

Metropolitan “Pace Of Life” Vs Semi-rural Lifestyle: A Comparative, Epidemiological Study.

Abstract:

It is well respected that modern life comes at a greater pace, especially when compared to a traditional or rural lifestyle. No one knows this “life in the fast lane” as well as those who live in the city or consciously spend any time within the confines of a metropolis such as London, or Cardiff. The work of Levine and Norenzayan¹, and Wiseman²; so far focuses on cities globally; however the pace of life within semi-rural and semi-urban settings have not been accounted for within either of these studies.

In comparison to the other countries, Lampeter was more suited with the ex-Soviet, Central American and un-industrialised Asian sample countries than its own Europe, which it ranked second to only Romania, in Europe.

Despite the lack of accurate comparison which can be drawn between a single rural community in one European country, many would say is not represented by England, to leading metropolises; however from this uncertainty, recommendations can be drawn for future works which will hold up to better academic rigor.

Concluding Summary Sentence.

Introduction:

In a country like Wales, with a relatively small population ($E=3,138,631$; 30/06/2018³), limited density ($M(E)=1.5137 \times 10^2$, P/km^2)⁴ and only 6 officially recognised cities (Eng.: Bangor, Cardiff, Newport, St. Asaph, St. Davids and Swansea; Cym.: Mangor, Caerdydd, Casnewydd, Llanellwy,

¹ Levine, R. V., Norenzayan, A. (1999) “The Pace of Life in 31 Countries”. Journal of Cross Cultural Psychology.

² Wiseman, R. (2006) “Pace of Life: a Quirkology Experiment”.

URL.”http://www.richardwiseman.com/quirkology/pace_home.htm” accessed: 05/03/2020.

³ “United Kingdom: Districts and Major Cities in Wales.” URL:

“<https://www.citypopulation.de/en/uk/cities/wales/>” Accessed: 05/03/2020

⁴ Total Land Area= 20,735km,²/ Estimated Population (30/06/2018)= ($e=3,138,631$), = median population density of 151.37/km².

Tyddewi and Abertawe)⁵⁶; problems of compatibility with studies like Levine and Norenzayan arised.

Further to this problem, some cities like St. Davids (Pembrokeshire) and St. Anaph (Denbighshire) have very small populations ($E(P)=1,383$, 30/06/2018⁷; and $E(P)=3,426$, 30/06/2018⁸), which is equal to only 0.007, and 0.017, respectively of the smallest ESPON category of metropolitan areas (Category G.ii ($\leq 200,000$, -150,000P), $N \sim 6$ in UK)⁹. Although data for London might give a good example of pace of life for similar scale cities within the UK, Table 1 (both parts a. and b.) demonstrates variation in scale across several global marker large cities used by previous studies¹⁰¹¹ (Table 1.a), and the 10 largest (ranked by population) communities in Wales, UK (Table 1.b).

Due to this variability, Wales only has two cities which would be even considered by the ESPON Categories¹², Cardiff (EU ESPON Cat. G.i; $N(P)=3.4 \times 10^5$) and Swansea (EU ESPON Cat. G.ii; $N(P)=1.9 \times 10^5$), let alone the “Largest or rival city” that Levine and Norenzayan almost exclusively used¹³. New datasets are needed for medium and small urban communities before any meaningful comparison (Metropolitan, Urban/ Semi-urban) of “pace of life” can be ascertained.

⁵ “Cities in Wales”, URL: <https://www.townscountiespostcodes.co.uk/cities-in-wales/>. Accessed: 05/03/2020

⁶ Department for Culture, Media and Sport. “Civic Honours Competition: UK Cities”. URL: https://webarchive.nationalarchives.gov.uk/20130128133540/http://www.culture.gov.uk/what_we_do/honours/7610.aspx#UK_cities. Accessed: 05/03/2020

⁷ “St. Davids, In Pembrokeshire (Wales/ Cymru)”. URL: <https://www.citypopulation.de/php/uk-wales.php?cityid=W37000368>. Accessed: 05/03/2020

⁸ “St. Asaph, In Denbighshire (Wales/ Cymru)”. URL: <https://www.citypopulation.de/en/uk/wales/>. Accessed: 05/03/2020

⁹ “MUAs and FUAs delineation. ESPON project; 1.4.3 Study on Urban Functions”. European Spatial Planning Observation Network. March 2007. URL: https://www.espon.eu/sites/default/files/attachments/fr-1.4.3_April2007-final.pdf#page=8. Accessed: 05/03/2020.

