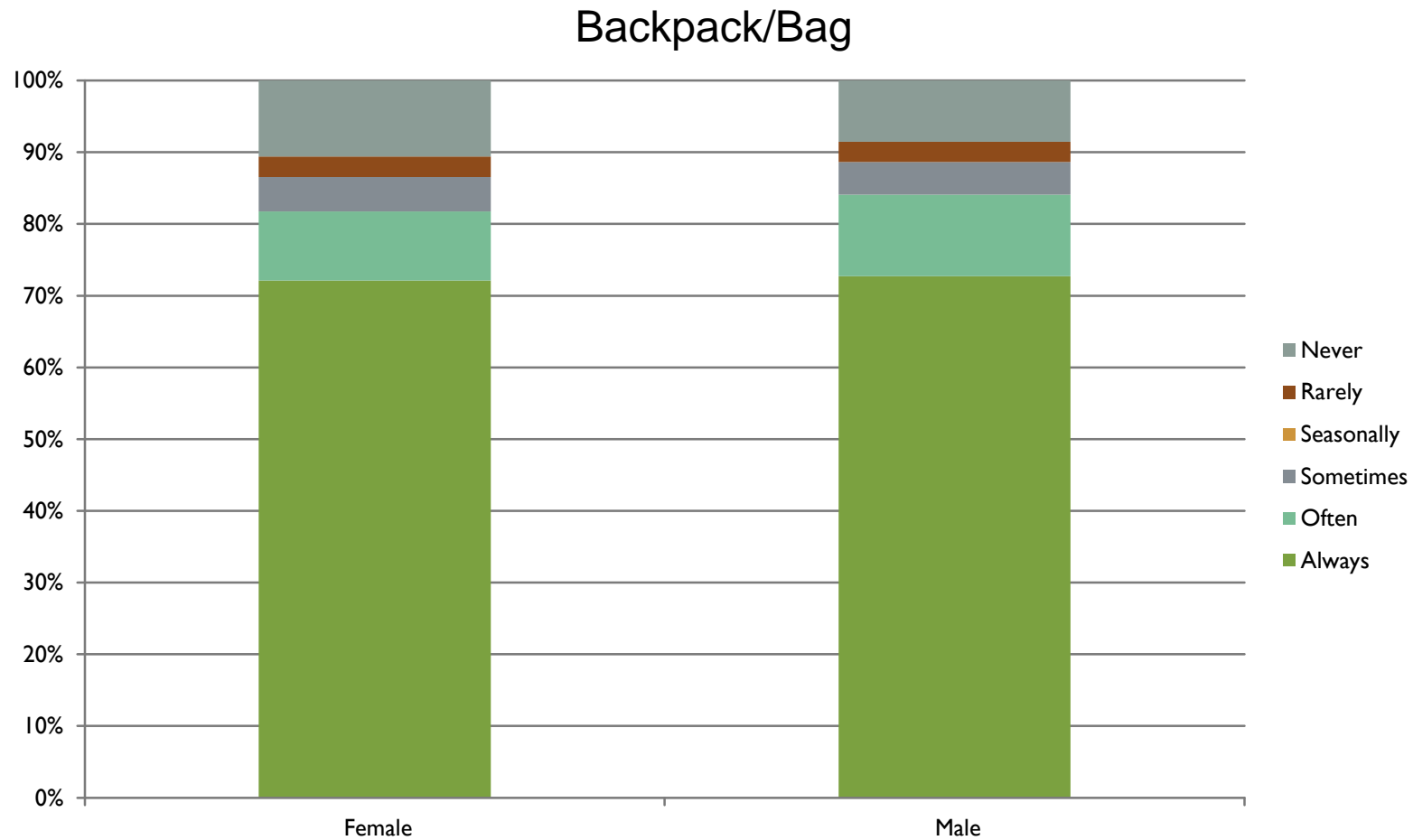


WHAT GEAR IS USED ON THE RUN COMMUTE?

How often do you use the following running gear on your run commute?

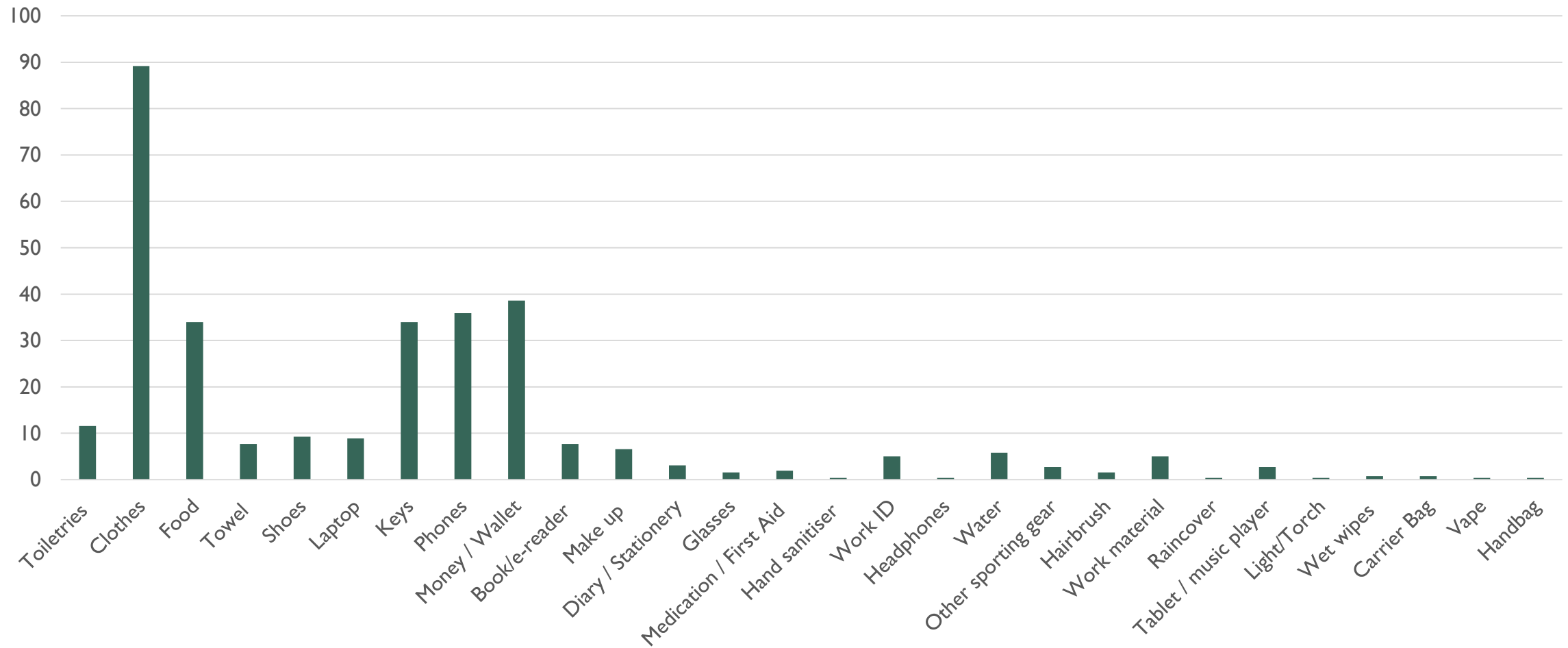


BAG USE BY GENDER



Item	Count	% of people who run with bag
Toiletries	30	11.58
Clothes	231	89.19
Food	88	33.98
Towel	20	7.72
Shoes	24	9.27
Laptop	23	8.88
Keys	88	33.98
Phones	93	35.91
Money / Wallet	100	38.61
Book/e-reader	20	7.72
Make up	17	6.56
Diary / Stationery	8	3.09
Glasses	4	1.54
Medication / First Aid	5	1.93
Hand sanitiser	1	0.39
Work ID	13	5.02
Headphones	1	0.39
Water	15	5.79
Other sporting gear	7	2.70
Hairbrush	4	1.54
Work material	13	5.02
Raincover	1	0.39
Tablet / music player	7	2.70
Light/Torch	1	0.39
Wet wipes	2	0.77
Carrier Bag	2	0.77
Vape	1	0.39
Handbag	1	0.39

ITEMS IN A RUN-COMMUTERS BACKPACK AS A % OF THOSE WHO RUN WITH A BACKPACK



HOW DO YOU FIND RUNNING WITH A BAG?

without adjust uncomfortable etc small run without one irritating laptop right nice bad Slightly
long mind back straps backpack choice pack proper running bag weight take bit
notice work bother now running backpack good prefer
comfortable find one bag try Ok rather Fine okay
used ideal running hate problem sometimes Easy well
heavy carry annoying summer running without tiring one decent bag
much light need rubs make feel quite generally hard issue really Sometime
running bag otherwise fine slows difficult find make run



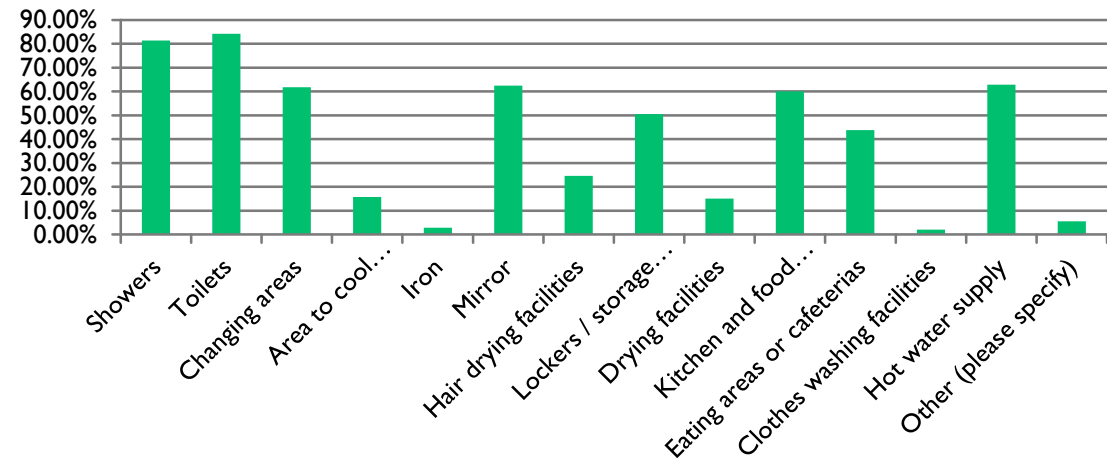
WORKPLACE FACILITIES



ENABLING WORKPLACE FACILITIES

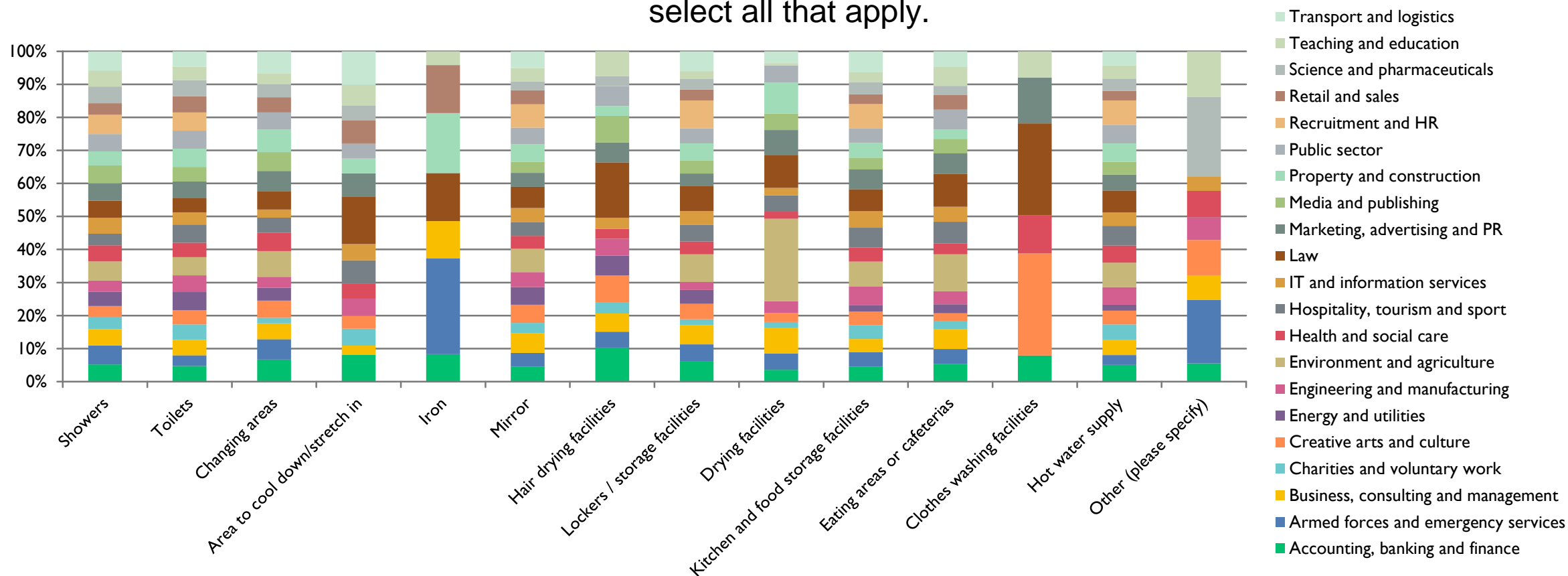
Answer Choices	Responses	
Showers	81.40%	232
Toilets	84.21%	240
Changing areas	61.75%	176
Area to cool down/stretch in	15.79%	45
Iron	2.81%	8
Mirror	62.46%	178
Hair drying facilities	24.56%	70
Lockers / storage facilities	50.53%	144
Drying facilities	15.09%	43
Kitchen and food storage facilities	60.00%	171
Eating areas or cafeterias	43.86%	125
Clothes washing facilities	2.11%	6
Hot water supply	62.81%	179
Other (please specify)	5.61%	16
	Answered	285
	Skipped	2

What facilities do you have at your workplace that enable you to run commute? Please select all that apply.



