



**Creating sporting opportunities in every community**

## **Active People Survey (APS) results for Cycling**

**Period: APS2 (Oct 07 / Oct 08) to APS4/5 (Jan 10 / Jan 11)**

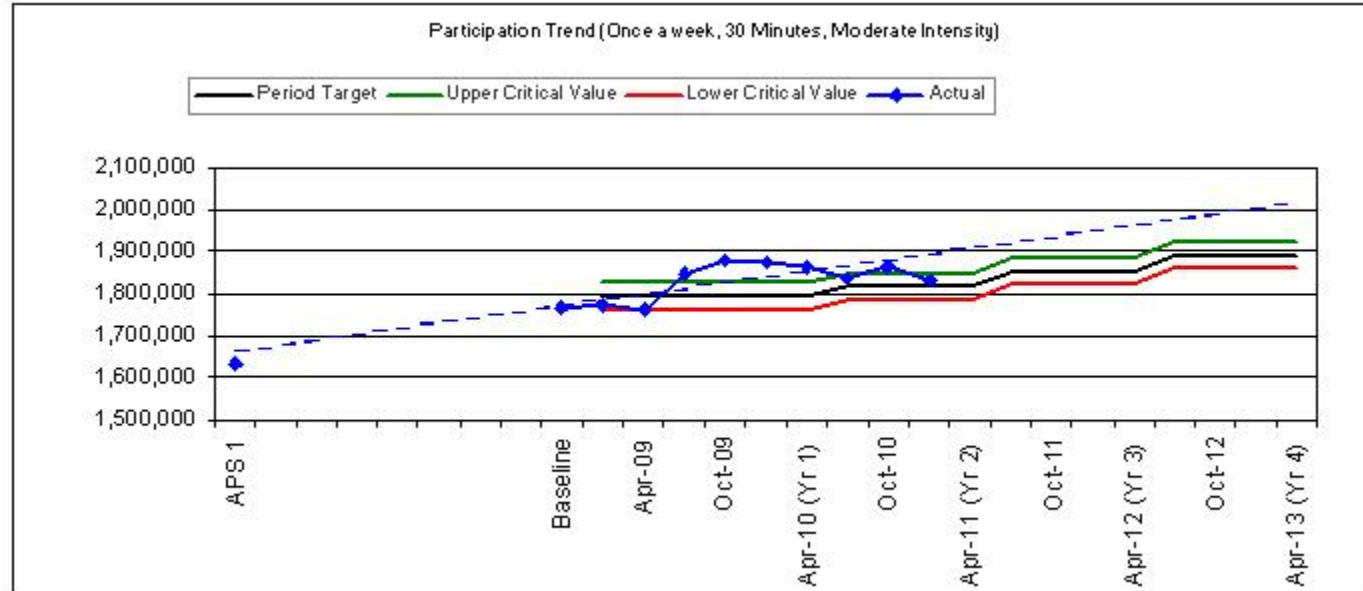
**Prepared by Sport England**

**16 March 2011**

# Quarterly APS Summary – APS5 Q1

## Key Messages

- Once a week participation in Cycling has fallen slightly from last quarter and is now at 1,834,800.
- The once a week figure is not now statistically significantly higher than the APS2 baseline.

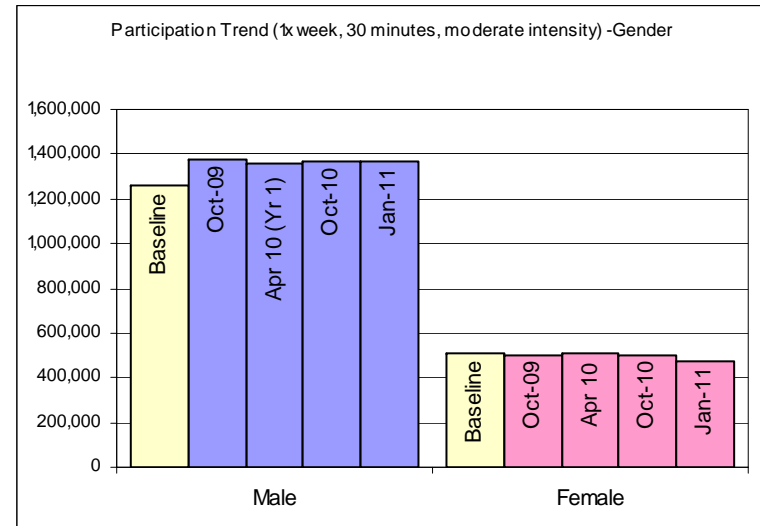


## Gender Breakdown

- Once a week participation among women has fallen by more than 30,000 since the APS2 baseline. This is a statistically significant drop in participation.
- In contrast, male once a week participation has shown a statistically significant increase of more than 100,000 once a week participants.

