

Table 1. Logistic regression models for postnatal return to running coefficients (β), standard errors (SE), p-values for Model 1 (time since birth included) and Model 2 (time since birth removed)

Independent variables	Model 1			Model 2		
	β	SE	p-value	β	SE	p-value
Intercept	0.722	0.255	0.005	0.578	0.229	0.012
Ran during pregnancy	1.032	0.199	<0.001	0.826	0.180	<0.001
Delivery mode (caesarean)	0.401	0.275	0.145	0.246	0.253	0.331
Number of children (>1)	0.261	0.200	0.193	0.156	0.183	0.396
Vaginal heaviness	-0.657	0.198	0.001	-0.566	0.180	0.002
Weekly running volume (high)	0.583	0.196	0.003	0.436	0.177	0.014
Fear of movement	-0.639	0.099	<0.001	-0.603	0.089	<0.001
Age	-0.153	0.099	0.124	0.066	0.089	0.456
Perineal tear (1 st - 2 nd degree)	0.125	0.227	0.581	0.172	0.207	0.407
Perineal tear (3 rd degree)	-0.344	0.352	0.327	-0.102	0.313	0.744
Time since birth	1.229	0.126	<0.001			
P-value for model	<0.001			<0.001		

The intercept indicates the effect of the dependent variable (return to running) when there is no effect of the continuous variables and categorical variables take the reference values. For *ran during pregnancy*, *number of children (>1)*, *vaginal heaviness*, *perineal tear (1st-2nd degree)* and *perineal tear (3rd degree)* the reference value is 'no'. For *caesarean delivery* the reference value is 'vaginal delivery'. For *high running volume* the reference is 'low running volume'. As such, the intercept will represent close to the log-odds of the proportion of individuals who returned to running in our sample.

Table 2. Logistic regression models for postpartum return to pre-pregnancy running level coefficients (β), standard errors (SE), p-values for Model 1 (time since birth included) and Model 2 (time since birth removed)

Independent variables	Model 1			Model 2		
	β	SE	p-value	β	SE	p-value
Intercept	-0.408	0.263	0.120	-0.375	0.257	0.145
Ran during pregnancy	-0.251	0.199	0.207	-0.242	0.195	0.214
Delivery mode (caesarean)	0.478	0.248	0.054	0.374	0.242	0.122
Number of children (>1)	0.736	0.194	<0.001	0.687	0.190	<0.001
Vaginal heaviness	-0.140	0.208	0.500	-0.091	0.202	0.654
Weekly running volume (high)	-0.962	0.196	<0.001	-0.883	0.190	<0.001
Fear of movement	-0.251	0.095	0.008	-0.297	0.094	0.002
Age	-0.235	0.097	0.015	-0.167	0.094	0.076
Perineal tear (1 st - 2 nd degree)	0.125	0.224	0.576	0.069	0.217	0.751
Perineal tear (3 rd degree)	0.157	0.384	0.682	0.163	0.379	0.667
Total pain	-0.140	0.102	0.169	-0.157	0.099	0.112
Time to first postpartum run	-0.305	0.102	0.003	-0.203	0.098	0.038
Time since birth	0.487	0.093	<0.001			
P-value for model	<0.001			<0.001		

The intercept indicates the effect of the dependent variable (return to pre-pregnancy running level) when there is no effect of the continuous variables and categorical variables take the reference values. For *ran during pregnancy*, *number of children (>1)*, *vaginal heaviness*, *perineal tear (1st-2nd degree)* and *perineal tear (3rd degree)* the reference value is 'no'. For *caesarean delivery* the reference value is 'vaginal delivery'. For *high running volume* the reference is 'low running volume'. As such, the intercept will represent close to the log-odds of the proportion of individuals who returned to pre-pregnancy level running in our sample.

Table 3. Logistic regression model for running-related stress urinary incontinence (SUI) coefficients (β), standard errors (SE), p-values for Model 1 (time since birth included) and Model 2 (time since birth removed)

Independent variables	Model 1			Model 2		
	β	SE	p-value	β	SE	p-value
Intercept	-1.877	0.300	<0.001	-1.946	0.295	<0.001
Returned to running	0.986	0.293	0.001	1.186	0.283	<0.001
Ran during pregnancy	-0.291	0.190	0.125	-0.307	0.187	0.099
Delivery mode (caesarean)	-0.951	0.264	<0.001	-0.999	0.261	<0.001
Number of children (>1)	-0.190	0.184	0.302	-0.224	0.181	0.216
Vaginal heaviness	0.310	0.181	0.086	0.326	0.178	0.067
Weekly running volume (high)	0.054	0.182	0.767	0.043	0.179	0.810
Fear of movement	0.164	0.090	0.068	0.135	0.089	0.127
Age	0.037	0.091	0.680	0.109	0.088	0.215
Perineal tear (1 st - 2 nd degree)	0.180	0.198	0.363	0.166	0.195	0.394
Perineal tear (3 rd degree)	0.151	0.323	0.641	0.193	0.315	0.540
Pre-pregnancy running-specific SUI	1.388	0.341	<0.001	1.296	0.333	<0.001
During pregnancy running-specific SUI	1.502	0.231	<0.001	1.479	0.226	<0.001
Time to first postpartum run	-0.080	0.107	0.455	-0.013	0.105	0.900
Time since birth	0.423	0.089	<0.001			
P-value for model	<0.001			<0.001		

The intercept indicates the effect of the dependent variable (running-specific SUI) when there is no effect of the continuous variables and categorical variables take the reference values. For *returned to running*, *ran during pregnancy*, *number of children (>1)*, *vaginal heaviness*, *perineal tear (1st-2nd degree)*, *perineal tear (3rd degree)*, *pre-pregnancy running-specific SUI* and *during pregnancy running-specific SUI* the reference value is 'no'. For *caesarean delivery* the reference value is 'vaginal delivery'. For *high running volume* the reference is 'low running volume'. As such, the intercept will represent close to the log-odds of the proportion of individuals who had running-related SUI in our sample.