



University of
St Andrews

Debrief

Social Running while social distancing

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Thank you for taking part in my research project; your contribution is very valuable and appreciated.

Nature of study

The project is an application that consolidates current trends within the running community popular on social platforms as Facebook, Instagram and Strava. The outbreak of Covid 19 altered the daily lives of many individuals. Covid 19 made the normality of running with others impossible, thus many individuals utilise social media to interact with other runners, creating and competing in challenges that promote social interaction. These challenges have proven extremely popular, with sites as Facebook being hosted to differing free form challenges and formats. The most popular is the 'bingo card', whereby a runner creates a scattering of varying challenges that differ in difficulty and complexity.

Similarly, the popular exercise platform Strava provides a popular challenge system with greater verification functions. The athlete can complete a Strava formed challenge. The challenges are metric based; therefore, completion is based on time, elevation or distance. The project aimed to consolidate both challenge trends split between social sites. The application included automated gamification and verification features popular on the exercise orientated platforms as Strava. However, the application better aligns with the trends apparent on the web.

Data

As outlined in the Participant Information Sheet (PIS_15-06-2020_V1_SocialRunnerhr57).

- The information (data) you have provided will be stored in a fully identifiable form.
- Your information (data) will be stored on the School servers and only the researcher and supervisor will be able to access it.
- Your data will be shared through the application with the other participants in the study unless you mark it as 'private'. Your data may be shared in an anonymised form within the final thesis.
- All data provided within the evaluation from will be stored on a secure School of Computer Science server. The data will be destroyed within 3 months of completion of the project.
- If you no longer wish to participate in the research, you are free to withdraw your data before completing the final survey. If your information (data) is anonymous at the point of collection or subsequently anonymised, we will not be able to withdraw it after that point because we will no longer know which information (data) is yours.

Contact

If you have concerns or if you would like to view a summary of the results of my research, please email the researcher the supervisor detailed below.

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