## Once a month participation

- Once a month participation has fallen sharply this quarter, down by 80,000. It remains above the APS2 baseline in absolute terms but it is no longer significantly above the baseline figure.

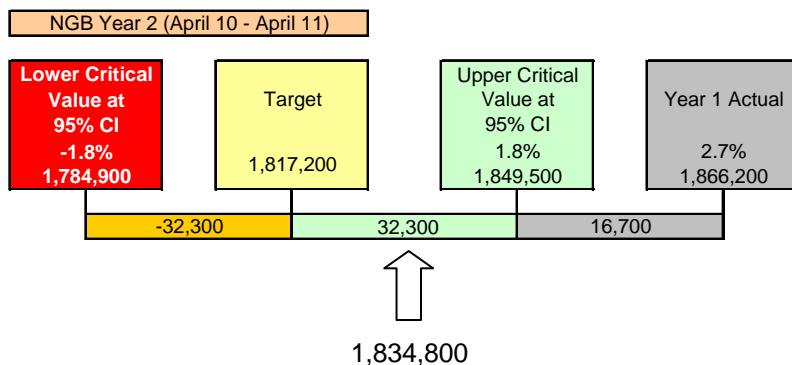


## Key Messages

- Cycling is currently on track to meet its Sport England growth target.
- The growth in participation is being driven by an increase in participation among 45-64 year olds.

## Positioning relative to the Grow Measurability Framework

Current status: On track



## APS5 Q1 Headlines

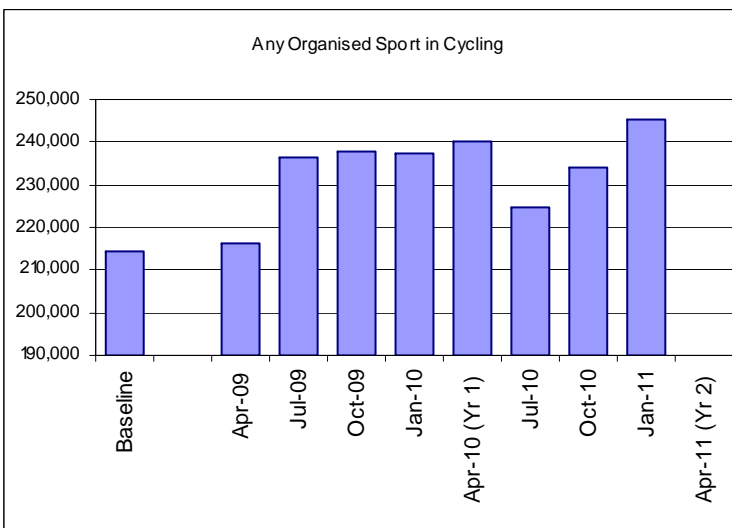
- Cycling participation is on track to meet its target agreed with Sport England.
- The North West region is the only region not to have seen a numerical drop in participation this quarter.
- The North East remains the only region with once a week participation significantly above the APS2 baseline. Participation in this region has increased by almost 20,000 since APS2.
- Participation among people in NS SEC 9 (mainly students) has fallen sharply this quarter, further data releases will show whether this is an outlier of the start of a downward trend in participation among this group.
- Growth in participation is coming mainly among the higher socio-economic groups (NS SEC 1-4).

## Organised Cycling

- For the first time, participation in organised Cycling (club, tuition or competition) is showing a statistically significant increase. This increase is being driven by organised competitive Cycling.
- Club membership has fallen over the last year from a high point that was reached in January 2010.