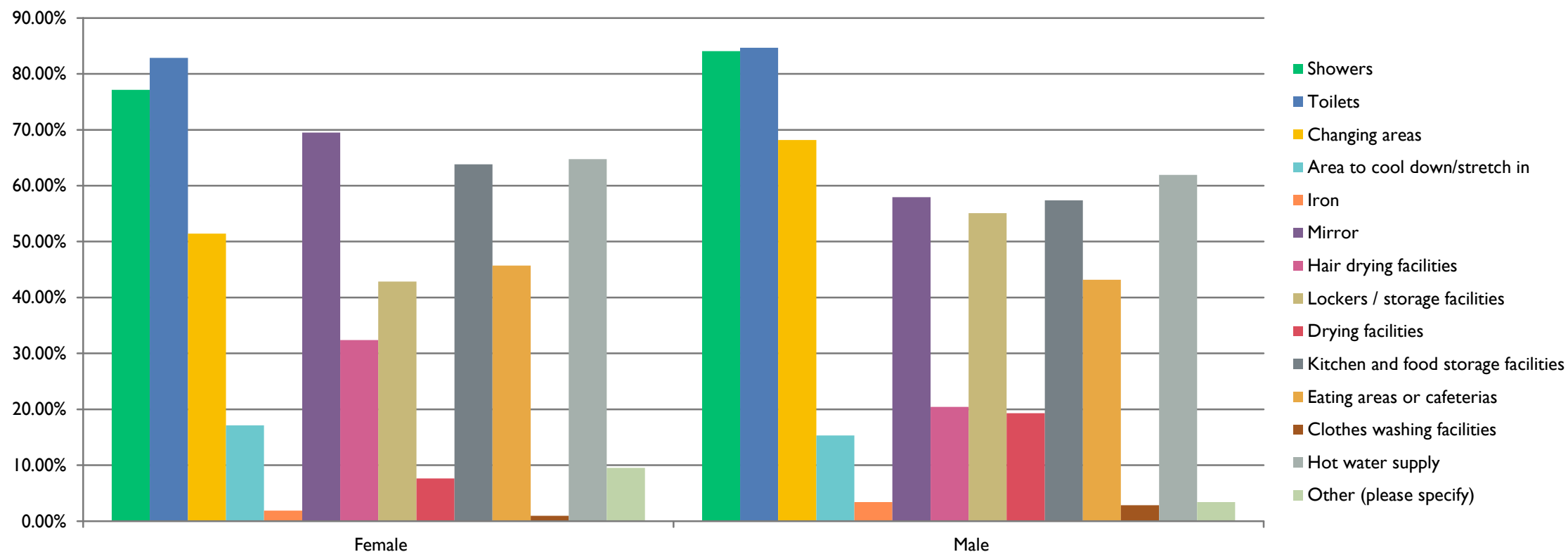
ENABLING WORKPLACE FACILITIES BY INDUSTRY

What facilities do you have at your workplace that enable you to run commute? Please select all that apply.



ENABLING WORKPLACE FACILITIES BY GENDER

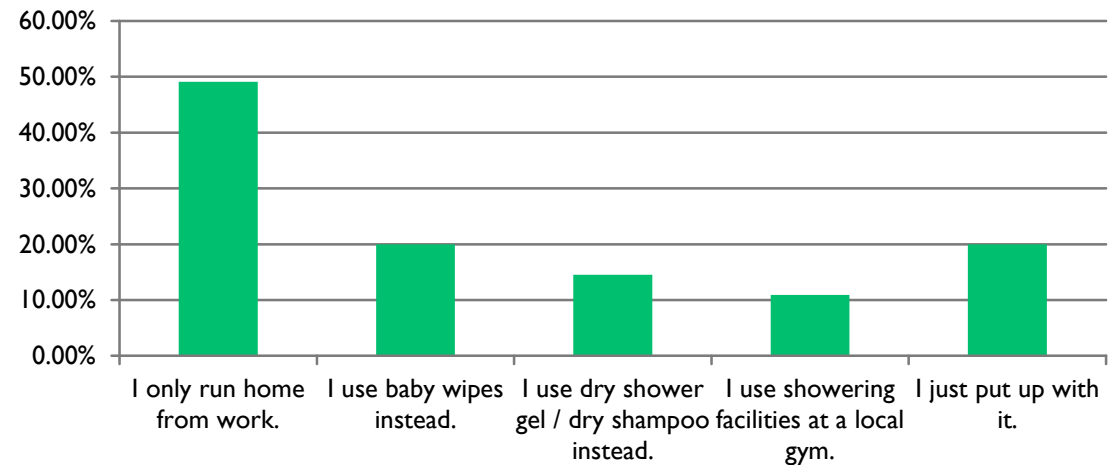
What facilities do you have at your workplace that enable you to run commute?
Please select all that apply.



IF NO SHOWER, WHAT DO YOU DO?

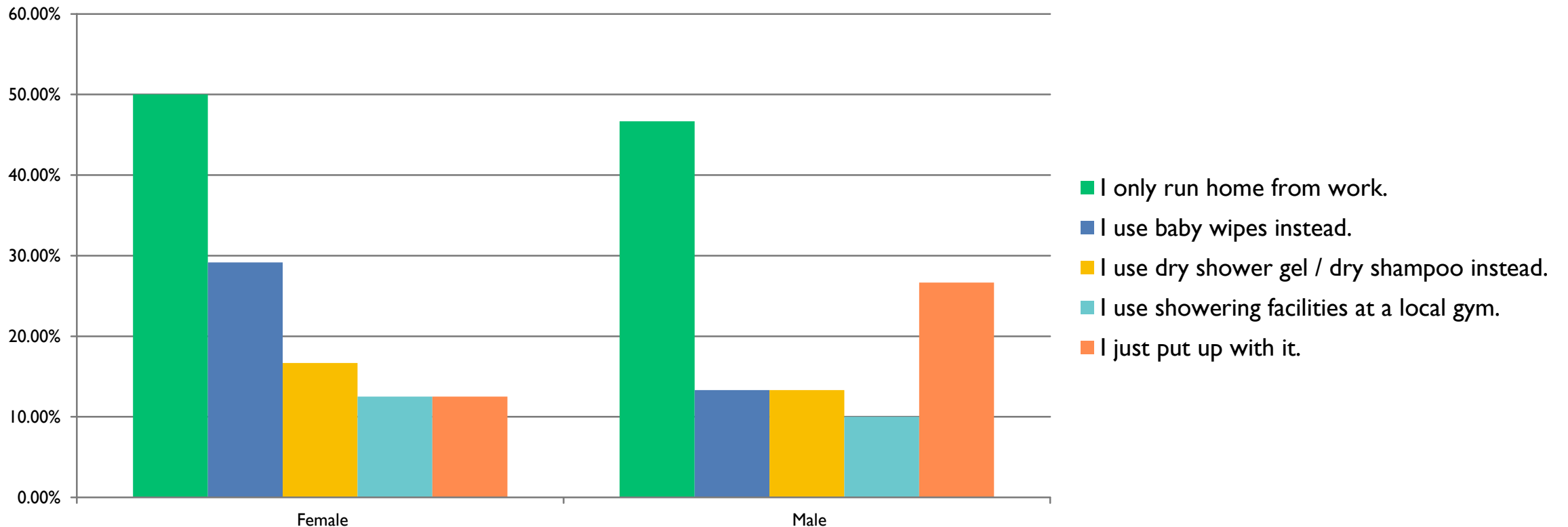
Answer Choices	Responses	
I only run home from work.	49.09%	27
I use baby wipes instead.	20.00%	11
I use dry shower gel / dry shampoo instead.	14.55%	8
I use showering facilities at a local gym.	10.91%	6
I just put up with it.	20.00%	11
	Answered	55
	Skipped	232

If you do not have shower facilities in your workplace, how do you get around this? Please select all that apply.



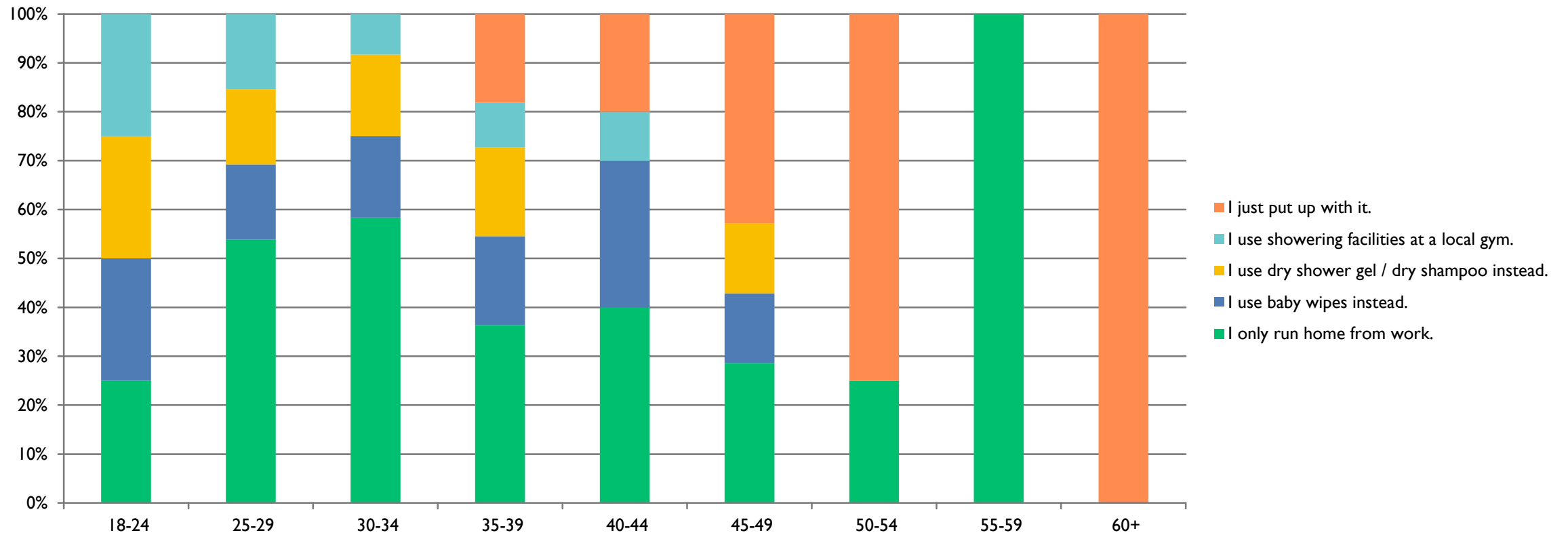
IF NO SHOWER, WHAT DO YOU DO BY GENDER?

If you do not have shower facilities in your workplace, how do you get around this? Please select all that apply.



IF NO SHOWER, WHAT DO YOU DO BY AGE?

If you do not have shower facilities in your workplace, how do you get around this? Please select all that apply.



ARE YOUR WORKPLACE FACILITIES ADEQUATE?