¹⁰ Levine, R. V., Norenzayan, A. (1999) “The Pace of Life in 31 Countries”. Journal of Cross Cultural Psychology.

¹¹ Wiseman, R. (2006) “Pace of Life: a Quirkology Experiment”. URL: http://www.richardwiseman.com/quirkology/pace_home.htm accessed: 05/03/2020.

¹² British urban pattern: population data. ESPON project 1.4.3 Study on Urban Functions. European Spatial Planning Observation Network. March 2007. URL: https://www.espon.eu/sites/default/files/attachments/fr-1.4.3_April2007-final.pdf#page=119. Accessed: 06/03/2020

¹³ Levine, R. V., Norenzayan, A. (1999) “The Pace of Life in 31 Countries”. Journal of Cross Cultural Psychology. pg.185

Table 1: Most Populated Urban Centers Of Wales (Table 1.B) And Metropolitan Marker Comparisons. A Resident Population Scale Comparison From 2011 Census To 2018 Estimates (UK-ONS) ¹⁴				
Name (Cym.)	Administration	ESPON Category ¹⁵	Metropolitan Population 2011 Census	Metropolitan Population 2018 Est.
Table 1.a: Sample Global metropolises				
Guǎngzhōu* (Guǎngdōng Urban agglomeration) ¹⁶ ¹⁷	People's Republic of China	A (A)		14,904,400 (agglomeration, E=45.9x10 ⁶)
London*	United Kingdom	A		14,257,962
New York ¹⁸	United States of America	B		8,398,748
Lagos	Nigeria	C		6,048,430
*Megacity, = population of ≥1.0x10x ⁷ . ¹⁹				

¹⁴ "United Kingdom Office for National Statistics", URL: <https://www.ons.gov.uk/>. Accessed: 05/03/2020.

¹⁵ "MUAs and FUAs delineation. ESPON project; 1.4.3 Study on Urban Functions". European Spatial Planning Observation Network. March 2007. URL: https://www.espon.eu/sites/default/files/attachments/fr-1.4.3_April2007-final.pdf#page=8. Accessed: 05/03/2020.

¹⁶ Guǎngdōng agglomeration (N(E)=45.9) with the cities of Fóshān (N=7.2x10⁶, 2012 est.), Dōngguān (N=8.2x10⁶, 2010 census), Zhōngshān (N=3.1x10⁶, 2012 census) and Shēnzhèn (N=12.5x10⁶; 2017 census).

¹⁷ "Guǎngdōng Major Cities". URL:

<https://www.citypopulation.de/en/china/cities/guangdong/?admid=8758>. Accessed: 07/03/2020

¹⁸ "USA: Major Cities". URL: <https://www.citypopulation.de/en/usa/cities/>. Accessed: 07/03/2020

¹⁹ Kötter, Theo; Friesecke, Frank (1 March 2009). "Developing urban Indicators for Managing Mega Cities". World Bank, University of Bonn. URL:

http://siteresources.worldbank.org/INTIE/Resources/T_Koetter.doc, Accessed: 05/03/2020

Table 1 (continued): Most Populated Urban Centers of Wales and Metropolitan marker comparisons (table 1.a). A resident population scale comparison from 2011 census to 2018 estimates (UK-ONS) ²⁰ .				
Name (Cym.)	Administration	ESPON Category ²¹	Metropolitan Population 2011 Census	Metropolitan Population 2018 Est.
Table 1.b: Welsh Urban Centers (Descending population size, est. 2018) ²²				
Cardiff (Caerdydd)	Cardiff	G.i	335,145	351,884
Swansea (Abertawe)	Swansea	G.ii	179,485	185,166
Newport (Casnewydd)	Newport	Uncategorised	128,060	134,920
Wrexham (Wrecsam)	Wrexham	Uncategorised	61,603	61,420
Barry (Barri)	Vale of Glamorgan	Uncategorised	54,673	57,420
Neath (Castell Nedd)	Neath Port Talbot	Uncategorised	50,658	51,084
Bridgend (Pen-y-bont)	Bridgend	Uncategorised	46,757	48,511
Cwmbran (Cwmbran)	Torfaen	Uncategorised	46,915	47,602
Merthyr Tydfil (Merthyr Tudful)	Merthyr Tydfil	Uncategorised	43,820	45,028
Llanelli (Llanelli)	Carmarthenshire	Uncategorised	43,878	44,940
ESPON Categories of Metropolitan Areas: G.i = $0.4-0.2 \times 10^6$; G.ii = $0.2-0.15 \times 10^6$. ²³				

²⁰ "United Kingdom Office for National Statistics", URL: <https://www.ons.gov.uk/>. Accessed:05/03/2020.

