

## CYCLING

Central to [Sport England's 2008-11 strategy](#) is the commissioning of national governing bodies of sport (NGBs) by Sport England. NGBs will contribute to Sport England's strategic 'grow' outcome by setting targets to increase the 'once a week' adult participation rates in their sport. The growth targets across sports will contribute to Sport England's overall target of getting one million people doing more sport by 2012/13.

In addition, within the 'sustain' outcome of Sport England's strategy, a number of sports will aim to reduce the drop off in participation among 16-18 year olds. This document summarises key data in relation to the above strategic outcomes, drawn from Sport England's [Active People Survey](#).



Creating sporting opportunities in every community

### Sport England strategic outcome: Grow

Participation – once a week, 30 minutes moderate intensity

- 1.77 million adults (age 16 and over) have participated in cycling at least once a week. There has been a significant increase (from 4.0% to 4.3%) of 132,000 cycling participants between 2005/6 and 2007/8.
- Male participation has increased from 5.9% in Active People Survey 1 to 6.2% in Active People Survey 2. This represents an increase of 100,000 male participants. Female participation has also increased from 2.3% to 2.4%, an increase of 32,000 female participants.
- Participation in cycling has increased among the following age groups: 35-44, 45-64 and 65 plus. There has been no statistically significant increase in cycling participation in the younger age groups of 16-19, 20-24, 25-29, and 30-34.
- Participation among those from lower socio-economic groups (NS SEC 5-8) has increased between 2005/6 and 2007/8, from 3.3% to 3.6%, an increase of 26,000 participants
- Cycling participation has increased among those with a limiting disability, from 1.6% to 1.9%, an increase of 17,400 participants.

Active People Survey (APS)	APS 1 (2005/06)		APS 2 (2007/08)		Change (Numbers)	Significant Difference
	Number	%	Number	%		
<b>Overall</b>	1,634,900	4.0%	<b>1,767,200</b>	4.3%	<b>132,300</b>	<b>TRUE</b>
Male	1,159,900	5.9%	<b>1,260,300</b>	6.2%	100,400	TRUE
Female	474,300	2.3%	<b>506,200</b>	2.4%	31,900	TRUE
Age 16-19	180,200	6.8%	<b>176,800</b>	6.6%		FALSE
Age 20-24	169,800	5.2%	<b>172,000</b>	5.0%		FALSE
Age 25-29	157,600	5.0%	<b>179,100</b>	5.3%		FALSE
Age 30-34	197,800	5.6%	<b>187,600</b>	5.7%		FALSE
Age 35-44	435,900	5.6%	<b>473,900</b>	6.1%	38,000	TRUE
Age 45-64	422,900	3.4%	<b>476,800</b>	3.8%	53,900	TRUE
Age 65+	84,300	1.0%	<b>98,200</b>	1.2%	13,900	TRUE
White	1,539,300	4.1%	<b>1,653,500</b>	4.4%	114,200	TRUE
Non White	95,700	2.7%	<b>112,200</b>	2.7%		FALSE
Limiting Disability or Illness	103,100	1.6%	<b>120,500</b>	1.9%	17,400	TRUE
No Limiting Disability or Illness	1,531,800	4.5%	<b>1,646,700</b>	4.7%	114,900	TRUE
NS SEC 1-4	923,600	4.4%	<b>1,005,800</b>	4.5%	82,200	TRUE
NS SEC 5-8	513,900	3.3%	<b>539,800</b>	3.6%	25,900	TRUE
NS SEC 9	197,600	4.8%	<b>221,800</b>	5.1%		FALSE

### Cycling and organised sport\*

#### Club membership

280,000 adults are members of a club where they participate in cycling, this is **15.8%** of those who have participated in cycling at least once a week.

#### Tuition

137,000 adults have received tuition in cycling in the last 12 months, this is **7.7%** of those who have participated in cycling at least once a week.