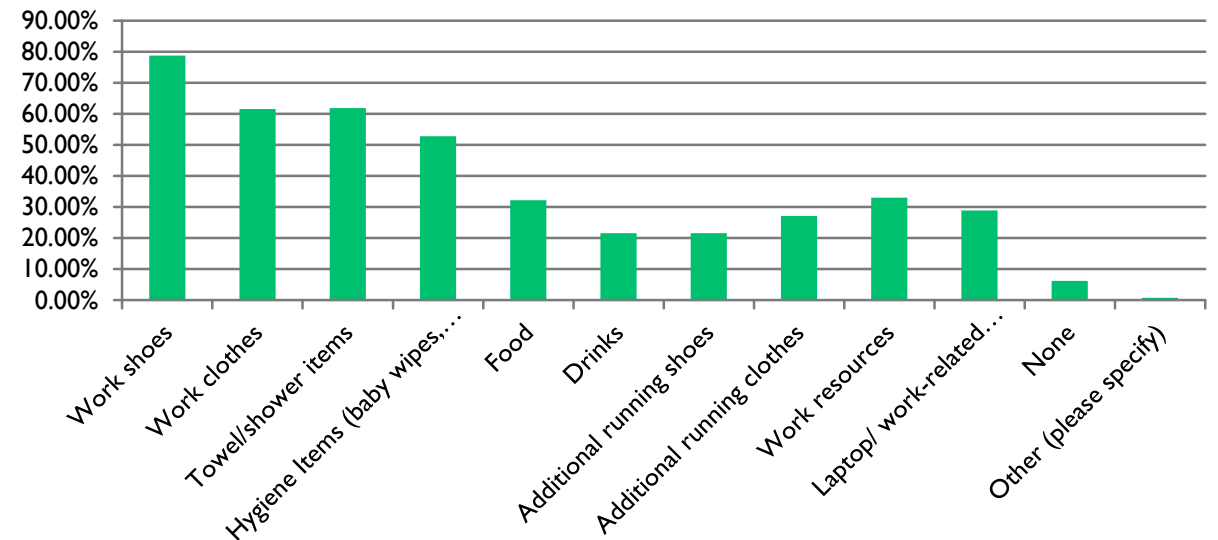
run commute cycle drying building small dry clothes adequate lockers better
Mostly home use drying facilities although run home facilities
great shower towel Yes often work though run prefer office
current lockers probably better Yep run work lucky clothes Without shower
changing

Women find facilities less adequate than men on the whole.

ITEMS KEPT AT WORK

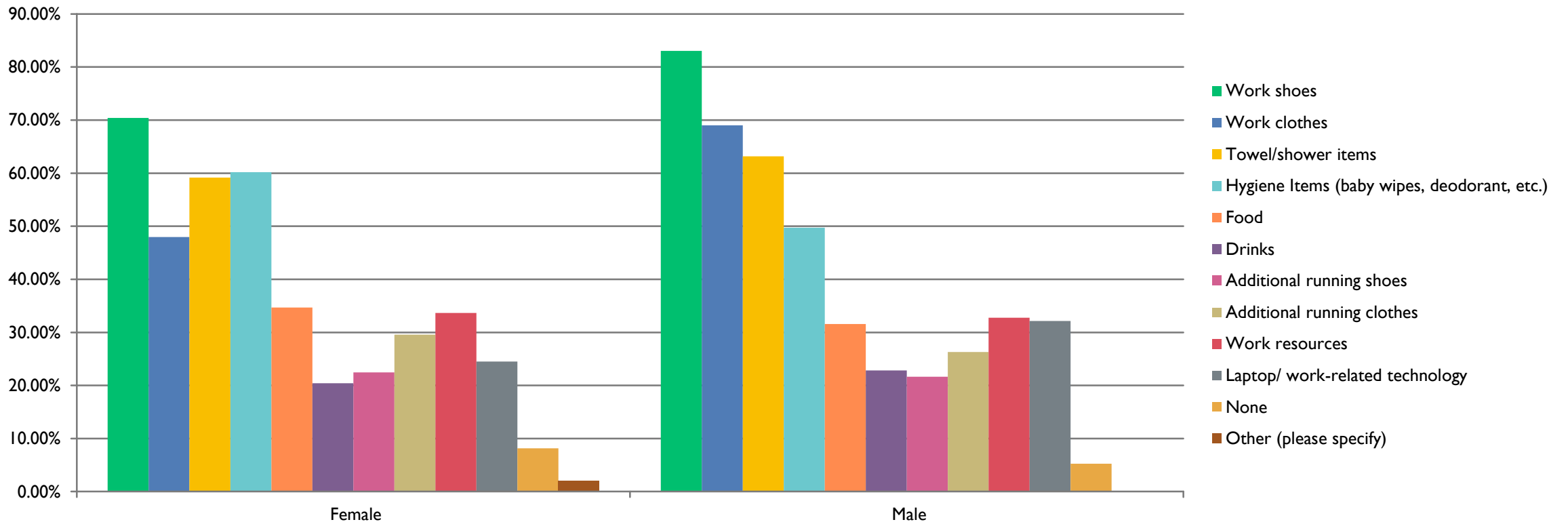
Answer Choices	Responses	
Work shoes	78.75%	215
Work clothes	61.54%	168
Towel/shower items	61.90%	169
Hygiene Items (baby wipes, deodorant, etc.)	52.75%	144
Food	32.23%	88
Drinks	21.61%	59
Additional running shoes	21.61%	59
Additional running clothes	27.11%	74
Work resources	32.97%	90
Laptop/ work-related technology	28.94%	79
None	6.23%	17
Other (please specify)	0.73%	2
	Answered	273
	Skipped	14

If you have storage at your workplace, which of the following do you keep there to help your run commute? Please select all that apply.



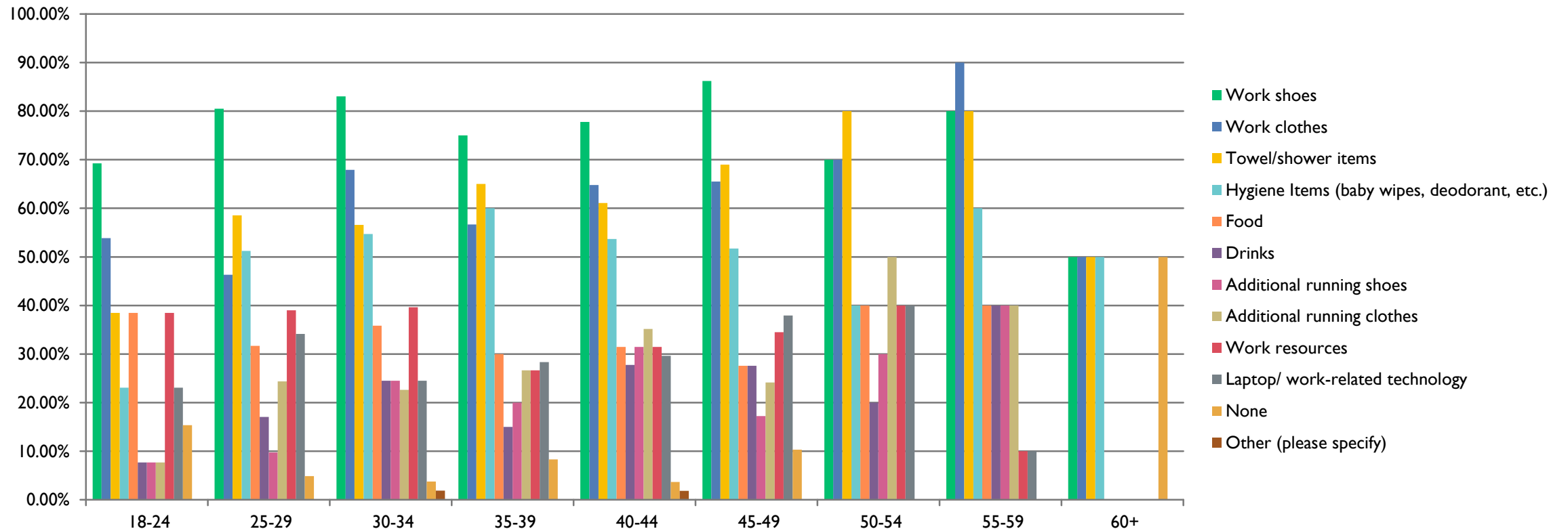
ITEMS KEPT AT WORK BY GENDER

If you have storage at your workplace, which of the following do you keep there to help your run commute? Please select all that apply.



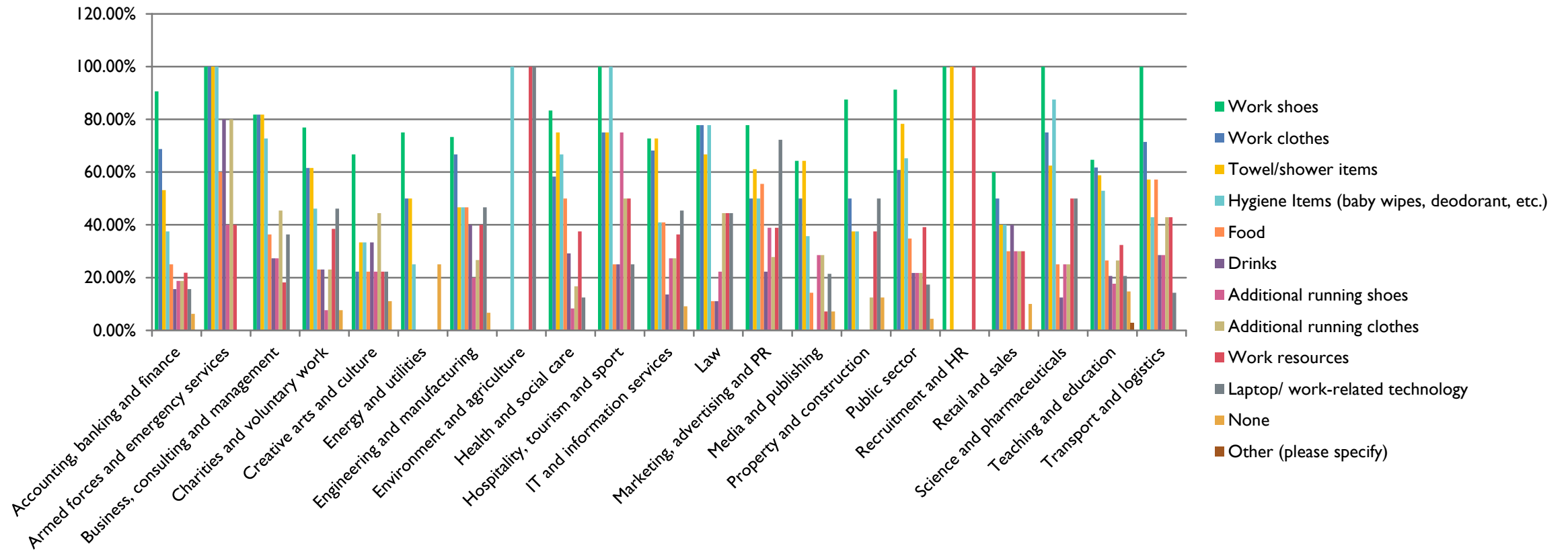
ITEMS KEPT AT WORK BY AGE

If you have storage at your workplace, which of the following do you keep there to help your run commute? Please select all that apply.



ITEMS KEPT AT WORK BY INDUSTRY

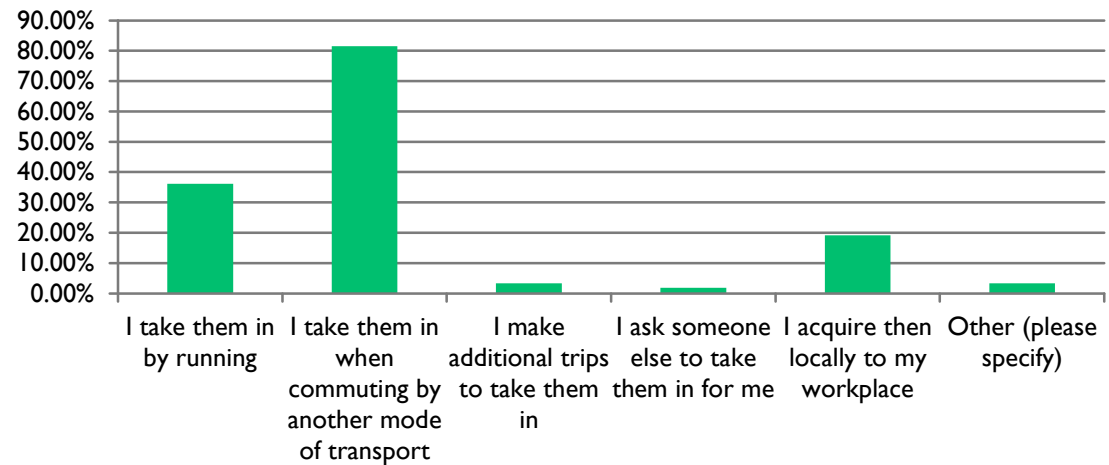
If you have storage at your workplace, which of the following do you keep there to help your run commute? Please select all that apply.



HOW ARE ITEMS KEPT AT WORK TRANSPORTED?