²¹ "MUAs and FUA's delineation". European Spatial Planning Observation Network. March 2007. URL: https://www.espon.eu/sites/default/files/attachments/fr-1.4.3_April2007-final.pdf#page=8. Accessed: 05/03/2020.

²² "United Kingdom: Countries and Major Urban Areas". URL: <https://www.citypopulation.de/en/uk/cities/ua/>. Accessed: 05/03/2020.

²³ "United Kingdom Office for National Statistics", URL: <https://www.ons.gov.uk/>. Accessed:05/03/2020.

Method

The study by Levine and Norenzayan²⁴ used 31 different large major cities from across the globe (including a number of megacities); for this study, we will be offering a contrasting dataset from Ceredigion (second least populated county in Wales)²⁵, the small rural, university town of Llanbedr Pont Steffan (Lampeter in English) which is a small rural town in South Ceredigion, 34 kilometers South of Aberystwyth²⁶, the larger historic market town, university town, scenic coastal location and administrative centre for Ceredigion. Data will be collected by undergraduate students undertaking a Cross-cultural Psychology module at the local university's Lampeter Campus (Eng: University of Wales Trinity St. David; Cym: Prifysgol Cymru Y Drindod Dewi Sant).

The collection of data will be carried out in accordance with the 1984 Levine and Bartlett study²⁷; With due care taken to match the conditions with the other datasets already collected and reduce any incidental experimental error present.

Due to seasonal and time constraints, the requirement of; "...All measures were taken during a warm summer month...", will be adjusted to on a dry day without adverse weather conditions²⁸.

Walking Speed

Additionally, for the measure of *walking speed*, Levine and Norenzayan state that measurements are only taken on "...flat, unobstructed, [and] had broad sidewalks, and were sufficiently uncrowded to allow pedestrians to move [unimpeded] at potentially maximum speeds."²⁹. Due to the Semi-urban and historical layout restrictions present in Lampeter, the most appropriate location for measuring the 60ft (18.288m) sample of walking speed. With children, the physically disabled, social walkers and window shoppers excluded from the data

²⁴ Levine, R. V., Norenzayan, A. (1999) "The Pace of Life in 31 Countries". Journal of Cross Cultural Psychology. Pg 178-205

²⁵ "United Kingdom: Countries and Major Urban Areas". URL: <https://www.citypopulation.de/en/uk/cities/ua/>. Accessed: 05/03/2020.

²⁶ "EDINA; Digimap". University of Edinburgh. URL: <https://digimap.edina.ac.uk/os>. Accessed 07/03/2020

²⁷ Levine & Bartlett (1984) Levine RV, Bartlett K. Pace of life, punctuality, and coronary heart disease in six countries. Journal of Cross-Cultural Psychology. 1984;15(2):233–255

²⁸ Levine, R. V., Norenzayan, A. (1999) "The Pace of Life in 31 Countries". Journal of Cross Cultural Psychology. Pg 186

²⁹ Levine, R. V., Norenzayan, A. (1999) "The Pace of Life in 31 Countries". Journal of Cross Cultural Psychology. Pg 186

set to allow for accurate results with a 50:50 share between assumed gender/sex^{30,31}, with a total of 70 samples taken.

Postal Speed

Postal speed recording is also more problematic within a smaller [semi-]urban setting; Lampeter for example has already seen the closure of its dedicated Royal Mail Post Office (RMPO) shop (previously 5 Stryd Coleg, SA487DY), and as such has no post office within its main urban centre, the closest Royal Mail postal office being now located in a local supermarket on the edge of the town limits (Co-op - Lampeter, Lower Bridge Street, SA48 7AF), a 8 minute walk from the old location (0.65km). Other RMPOs and rural mobile services that could be used in the area include, Pentrebach/Llanwnnen (3.22km), Llanfair Clydogau (5.14km), Llanybi (5.79km, mobile service) or Cribyn (7.08km, mobile service). These are all within the local proximity of the town and service the local community³², however this would not serve to give an accurate account of the town of Lampeter as an “urban” community.

