

# A 2024 SURVEY FOR: Women in Trail and Ultrarunning

We surveyed the trail and ultrarunning community (N.Z and Australia) and 516 people responded, providing insights into their experiences in the sport.

## Survey Insights:

### Highest percentage Age Group:



45-54 year olds.  
Make up 37% of respondents

### Household Income:



51% of respondents have a household income over \$150,000

### Dependants:



58.9% of respondents had dependants at home.  
49% of those were aged between 0-5 years old.

## Important considerations for attending races:



### MOST IMPORTANT FACTORS WHEN ENTERING AN EVENT:

74% said a well marked course  
60% said toilets at the start and finish lines  
57% said access to course maps



### THINGS THAT ATTRACT WOMEN TO ATTEND A RACE

65% said race entry fee  
57% said generous race cut off times  
43% said the perception that the race is safe



### FACTORS THAT HINDER RACE PARTICIPATION:

27% said race entry fee  
21% said strict race cut off times  
10% said perception that the race is dangerous

## Open Questions and Answers:



### REASONS FOR DOING AN ULTRA:

-**Challenge!** Was the most frequent reason for women choosing to run an ultramarathon.  
-**To test my body and mind** was another popular answer.  
-**Places and People** were also other popular reasons.



### REASONS WHY THEY HAVEN'T RUN AN ULTRA YET:

-**Time.** The most common answer was a lack of time for training.  
-**Confidence and cut offs.** Another common reason was a lack of confidence in themselves or in meeting cut offs.

## Themes from Experiences at Events

### Positive

- Being at races with high levels of female participation.
- Women also appreciated events with female R.D's, medical, marshals, MC's etc.
- Equal prizes and recognition.
- Promotion of a diverse range of athletes.
- Adequate and clean toilets.
- Family friendly events.
- Changing spaces for post event.
- Friendly and supportive community.

### Negative

- Lack of toilets.
- Tough cut off times.
- Sexist commentary, lack of recognition for female winners, shouty commentary, or comments on female physiques.
- No feminine hygiene products available.
- Nowhere to change with bladder leakage, or flooding from periods.
- No female fit race merchandise.
- Men not allowing female runners past them.
- Unsafe events, with lack of communication.