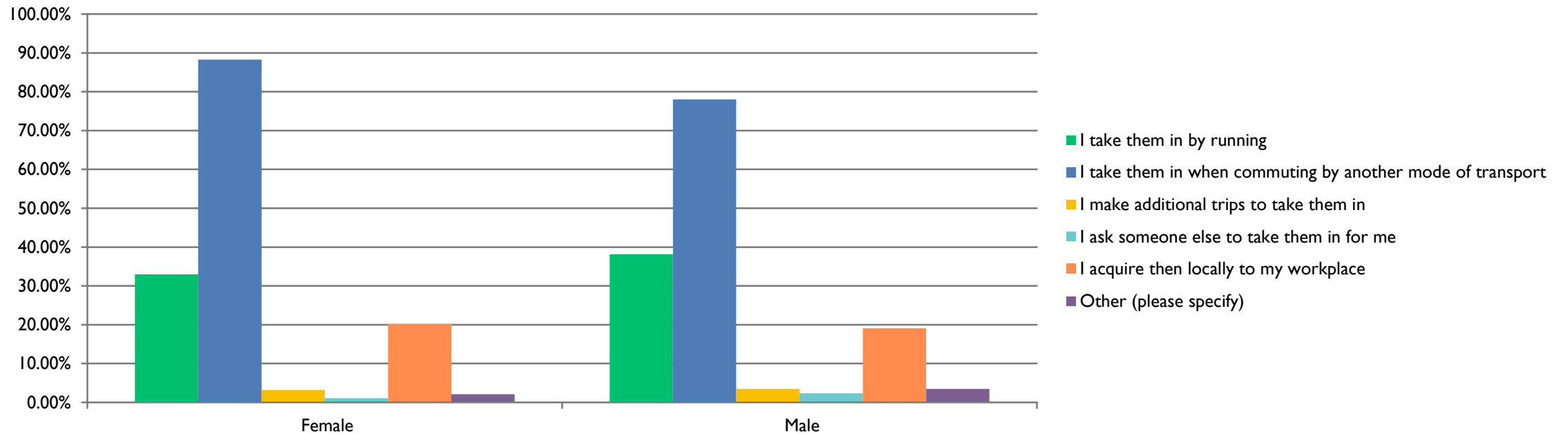
The items you store at work, how do you get them there? Please select all that apply.

Answer Choices	Responses	
I take them in by running	36.16%	98
I take them in when commuting by another mode of transport	81.55%	221
I make additional trips to take them in	3.32%	9
I ask someone else to take them in for me	1.85%	5
I acquire them locally to my workplace	19.19%	52
Other (please specify)	3.32%	9
	Answered	271
	Skipped	16



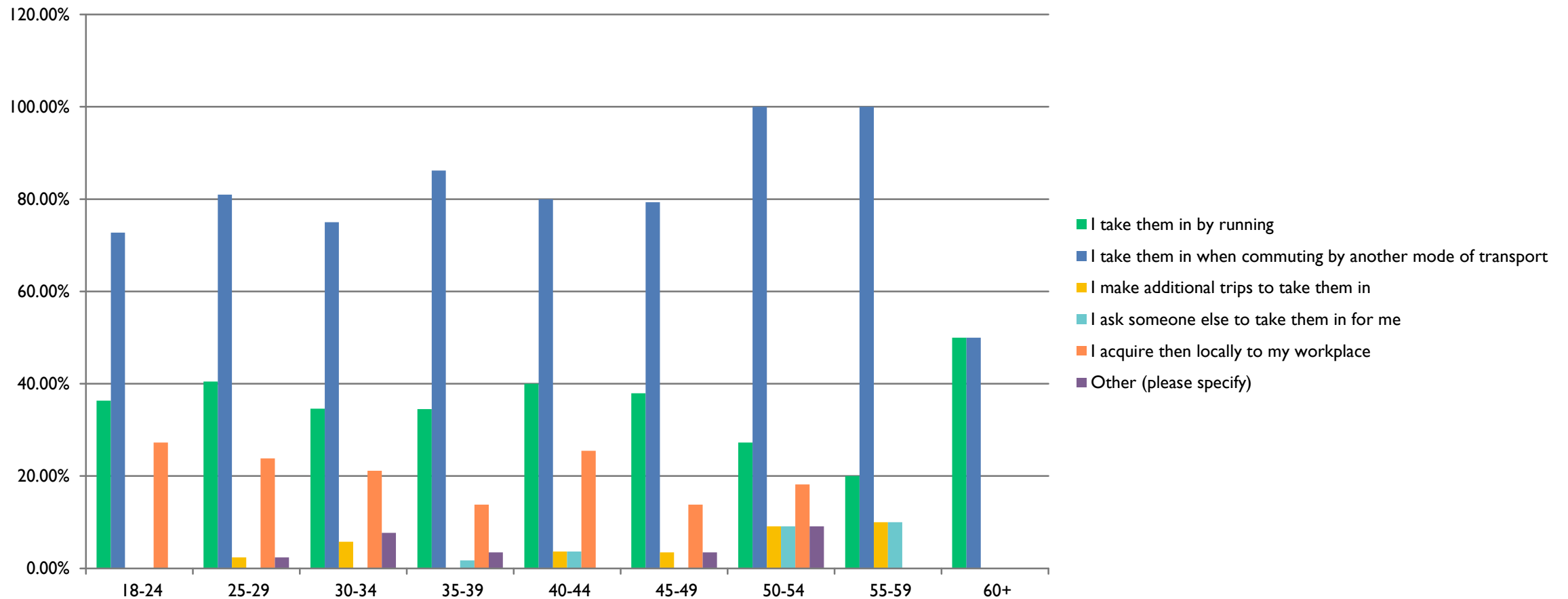
HOW ARE ITEMS KEPT AT WORK TRANSPORTED BY GENDER?

The items you store at work, how do you get them there? Please select all that apply.



HOW ARE ITEMS KEPT AT WORK TRANSPORTED BY AGE?

The items you store at work, how do you get them there? Please select all that apply.





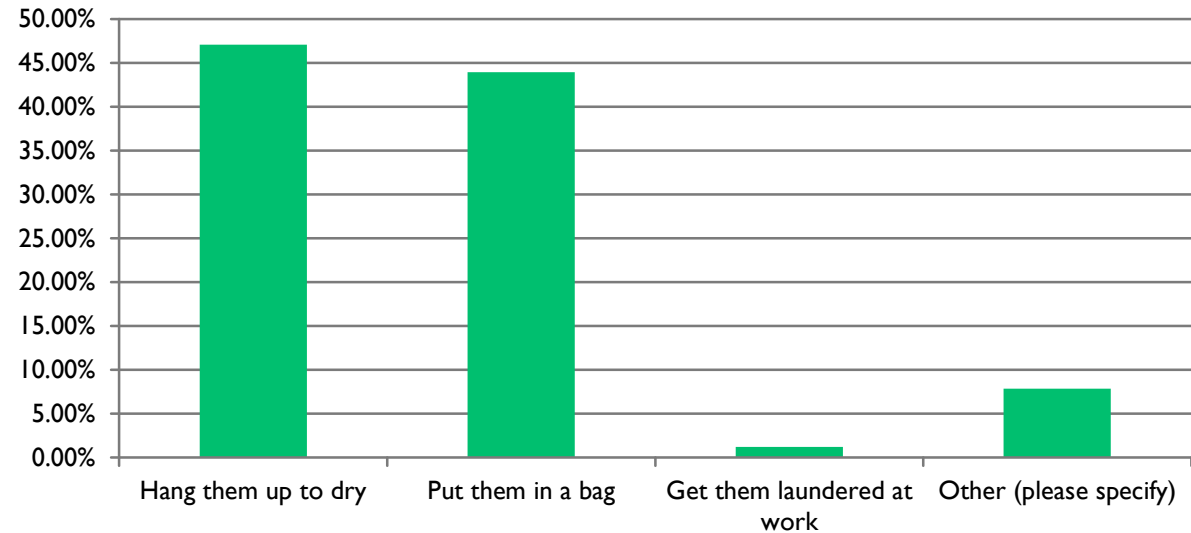
CLOTHING



WHAT HAPPENS WITH WET CLOTHES

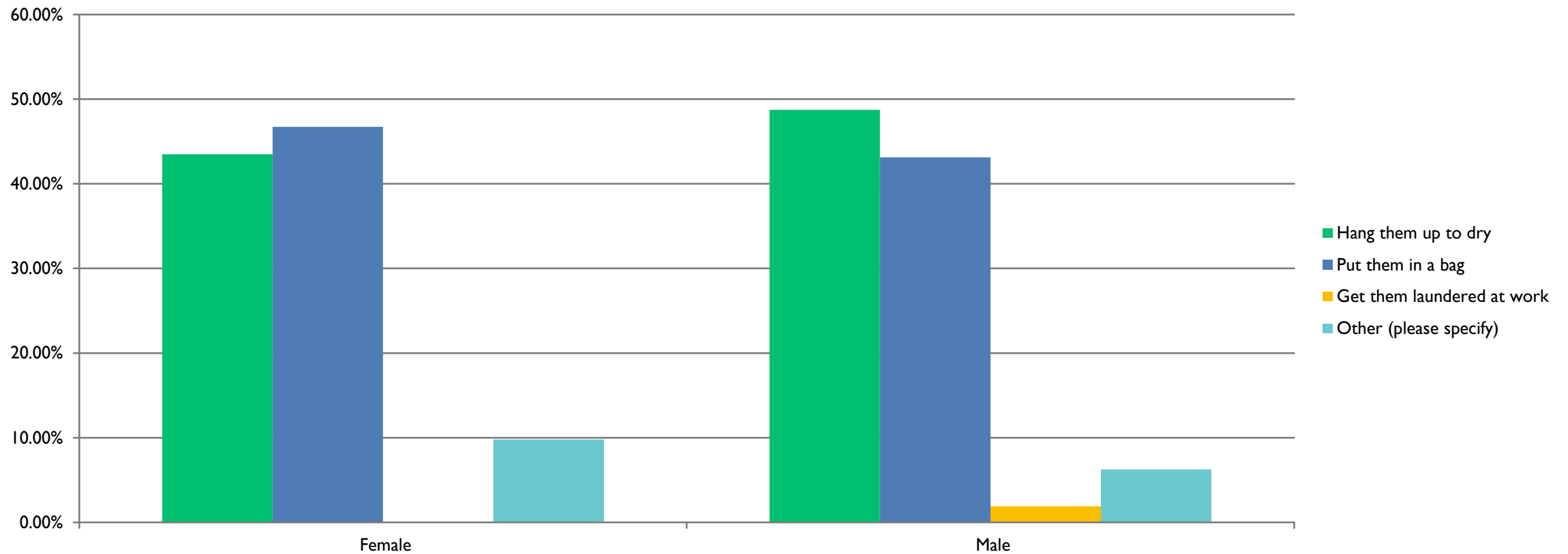
What do you do with your wet clothes if you run to work?

Answer Choices	Responses	
Hang them up to dry	47.06%	120
Put them in a bag	43.92%	112
Get them laundered at work	1.18%	3
Other (please specify)	7.84%	20
Answered		255
Skipped		32



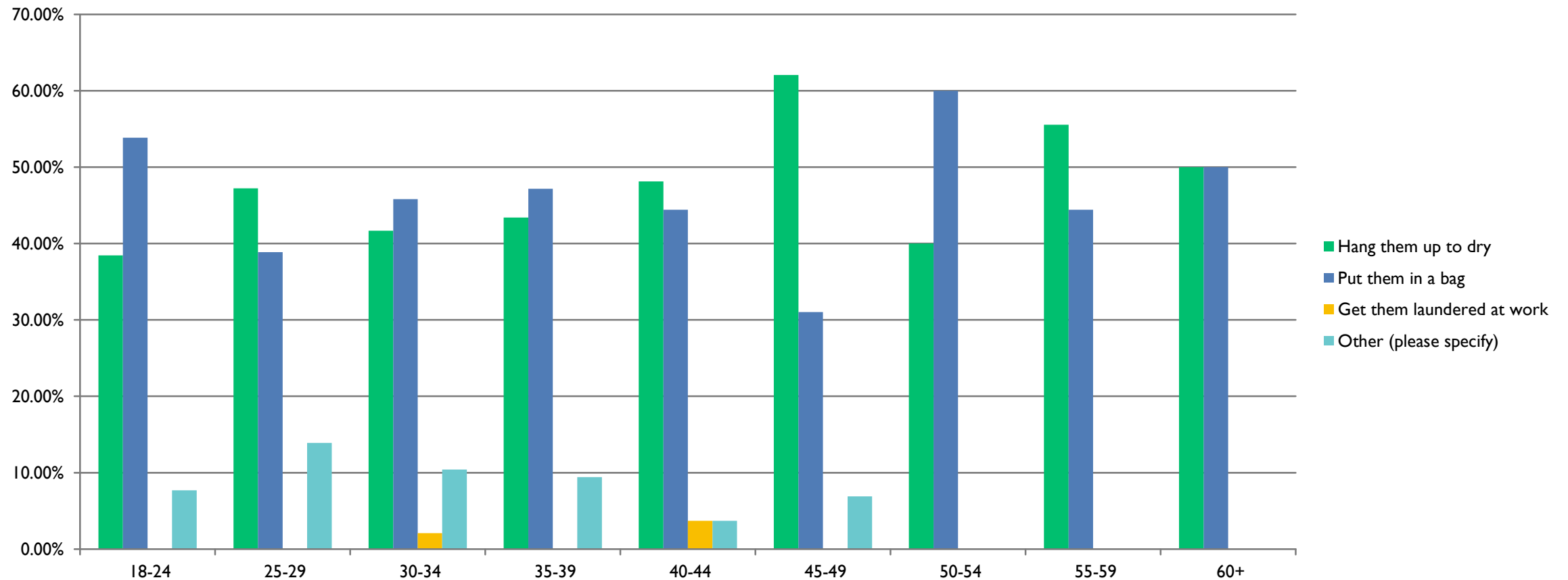
WHAT HAPPENS WITH WET CLOTHES BY GENDER

What do you do with your wet clothes if you run to work?