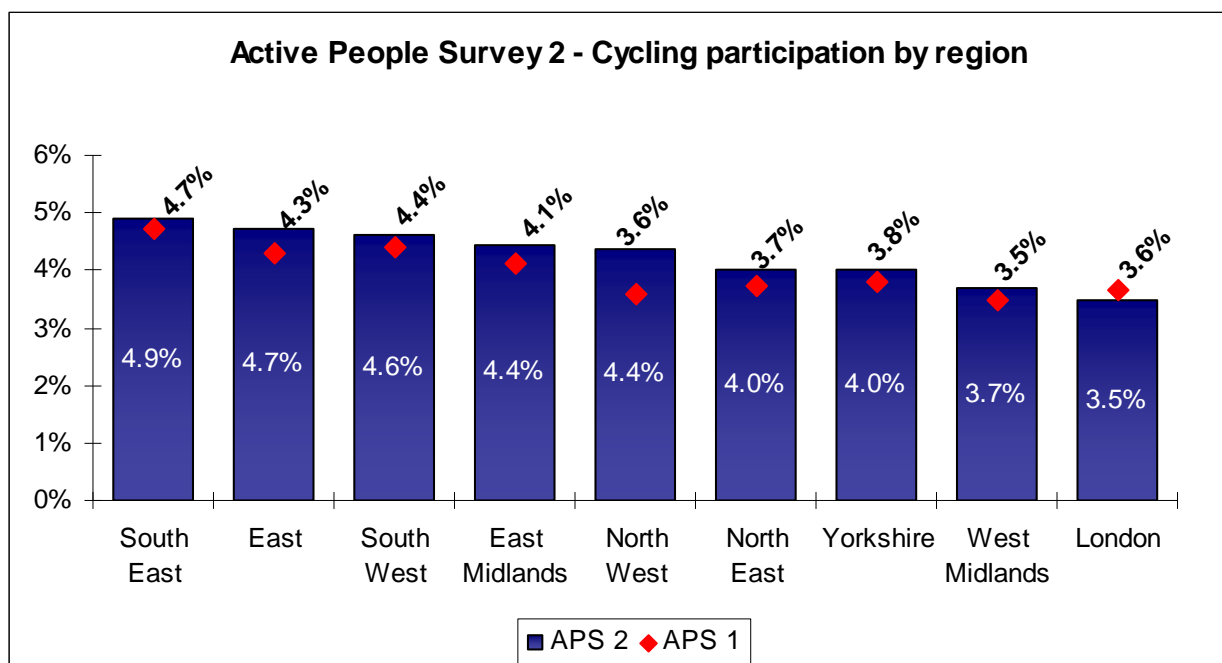
#### Organised Competition

343,000 adults have taken part in organised competition in cycling in the last 12 months, **19.4%** of those who have participated in cycling at least once a week.

### Latent demand for cycling\*\*

Cycling is the one sport that 2.1 million adults (5%) said they would like to participate in, or participate in more often. This represents 9.3% of all adults who would like to do more sport and active recreation (22.3 million adults, or 53.8% of adults would like to participate in sport, or participate in sport more often). Cycling is the one sport that 6.3% of males would like to do, or do more often, and the equivalent figure for females is 3.8%. Across all sports, cycling is the second most popular sport that people want to do, or do more often (after swimming, which is the most popular).

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	Number	%	Number	%		
<b>Overall</b>	1,634,900	4.0%	<b>1,767,200</b>	4.3%	<b>132,300</b>	<b>TRUE</b>
East	192,300	4.3%	<b>216,200</b>	4.7%	23,900	<b>TRUE</b>
East Midlands	143,100	4.1%	158,900	4.4%		FALSE
London	221,300	3.6%	211,400	3.5%		FALSE
North East	77,500	3.7%	84,300	4.0%		FALSE
North West	196,800	3.6%	<b>242,700</b>	4.4%	45,900	<b>TRUE</b>
South East	310,000	4.7%	<b>329,700</b>	4.9%		FALSE
South West	182,300	4.4%	195,900	4.6%		FALSE
West Midlands	150,000	3.5%	159,900	3.7%		FALSE
Yorkshire	155,300	3.8%	168,500	4.0%		FALSE



- Between 2005/6 and 2007/8 there has been a statistically significant increase in cycling participation in the East and North West regions.

## Notes

Cycling includes: Cycling is defined as adult participation at least once a week (four times in the previous four weeks), for 30 minutes at moderate intensity. Cycling includes recreational and competitive cycling but excludes any cycling which is exclusively for travel purposes only. Also includes BMX, cyclo-cross and mountain biking.

Active People Survey 2 took place between October 2007 and October 2008 and interviewed c.191,000 adults (aged 16 and over) by telephone. Active People Survey 1 took place between October 2005 and October 2006, and interviewed 363,724 adults (age 16 and over) by telephone. For more information on Active People, visit the Sport England website [www.sportengland.org/research](http://www.sportengland.org/research)

Participation once a week is defined as participation on at least four days out of the previous 28 days.

Please note that this report highlights whether changes from Active People Survey 1 to Active People Survey 2 are statistically significant. A statistically significant increase is indicated by 'TRUE' or green shading and red shading and 'TRUE' indicates a statistically significant decrease. This means we are 95% certain that there has been a real change in the population (increase or decrease). Where there has been no statistically significant change this is indicated by 'FALSE'.

For more information on measuring statistically significant change between Active People Survey 1 and Active People survey 2, see the briefing note on Sport England's website:

[http://www.sportengland.org/active\\_people\\_2.htm](http://www.sportengland.org/active_people_2.htm)

Office for National Statistics (ONS) population data has been used - ONS mid year 2005 estimates and ONS mid year 2007 population estimates. To view a briefing note on population data used within Active People Survey see:

[http://www.sportengland.org/index/active\\_people\\_2](http://www.sportengland.org/index/active_people_2).

Disability is defined by how the question is asked within the survey which is consistent with the 2001 Census definition: 'do you have a longstanding illness, disability or infirmity? By longstanding I mean anything that has troubled you over a long period of time or that is likely to affect you over a period of time?'

NS-SEC is the National Statistics Socio-economic Classification. It is derived by combining information on occupation and employment status. NS-SEC: 1. Higher managerial and professional occupations; 2. Lower managerial and professional occupations; 3. Intermediate occupations; 4. Small employers and own account workers; 5. Lower supervisory and technical occupations; 6. Semi-routine occupations; 7. Routine occupations; 8. Never worked and long-term unemployed; 9. Full time students and Occupations not stated or inadequately described.

\*Sport specific information on organised sport (club membership, tuition and competition) was not collected in Active People Survey 1 so no comparison data is available. Club membership is based on those who have been a member of a sports club to participate in cycling in the last four weeks.

\*\*Data on latent demand is based on 88,000 (half the overall sample) adults from APS2. This question was not included in Active People Survey 1 so no comparison data is available. The question was asked as follows: 'would you like to do more sport and recreational physical activity than you do at the moment?'. If yes, 'which one sport or recreational physical activity would you most like to do, or to do more often?'

Further headline sport-based analysis is available via the Sport England website:

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[www.sportengland.org/research](http://www.sportengland.org/research) Tel: 0845 555555 email: [research@sportengland.org](mailto:research@sportengland.org)