Female, 19, university student

What kind of sport do you participate in?
Running, cycling and sometimes swimming.

Why do you like to participate in these particular sports?
Running because it's fun, cheap, easy and convenient and you don't have to go anywhere specific you can just go straight from your house. I can also just go whenever I want, I'm usually up late studying so then I can go in the early morning. Cycling is something fun to do with my friends sometimes.

Would you rather go with someone when you go running or cycling or go by yourself?
When cycling I would rather go with someone, I don't like riding by myself so I ride with my friend. Sometimes I like to go running with someone else, but other times I'd rather go by myself and just listen to music. If someone would actually come running with me that would be nice but then there's that whole issue of having to schedule a time where we are both available so it makes it hard.

What motivates you to do these sports?
I run to stay fit and in shape, and it's also a good break from studying, it's like productive procrastination as I like to call it. Cycling is more like I'm super busy but if I do get a break me and a friend will go for a ride so that's kind of like our catching up. I guess I also use it to socialise and catch up with friends. Basically my main motivation though is to keep fit while having a break from studying.

Do you think you're motivated enough or would you like to be more motivated?
I would like to be more motivated. If I get home from work in the afternoon then I generally am a bit reluctant unless someone will come with me and then that motivates me a bit more. Or sometimes if I've been up studying really late then I won't want to get up in the morning but I always feel better when I do, it's just the actual getting up is the main issue. If I had someone there then I guess I would get out of bed more often.

What barriers do you face when you're trying to participate in sport?
Time and I would also say safety. If I could run at night it would make it so much easier because then I could go after Uni and after work but if I have work until six then by the time I get home it's dark. Or in winter if I start Uni at eight then it's dark in the morning before I leave.

Do you prefer running outside than you do going to a gym?
Yeah I can't stand the treadmill, I don't run on a treadmill. I wouldn't be interested in joining a gym, you don't go anywhere. And then I would also have to get to the gym, so I would probably end up running to the gym anyway so why not just go for a run. So I guess lack of transport is also a barrier. And money, I don't want to pay for a gym when I can go for a run for free.

Is there anything that would motivate you more to do sports?
I think someone who wanted to run every day probably, or maybe if there was someone keeping track and it wasn't just me running when I felt like it. Like I was being kept accountable for how much I was doing. You know like when you have a coach they're making sure that you've done a certain amount and that you've eaten right that day and you're getting enough sleep. Whereas when it's just you, it's just like well you know I don't really need to go today.

Do you use technology while you do sport?
I use my iPod, I just listen to music. That's probably my main form of technology.

What do you like and not like about it?
I like it because it keeps you moving at a reasonable speed because when you listen to fast songs you have to keep up with the song. Then other times I just find the music really annoying. If you're feeling really slow that day and then you've got super-fast songs and it's not motivating knowing that you're going really slowly. I also use the songs as a timer, if I listen to the same songs then I'll be like last time I ran I was at this point at the end of this song so then I know if I'm behind or in front next time. I have the same set of tracks that I listen to generally and then I change them every few weeks just so I sort of know where I am. I don't like to wear a watch so I time myself using the songs.

Any other technology that you use?
I also use Map My Run. Sometimes I use it before and sometimes I use it after, before if I kind of want to go a set distance and after if I don't really know how far I went. Usually I don't really care how far I go. I usually have set loops that I do from my house that I've mapped from Map My Run anyway. It's a good app if you want to work out where and how far you want to run and if you want to do an out and back run, it will find you a way back and you can work out loops and things.

So if there were no limits on the kind of technology you could have to motivate you do to sports what would you want?
Something in your shoes that could like send it to an app that tells you how far you went and how fast you were going and your heart rate and whatever. Kind of like the Nike one but the problem with that is that you have to have your phone with you. I would like one where I didn't need my phone to be with me, I have an iPod shuffle so I just clip that on my shirt or shorts but I don't want to run with my phone because it's big and annoying. Something that would send information back to the phone without me having to have the phone on me. But something I don't like about those apps is that you have to turn on location services I don't like to think that people know where I am all the time.

You mention you run with an iPod shuffle and listen to music…
Yeah music, if they had like an app where the music changed pace for you, you could still use your songs but if you were going a bit slower that day the music would go just a little bit faster than what you were going but still slower than the normal song. And that would kind of push you to go faster. When the music is way faster than I feel like how I'm running then it is a little bit demotivating, it's like I know I'm going slow. If it was just a little bit faster, then you would push yourself to keep up with it and then if it kept getting faster as you ran then that would keep pushing you and you would pick up pace. I always find I go faster in the faster bits of the songs and sometimes you don't even notice until the song is over. Maybe even something where you had a fast song for a few minutes and then a slower song for a few minutes so it was like interval running and you knew how to pace yourself. But then I wouldn't want it to be an app on my phone, maybe downloadable tracks I could put on my [iPod] shuffle, not something I would need my phone for. It would be cool if you could have like wireless headphones that went into your ears that sync to an app or even just your iTunes on your laptop through your headphones. They may even have this, but headphones you can swim with that would be awesome, that would make me more motivated to swim in a pool.