WHAT HAPPENS WITH WET CLOTHES BY AGE

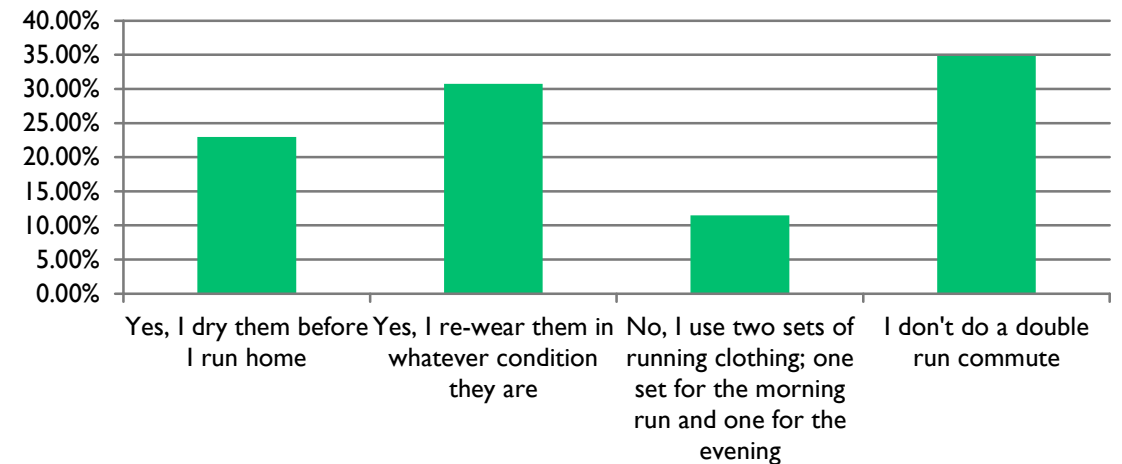
What do you do with your wet clothes if you run to work?



CLOTHING AND DOUBLE RUN COMMUTING

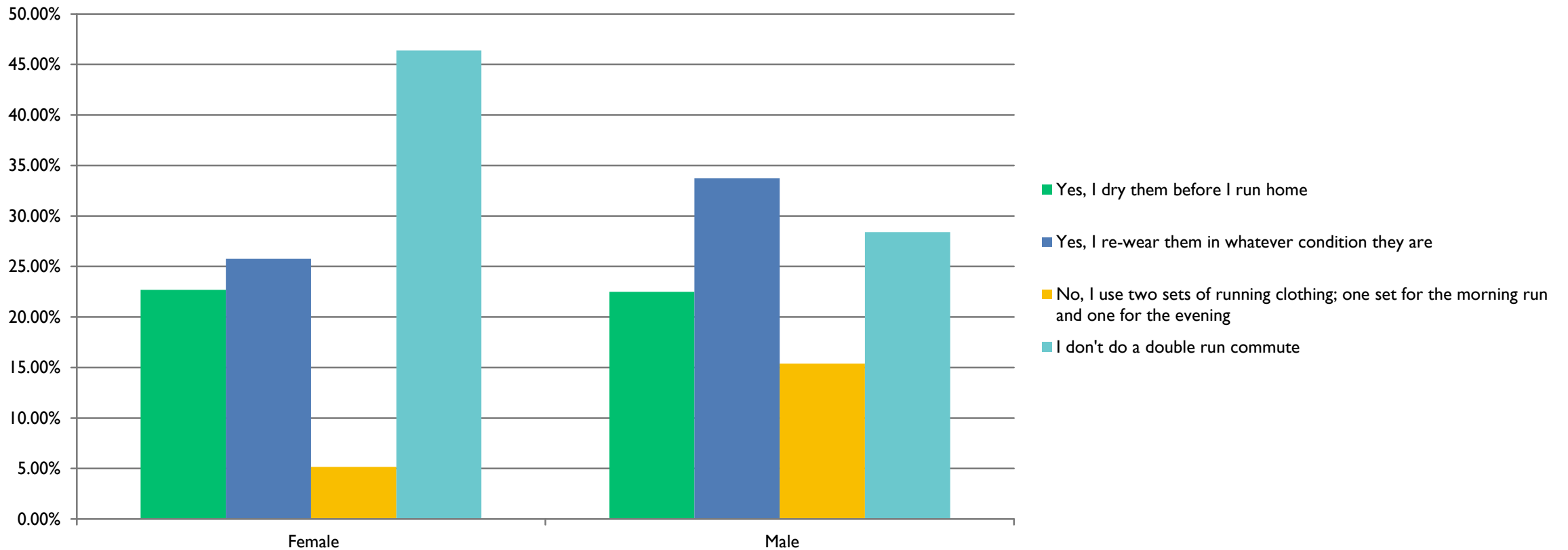
Answer Choices	Responses	
Yes, I dry them before I run home	22.96%	62
Yes, I re-wear them in whatever condition they are	30.74%	83
No, I use two sets of running clothing; one set for the morning run and one for the evening	11.48%	31
I don't do a double run commute	34.81%	94
	Answered	270
	Skipped	17

If you run both to and from work in the same day, do you reuse the same running clothes?



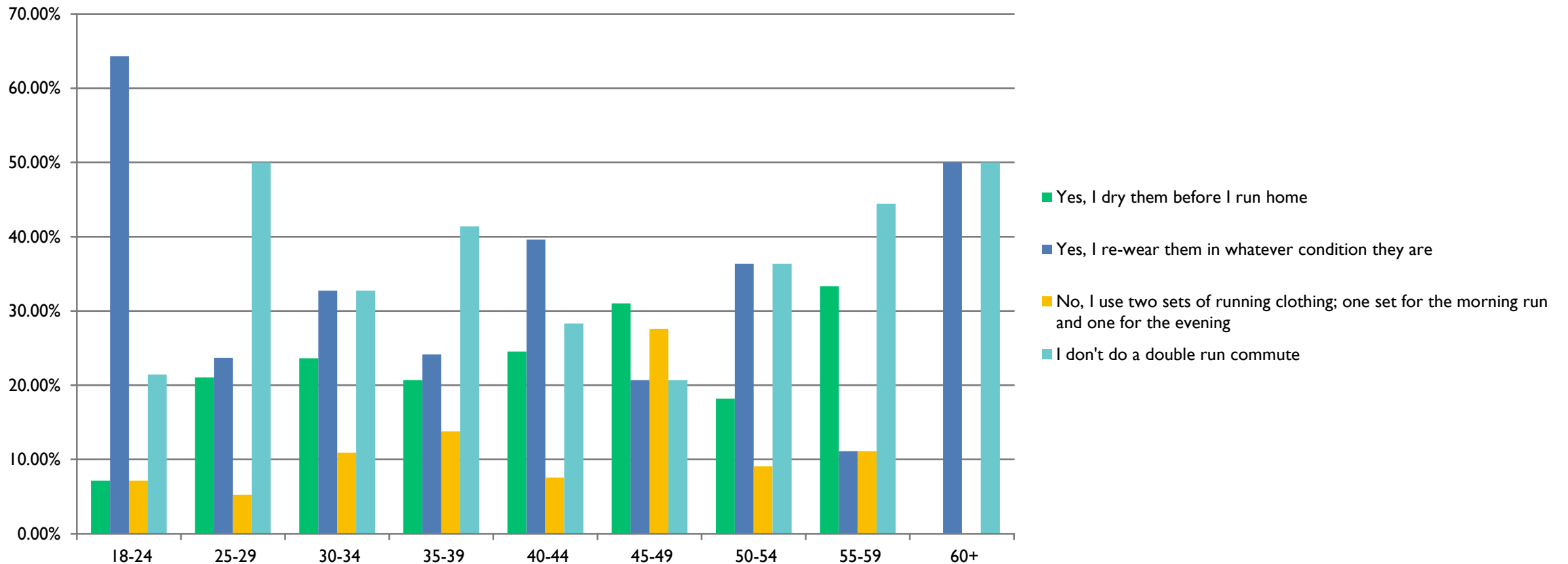
CLOTHING AND DOUBLE RUN COMMUTING BY GENDER

If you run both to and from work in the same day, do you reuse the same running clothes?



CLOTHING AND DOUBLE RUN COMMUTING BY AGE

If you run both to and from work in the same day, do you reuse the same running clothes?





WORKPLACE REACTIONS



REACTION OF COLLEAGUES

mad people ask lot Slightly good idea nuts Generally far company also say shock
Disbelief run commute cycle work think mad mostly work Unsurprised
think cycle surprised accepting impressed seem
run Bemused Positive time supportive good None long crazy
reaction much know normal pretty now quite interested way think crazy Amazed
Fine

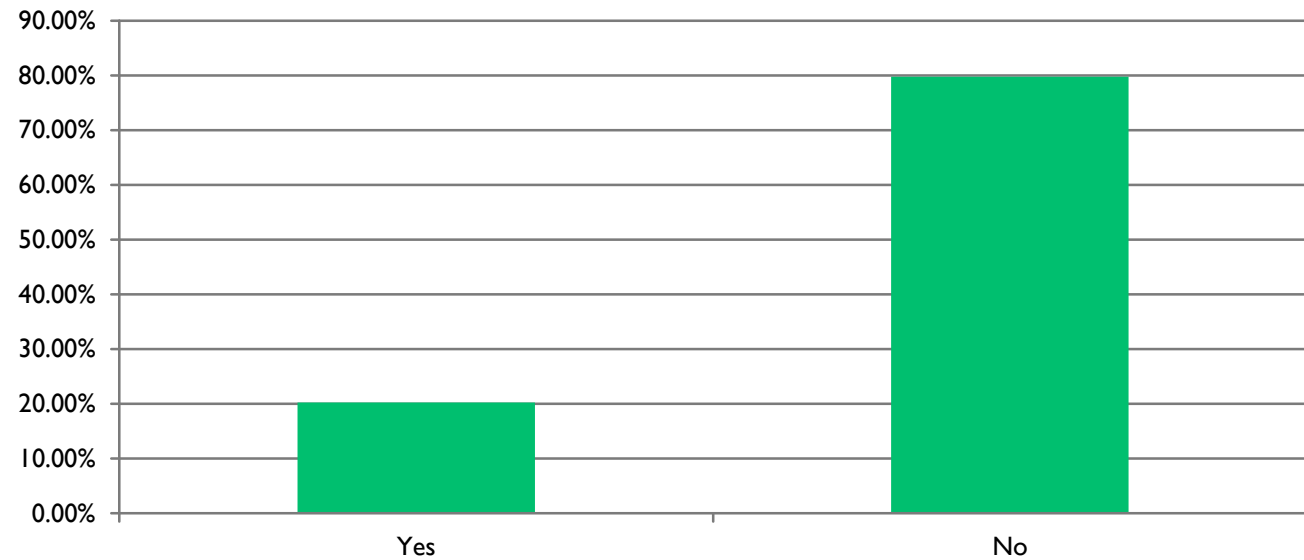
REACTION OF EMPLOYER

See cycle Encouraging Indifferent sure crazy run problems happy Pleased
Supportive much None Slightly think normal
surprised sure know Impressed fine know
bothered Positive runner reaction Unsurprised boss thought bit mad
colleagues run work interested aware care mad N

DISCUSSED RUN-COMMUTING NEEDS WITH EMPLOYER?

