

RUN MY WAY

Run My Way is a partnership between the **Office of Sport and Transport for NSW** under the Safer Cities Program. It explores how perceptions of safety shape running behaviours for women, girls and gender diverse people and seeks to use an evidence base to inform practical solutions to help make running feel safer, more welcoming, and more accessible for all.

This infographic presents findings from a large-scale survey of 4,282 runners across NSW and beyond.

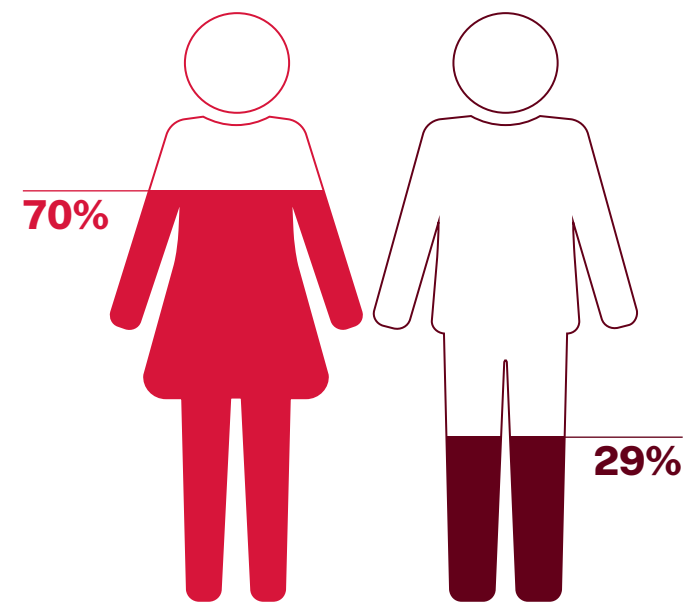
For more information:
sport.nsw.gov.au/play-her-way/run-my-way



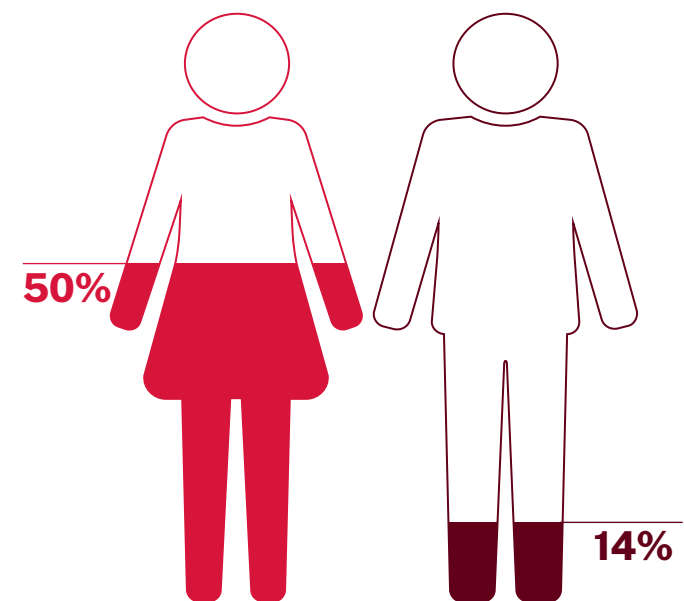
The Run My Way survey was conducted by Blackmarket Research.

95%

of women agree that a **sense of safety** influences their running habits.



70% of women surveyed have **felt unsafe** on a run, compared to **29% of men**.



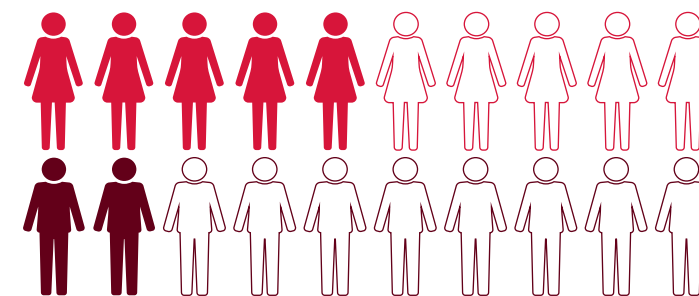
50% of women have **experienced harassment** on a run, compared to **14% of men**.



Women over index on carrying a phone and headphones (**84% of women** carry a phone with them compared to **63% of men**, and **70% of women** take headphones compared to **55% of men**).



8 in 10 women train with a personal fitness accessory, **25%** also use this to share their location on a run.



Presence of people around is significantly more important for women than men (50% of women and 20% of men) selected 'the presence of people around'.



Good phone reception is more important for women than men (**33% of women** and **13% of men** selected **good phone reception**).



When asked what is the single most important factor that influences where they choose to run, **women chose good lighting and visibility** and **men chose scenery, nature and points of interest**.

71% Good lighting and visibility

62% Familiarity with route

58% Well-maintained path

57% Nature and points of interest

For women, the most important factors that influence where they choose to run are: good lighting and visibility (71%), familiarity with route (62%), well-maintained path (58%), scenery, nature and points of interest (57%).

67% Well-maintained path

66% Nature and points of interest

60% Separation from cars/busy roads

57% Uninterrupted crossings/traffic lights

For men, the most important factors that influence where they choose to run are: well-maintained path (67%), scenery, nature points of interest (66%), separation from cars/busy roads (60%), and uninterrupted by crossings/traffic lights (58%).