## Age breakdown

- There is now a statistically significant increase in the number of people aged 55+ who are cycling once a week compared with APS2. This increase is coming from the 55-64 age group with a significant decrease in the number of 65+ participants.
- Participation among the target group of 35-44 year olds has remained broadly static over the last 2 years.



# Quarterly APS Summary – APS5 Q1

Change in number of participants (at least once a week) in Cycling  
- APS2 baseline versus most recent reporting period

Overall sports participation: Number achieving at least 3 sessions a week x 30 minutes moderate sports participation - APS2 baseline versus most recent reporting period – all aged 16 and over

At least once a week	APS2 (Oct 07 / Oct 08)		APS5 Q1 (Jan 10 / Jan 11)		Change vs APS2 (baseline)
	Number	Participation rate	Number	Participation rate	
Overall	1,767,100	4.26%	1,834,800	4.32%	67,700
Male	1,260,700	6.25%	1,364,200	6.58%	103,500
Female	506,400	2.38%	470,600	2.17%	-35,800
Age 16-19	178,000	6.55%	162,700	6.06%	-15,300
Age 20-24	173,200	4.97%	190,900	5.18%	17,700
Age 25-29	170,300	5.34%	184,500	4.99%	14,200
Age 30-34	189,000	5.66%	176,900	5.26%	-12,100
Age 35-44	477,400	6.08%	473,900	6.24%	-3,500
Age 45-64	480,400	3.77%	562,200	4.19%	81,800
Age 65+	98,900	1.20%	83,600	0.96%	-15,300
Age 16-34	726,500	5.67%	711,600	5.38%	-14,900
Age 35-54	765,600	5.31%	811,800	5.56%	46,200
Age 55+	274,900	1.94%	311,400	2.12%	36,500
White	1,645,200	4.43%	1,716,300	4.56%	71,100
Non White	121,900	2.70%	118,500	2.59%	-3,400
Limiting Disability	166,400	1.87%	140,400	1.52%	-26,000
No Limiting Disability	1,600,700	4.70%	1,694,400	4.80%	93,700
NS SEC 1-4	801,500	4.55%	907,400	4.86%	105,900
NS SEC 5-8	457,100	3.60%	467,700	3.48%	10,600
NS SEC 9	508,500	5.11%	459,600	4.37%	-48,900
North East	84,300	4.02%	102,600	4.81%	18,300
North West	242,800	4.37%	239,500	4.26%	-3,300
Yorkshire	168,500	4.01%	187,400	4.33%	18,900
West Midlands	159,800	3.69%	170,700	3.87%	10,900
East Midlands	158,900	4.43%	153,800	4.17%	-5,100
East	216,000	4.72%	217,200	4.59%	1,200
South West	195,900	4.60%	208,400	4.76%	12,500
South East	329,600	4.90%	338,000	4.89%	8,400
London	211,300	3.46%	217,200	3.45%	5,900

At least once a week	APS2 (Oct 07 / Oct 08)		APS5 Q1 (Jan 10 / Jan 11)		Change vs APS2 (baseline)
	Number	Participation rate	Number	Participation rate	
Overall	6,815,100	16.45%	6,881,000	16.21%	65,900
Male	4,027,300	19.96%	4,170,700	20.11%	143,400
Female	2,787,800	13.11%	2,710,300	12.48%	-77,500
Age 16-19	911,100	33.76%	802,000	30.27%	-109,100
Age 20-24	980,600	28.34%	1,079,300	29.72%	98,700
Age 25-29	829,700	24.70%	861,600	23.66%	31,900
Age 30-34	677,100	20.44%	704,600	21.25%	27,500
Age 35-44	1,410,500	18.09%	1,378,300	18.41%	-32,200
Age 45-64	1,474,400	11.64%	1,565,700	11.85%	91,300
Age 65+	531,700	6.51%	489,400	5.69%	-42,300
Age 16-34	3,421,900	26.72%	3,429,700	25.98%	7,800
Age 35-54	2,293,900	15.92%	2,378,300	16.32%	84,400
Age 55+	1,099,300	7.76%	1,073,000	7.32%	-26,300
White	6,092,300	16.49%	6,086,700	16.07%	-5,600
Non White	722,800	16.11%	794,300	17.27%	71,500
Limiting Disability	594,500	6.68%	595,300	6.49%	800
No Limiting Disability	6,220,600	18.24%	6,285,700	17.88%	65,100
NS-SEC 1-4	2,801,100	16.97%	3,072,300	17.22%	271,200
NS SEC 5-8	1,499,200	12.62%	1,565,000	12.20%	65,800
NS SEC 9	2,514,800	27.02%	2,243,600	22.30%	-271,200
North East	341,600	16.27%	355,400	16.67%	13,800
North West	944,000	16.99%	978,200	17.40%	34,200
Yorkshire	722,200	17.18%	725,400	16.75%	3,200
West Midlands	628,900	14.52%	663,800	15.07%	34,900
East Midlands	601,300	16.78%	548,700	14.90%	-52,600
East	741,800	16.19%	752,400	15.91%	10,600
South West	679,400	15.96%	718,000	16.42%	38,600
South East	1,151,400	17.12%	1,112,900	16.12%	-38,500
London	1,004,500	16.46%	1,026,200	16.31%	21,700