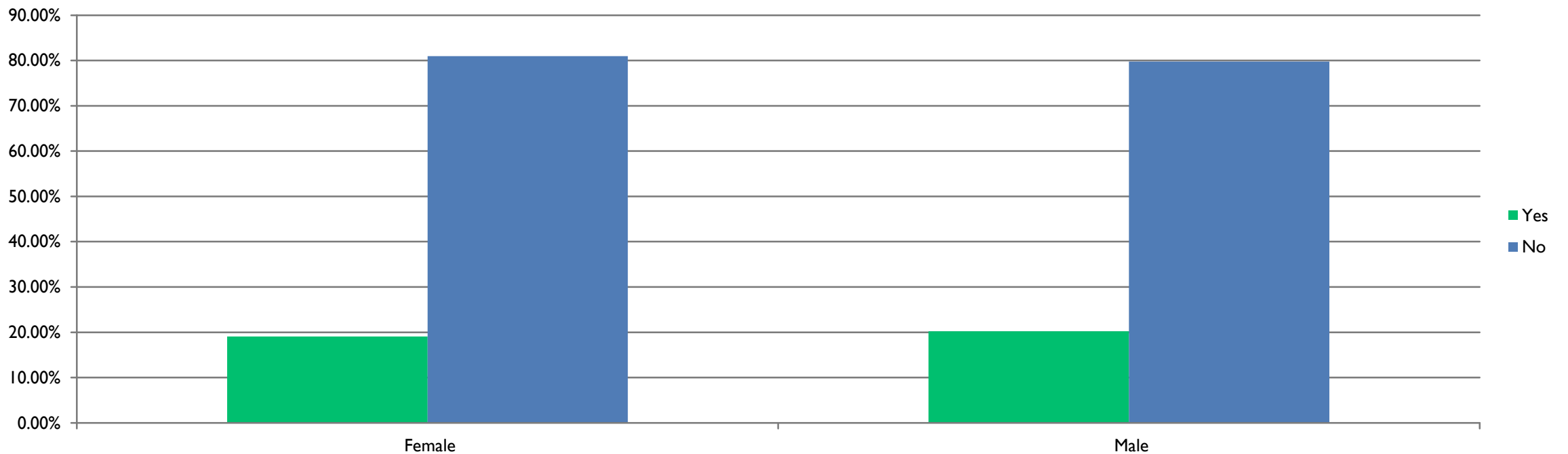
Have you ever discussed your run commuting needs with your employer?

Answer Choices	Responses	
Yes	20.21%	58
No	79.79%	229
Answered		287
Skipped		0



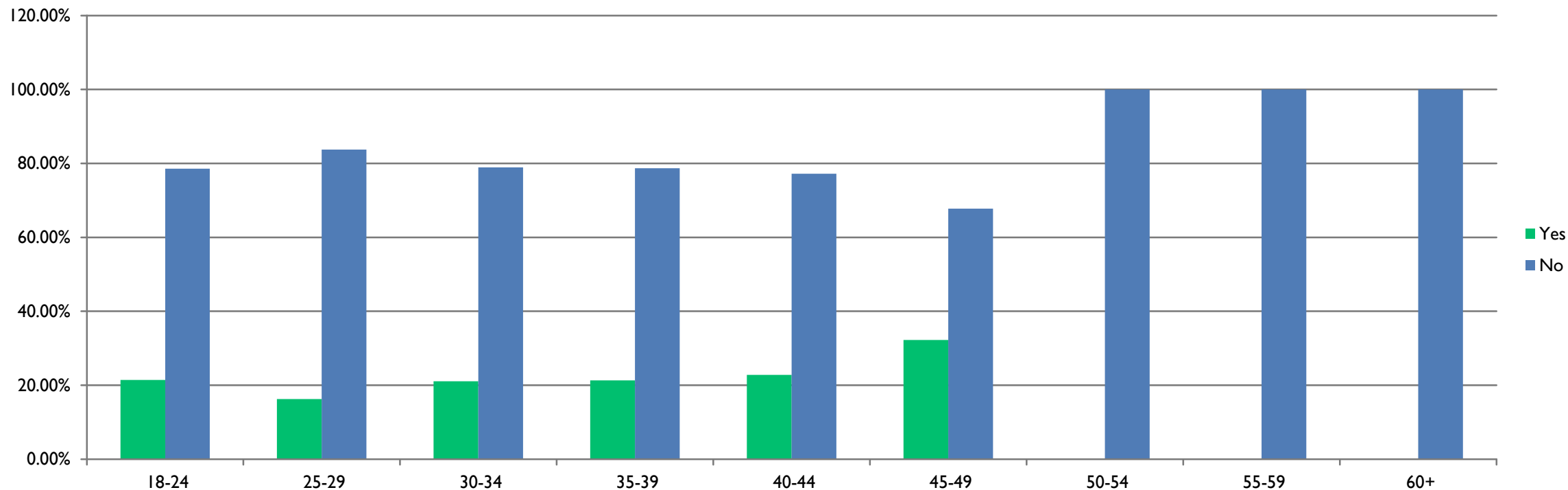
DISCUSSED RUN COMMUTING NEEDS WITH EMPLOYER BY GENDER

Have you ever discussed your run commuting needs with your employer?



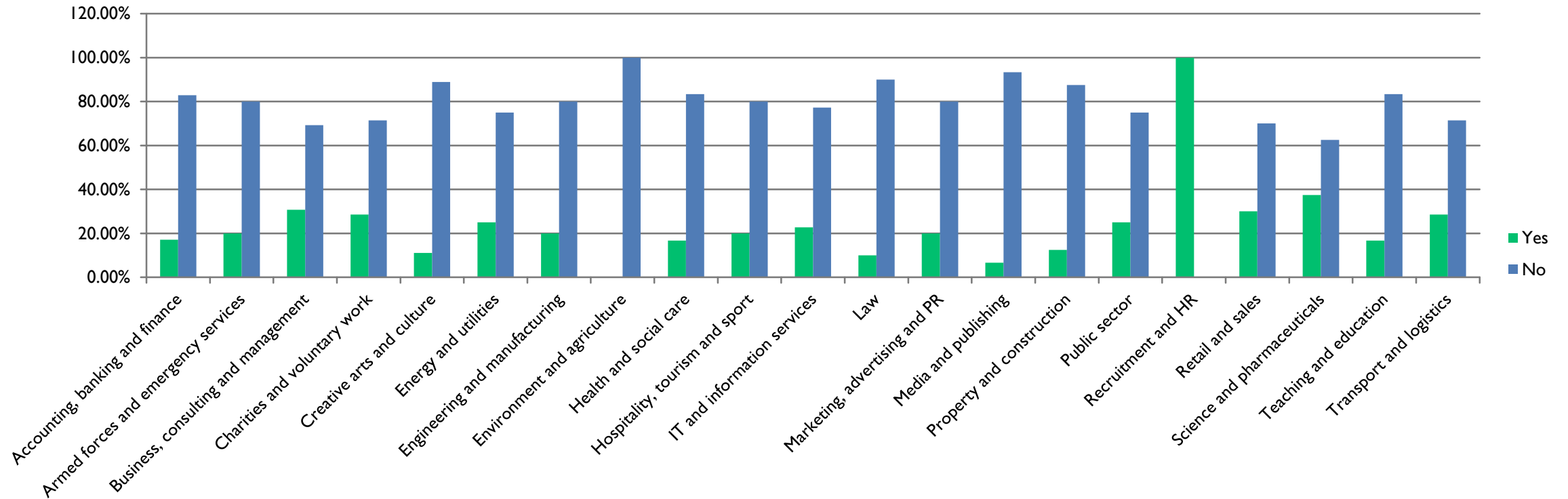
DISCUSSED RUN COMMUTING NEEDS WITH EMPLOYER BY AGE

Have you ever discussed your run commuting needs with your employer?



DISCUSSED RUN COMMUTING NEEDS WITH EMPLOYER BY INDUSTRY

Have you ever discussed your run commuting needs with your employer?



OUTCOMES OF CONVERSATIONS WITH EMPLOYERS

run cycling one others Positive time office locker facilities drying
shower way work Asked use needs Nothing place commute
said



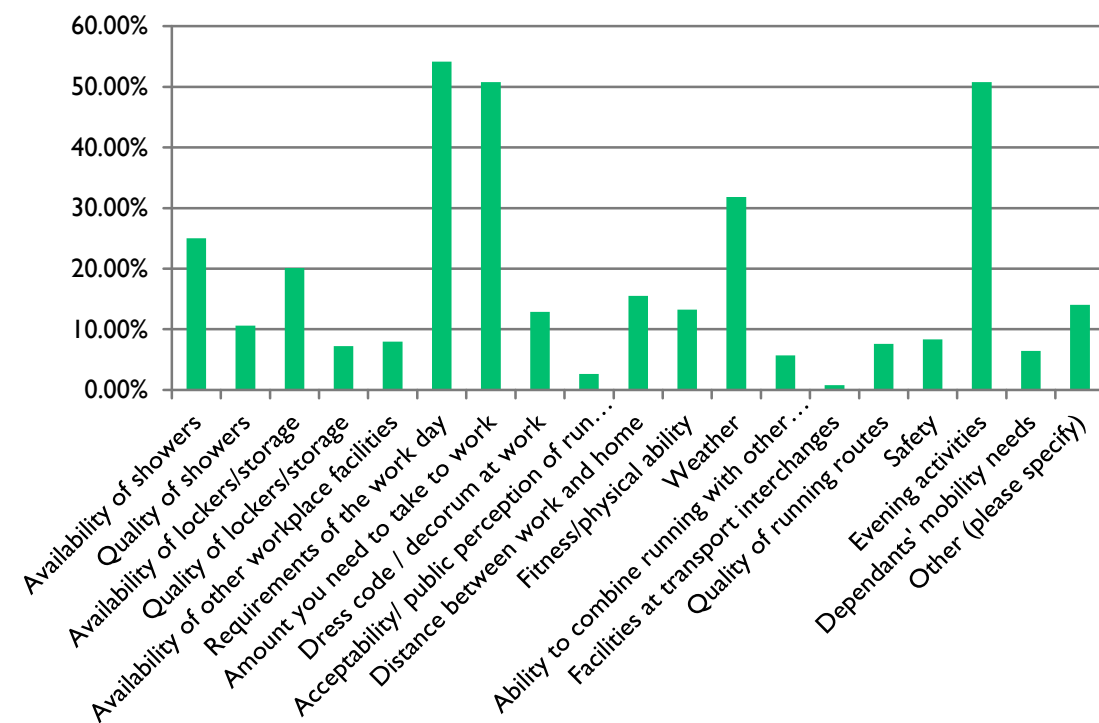
FUTURE OF PARTICIPANTS RUN COMMUTING



RESTRICTIONS ON RUN COMMUTING

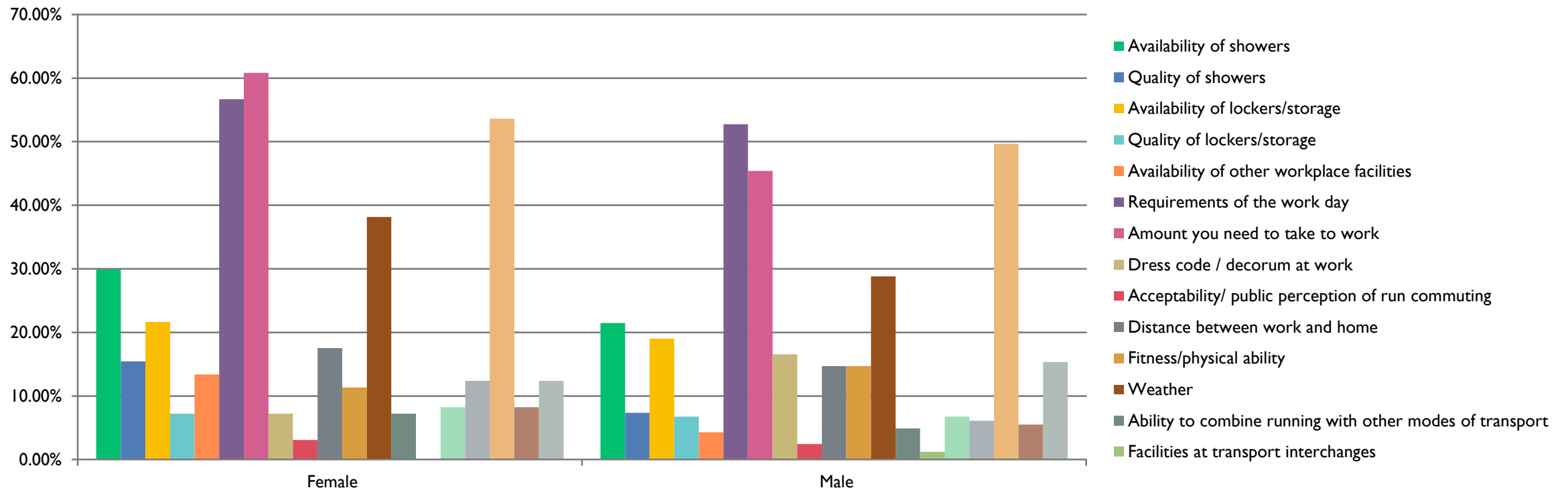
Answer Choices	Responses	
Availability of showers	25.00%	66
Quality of showers	10.61%	28
Availability of lockers/storage	20.08%	53
Quality of lockers/storage	7.20%	19
Availability of other workplace facilities	7.95%	21
Requirements of the work day	54.17%	143
Amount you need to take to work	50.76%	134
Dress code / decorum at work	12.88%	34
Acceptability/ public perception of run commuting	2.65%	7
Distance between work and home	15.53%	41
Fitness/physical ability	13.26%	35
Weather	31.82%	84
Ability to combine running with other modes of transport	5.68%	15
Facilities at transport interchanges	0.76%	2
Quality of running routes	7.58%	20
Safety	8.33%	22
Evening activities	50.76%	134
Dependants' mobility needs	6.44%	17
Other (please specify)	14.02%	37

Do any of the following restrict your run commuting, in terms of frequency or experience? Please select all that apply.



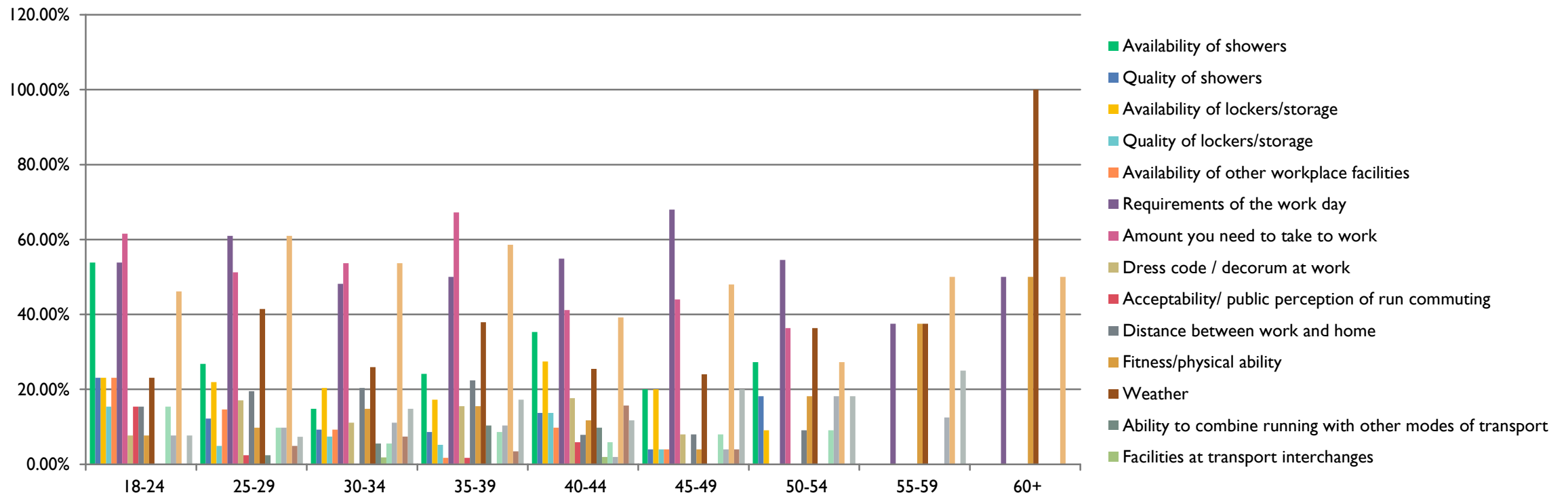
RESTRICTIONS ON RUN COMMUTING BY GENDER

Do any of the following restrict your run commuting, in terms of frequency or experience? Please select all that apply.



RESTRICTIONS ON RUN COMMUTING BY AGE

Do any of the following restrict your run commuting, in terms of frequency or experience? Please select all that apply.



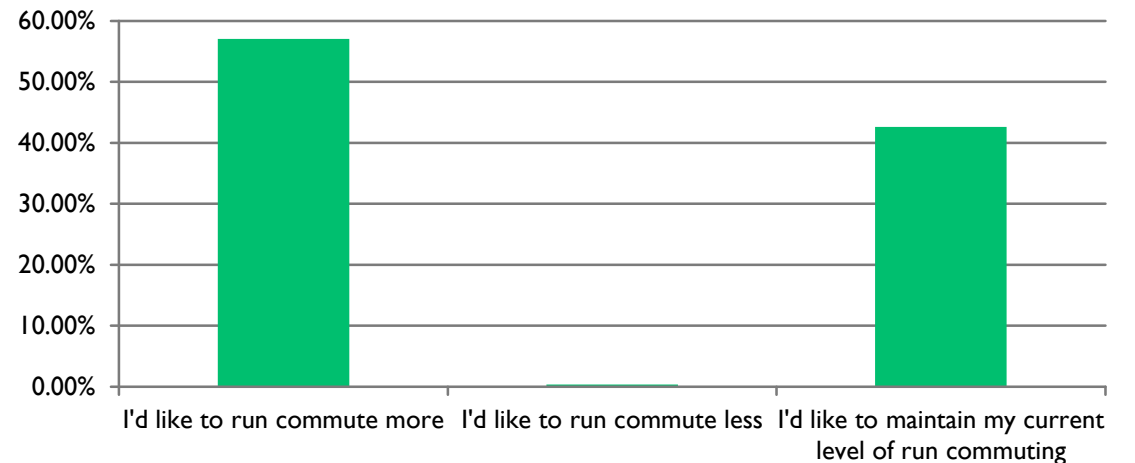
BIGGEST OBSTACLE TO RUN COMMUTING

home Fitness physical ability None Planning commitments injuries facilities
storage Fitness Evening Amount need take Tiredness
Evening
activities Amount
Requirements work day Availability showers need
lack showers run commute work Safety Distance run home
showers run commute time Lack Weather work day carry late
day meeting laptop nights need take work route clothes
work
Requirements

AMOUNT OF RUN COMMUTING IN THE FUTURE

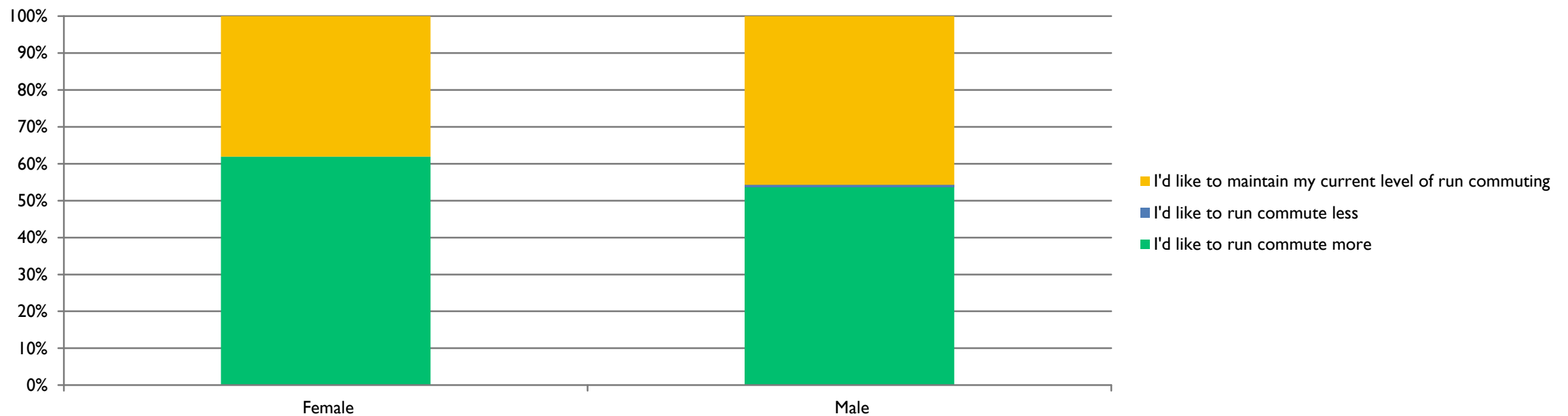
Answer Choices	Responses	
I'd like to run commute more	57.04%	162
I'd like to run commute less	0.35%	1
I'd like to maintain my current level of run commuting	42.61%	121
	Answered	284
	Skipped	3

In regards to the amount you run commute, how would you like that to change in the future?



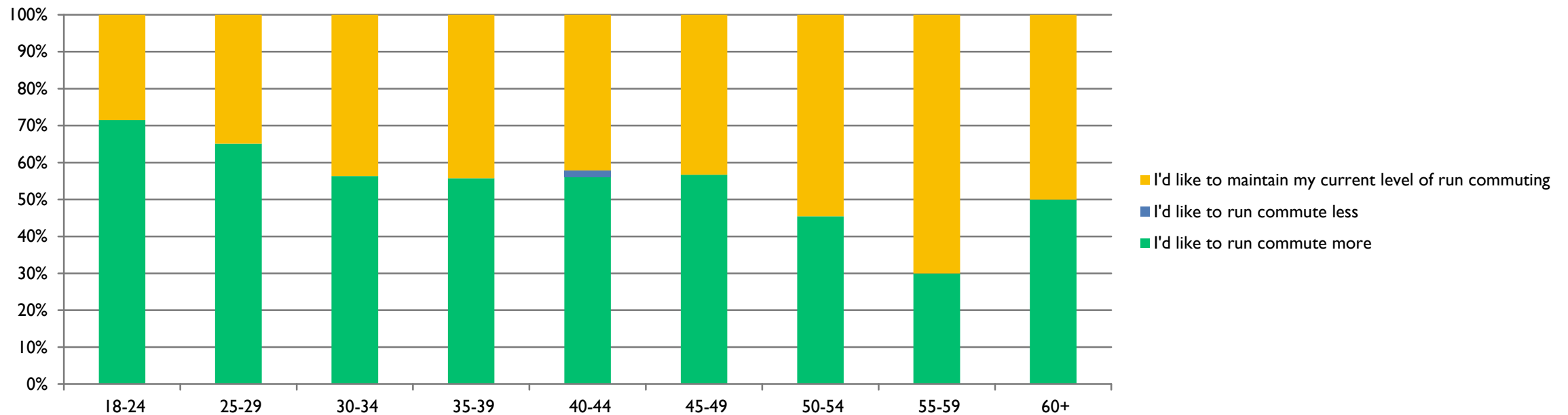
AMOUNT OF RUN COMMUTING IN THE FUTURE BY GENDER

In regards to the amount you run commute, how would you like that to change in the future?



AMOUNT OF RUN COMMUTING IN THE FUTURE BY AGE

In regards to the amount you run commute, how would you like that to change in the future?



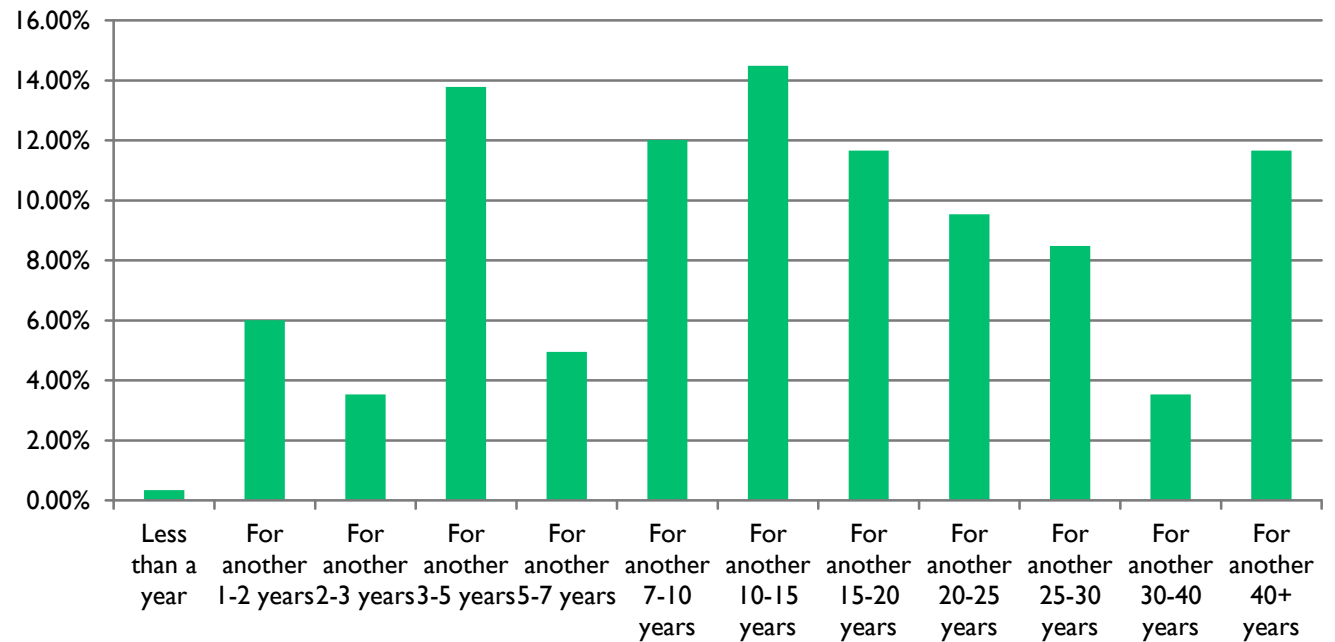
MAX, MIN AND IDEAL DISTANCES IN MILES

	Mean	Median	Mode	Range	3 rd Quartile
Min	4	3	3	24	5
Max	9.85	9.5	10	61	12
Ideal	6.06	6	6	31.75	7

HOW MANY YEARS WILL YOU RUN COMMUTE FOR?