Once a month participants	Proportion of all participants (at least one session in the last 4 weeks)	
	APS2 (Oct 07 / Oct 08)	APS5 Q1 (Jan 10 / Jan 11)
Organised participation		
Club membership	1.7%	1.9%
Tuition	1.5%	1.6%
Competition	4.3%	4.8%
All organised	5.9%	6.6%

**Key**  
**Green** shows a statistically significant increase compared with APS2.  
**Red** shows a statistically significant decrease compared with APS2.  
 Data is shown only where the cell size is of 30 respondents or more. Cell sizes below this level are particularly vulnerable to surveying variability.

## NOTES

- Data is presented for Active People Survey APS1 (Oct 2005/Oct 2006); APS2 (Oct 07/Oct 08); APS3 (Oct 08/Oct 09); APS4 (Oct 09/Oct 10) and APS4/5 (Jan 10/Jan 11). Active People Survey 4/5 Q1 took place between January 2010 and January 2011 and interviewed c.182,000 adults (aged 16 and over) by telephone.
- Participation once a week is defined as participation on at least four days out of the previous 28 days for at least 30 minutes at moderate intensity.
- Cycling includes: recreational (but not exclusively for travel purposes) and competitive cycling, BMX, cyclo-cross and mountain-biking.
- Office for National Statistics (ONS) population data has been used to provide population numbers - ONS mid year 2005, 2007, 2008 and 2009 population estimates (for Active People Survey 1, 2, 3 and 4 respectively) and ONS 2010 projections for APS4/5 Q1.
- Please note that in APS4 Q3 we changed the basis upon which population figures are apportioned across three demographic groups (ethnicity, long term limiting illness / disability, and NS-SEC). The changes improve the accuracy of these figures reflecting the proportion of the population recorded in each demographic group in either the ONS 2007 population estimates (ethnicity) or 2001 census data (long term limiting illness / disability, and NS-SEC). For these demographic groups, figures for earlier reporting periods have been restated.
- Disability is defined by the question asked within the survey which is consistent with the 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.
- Data for organised sport (club membership, tuition, organised competition) does not exist for Active People Survey 1 (2005/6) as this was not included in the first year of the survey.
- Club membership is defined as, of those who have participated in the sport, the percentage who take part in the sport as a member of a sports club in the last 4 weeks.
- Tuition is defined as, of those who have participated in the sport, the percentage who have received tuition from an instructor or coach in the last 12 months.
- Organised competition is defined as, of those who have participated in the sport, the percentage who have taken part in organised competition in the last 12 months.
- Please note that this report highlights whether changes from Active People Survey 2 (2007/8) to Active People Survey 4/5 Q1 (Jan 10/Jan 11) are statistically significant. A statistically significant increase means we are 95% certain that there has been a real change in the population (increase or decrease). For more information on measuring change between surveys and statistical significance, a [briefing note is available](#).
- Changes which are not highlighted as statistically significant should be treated with caution.
- Where cell sizes are based on less than 30 respondents this is referenced as 'insufficient sample'. Caution should be exercised in using figures based on a cell size of below 30.
- Due to rounding of population data and weighting factors, please note that population numbers in sub-groups will not always equal the total figures.