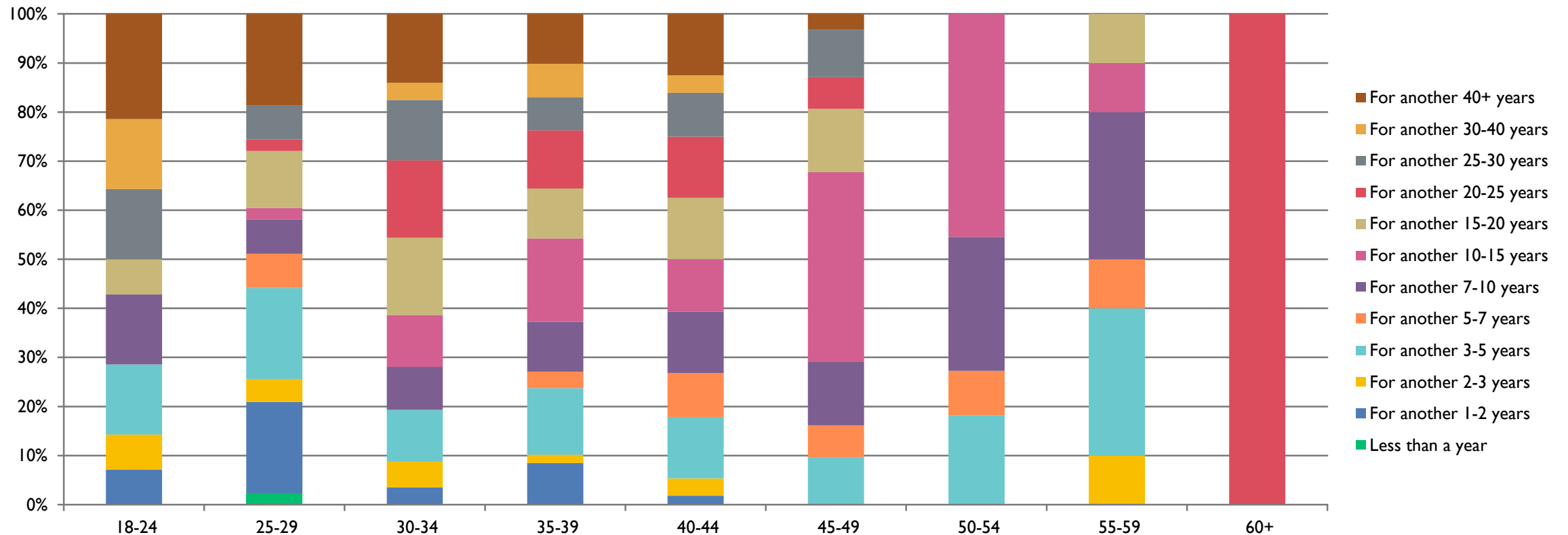
Answer Choices	Responses	
Less than a year	0.35%	1
For another 1-2 years	6.01%	17
For another 2-3 years	3.53%	10
For another 3-5 years	13.78%	39
For another 5-7 years	4.95%	14
For another 7-10 years	12.01%	34
For another 10-15 years	14.49%	41
For another 15-20 years	11.66%	33
For another 20-25 years	9.54%	27
For another 25-30 years	8.48%	24
For another 30-40 years	3.53%	10
For another 40+ years	11.66%	33
	Answered	283
	Skipped	4

For how many years do you think you will run commute for?



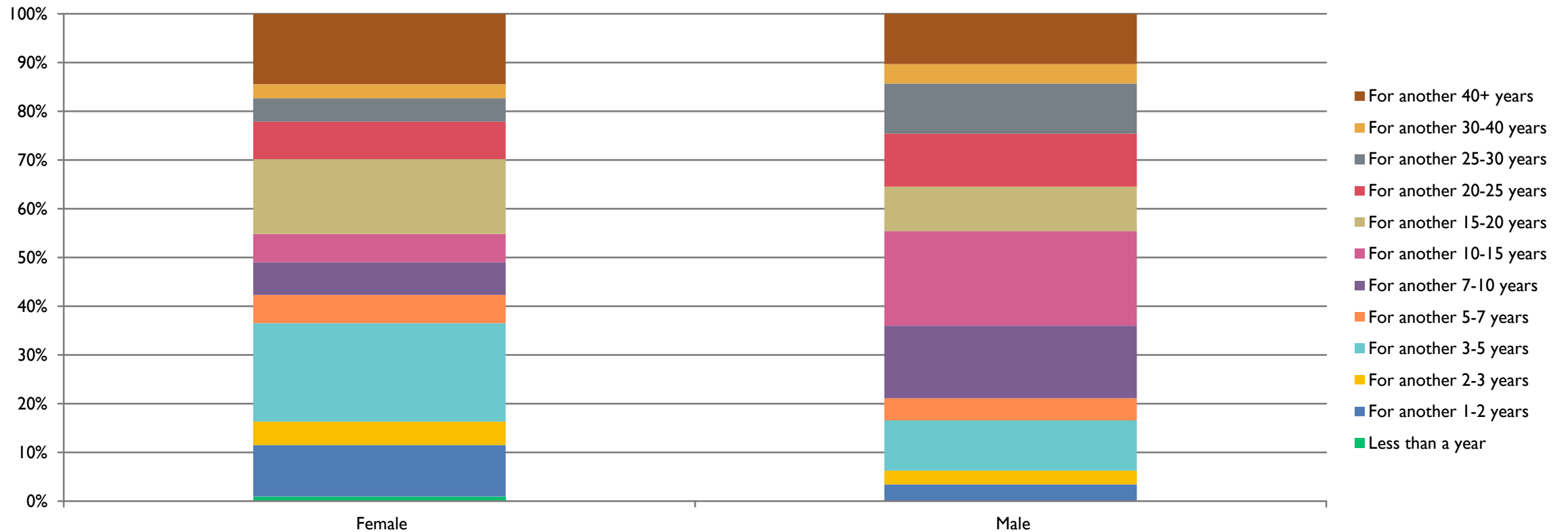
HOW MANY YEARS WILL YOU RUN COMMUTE FOR BY AGE

For how many years do you think you will run commute for?



HOW MANY YEARS WILL YOU RUN COMMUTE FOR BY GENDER

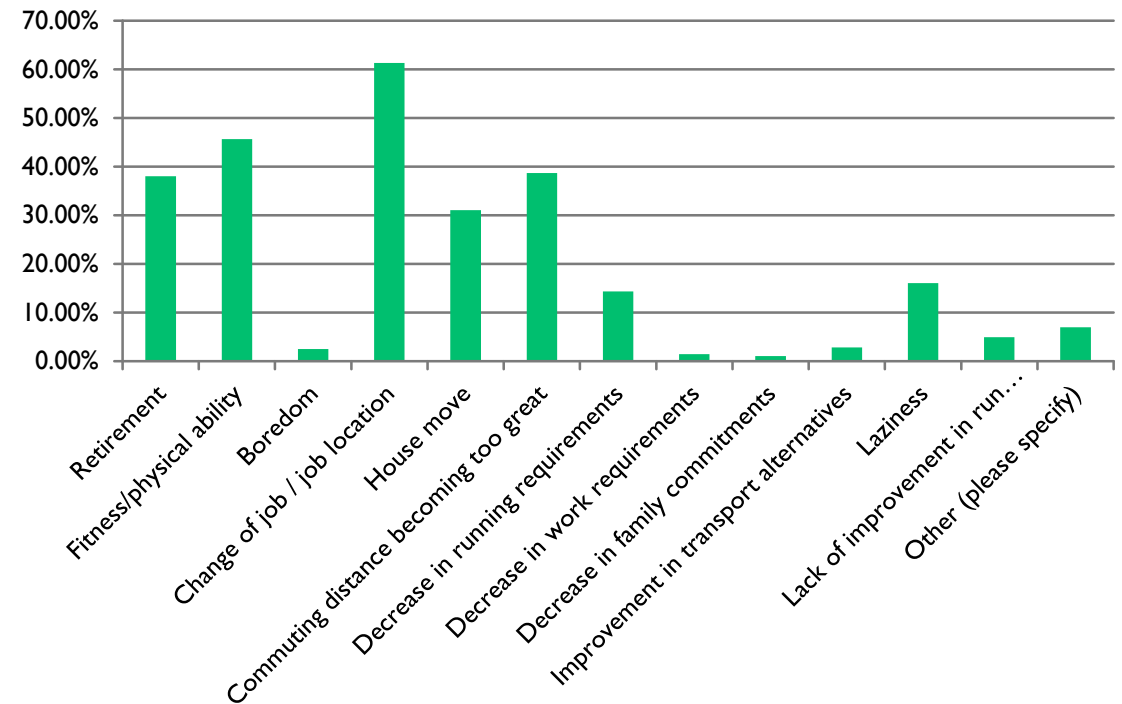
For how many years do you think you will run commute for?



CAUSE OF STOPPING RUN COMMUTING

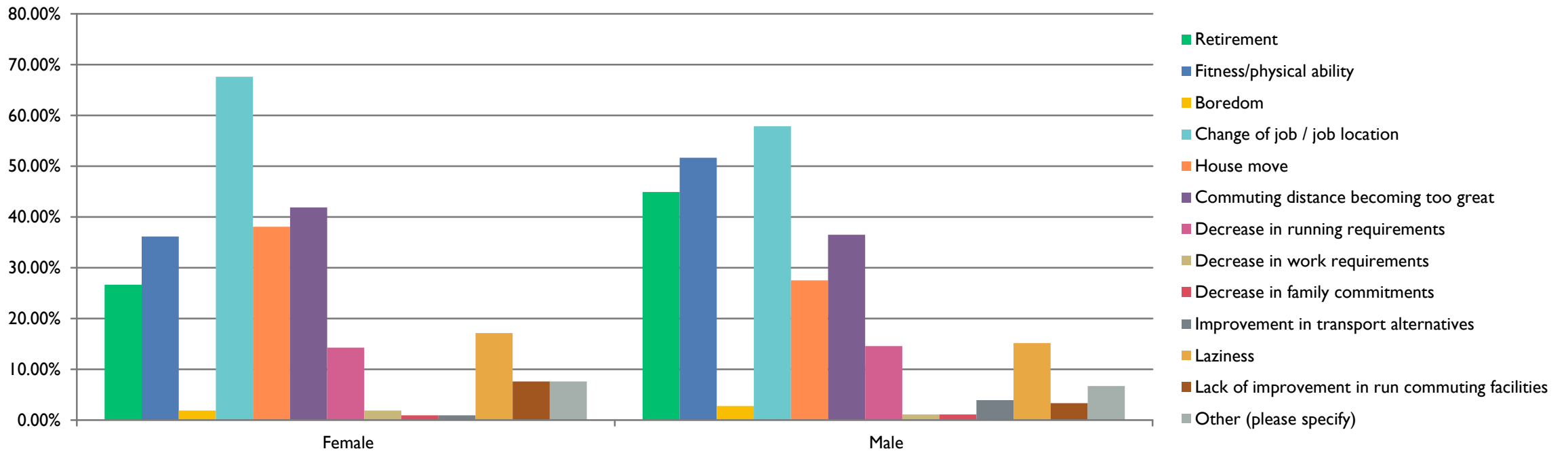
Answer Choices	Responses	
Retirement	37.98%	109
Fitness/physical ability	45.64%	131
Boredom	2.44%	7
Change of job / job location	61.32%	176
House move	31.01%	89
Commuting distance becoming too great	38.68%	111
Decrease in running requirements	14.29%	41
Decrease in work requirements	1.39%	4
Decrease in family commitments	1.05%	3
Improvement in transport alternatives	2.79%	8
Laziness	16.03%	46
Lack of improvement in run commuting facilities	4.88%	14
Other (please specify)	6.97%	20
Answered		287
Skipped		0

What do you think will cause you to stop run commuting? Please select all that apply.



CAUSE OF STOPPING RUN COMMUTING BY GENDER

What do you think will cause you to stop run commuting? Please select all that apply.



CAUSE OF STOPPING RUN COMMUTING BY AGE

What do you think will cause you to stop run commuting? Please select all that apply.