For the accuracy and relatability to the original study by Levine et al (1994); samples will only come from the Lampeter RMPO Branch located within the Coop-Food store; even though a range of outlets (both officially RMPO and others). The measure used in the original work was set as the duration of time it took to purchase an equivalent of one USPS \$32 stamp with a \$5USD bank note (requiring change, in no less than 10 coins/notes)³³, with no less than 8 samples taken across different postal clerks. \$5USD in 1994 had the equivalent value of \$8.81USD (2020), with a rate of inflation of $r=2.2\%$ ³⁴; making a modern equivalence in GBP of £7.18 (14/03/2020)³⁵. The closest facsimile to this would be the 61p second class stamp paid for by a £10.00 bank note (requiring change in no less than 7 coins and one note). The choice to use a £10 over £5 is due to standardising the change given, $r=0.70$ (minimum). Due to the constraints of Lampeter, no more than 4 samples will be collected in one day ($N=5$, over two consecutive days; $N=4+1$), and by plain clothed experimenters.

³⁰ Bohannon, R. W., Andrews, A. W. (2011) “Normal Walking Speed: A descriptive Meta-analysis”. *Physiotherapy*, 97(3), pg. 182-189.

³¹ Tolea, M. I., Costa, P. T., Terracciano, A., Griswold, M., Simonsick, E. M., Najjar, S. S., Scuteri, A., Deiana, B., Orrù, M., Masala, M., Uda, M., Schlessinger, D., & Ferrucci, L. (2010). “Sex-specific correlates of walking speed in a wide age-ranged population.” *The journals of gerontology. Series B, Psychological sciences and social sciences*, 65(2), pg.174–184.

³² Royal Mail- Post Office Branch Finder. URL: <https://www.postoffice.co.uk/branch-finder>. Accessed: 07/03/2020

³³ US Department of the Treasury. “Legal Tender”. URL: <https://www.treasury.gov/resource-center/faqs/Currency/Pages/legal-tender.aspx>. Accessed: 06/03/2020

³⁴ “USD Inflation”. URL: “<https://www.dollartimes.com/inflation/>”. Accessed: 14/03/2020

³⁵ “Foreign Exchange Converter; USD-GBP”. URL: “<https://fxconvert.net/converter/usd-gbp/>”. Accessed: 14/03/2020.

Clock Accuracy

Clock Accuracy was an important measure in Levine and Norenzayan's 1994 study for looking at the general attentiveness and value of clock accuracy. However in 2020, this measure is dated with most relied-upon clocks in the developed world being replaced by radio-controlled models (Radio-Controlled Clocks; RCCs) or cellular devices, of which can suffer incidental fluctuations in the received MSF (Modulated Standard Frequency) signal, leading to a potentially very low degree of accuracy³⁶, and therefore would not be a suitable metric, relative to the local culture anymore. To restrict experimental error, data on clock accuracy will be omitted for this report.

Experimenters

All experimenters will be made up of plain clothed experimenters who also are active students at the local university campus and therefore somewhat naturalised into lampeter for educational purposes; if they are not additionally 12 month resident in the locality. All recording will be done following standardised criteria and methods followed by all experimenters, as per their training.

Managing Variables and Experimental Error

For this study, the samples are going to be taken as described on page 5 of this report in order to minimise error caused by seasonal/ climatic variation from Levine and Norenzayan³⁷. Reducing error efficiently in relation to economic variability for an accurate comparison to the original report will be impossible due to the lack of available reports looking at the markers for community, personal and applied economic well-being, especially comparable to Wright 1993³⁸ used by Levine. Also rates of collectivism vs individualism³⁹ and Subjective Well-Being⁴⁰, are not thought to be available for Lampeter as of writing (13/3/2020); Assumption of the figures put forth by Triandis and Veenhoven for "England" in the early 1990s would lead to too much error. Population size is also another source for variability from the comparison study by Levine⁴¹; due to the limitation of control within this study, recommendations will be made at the end of this report.

³⁶ National Physical Laboratory. "Radio-Controlled Clocks showing the incorrect time". URL: <https://www.npl.co.uk/resources/q-a/radio-controlled-clock-incorrect-time>. Accessed: 06/03/2020

³⁷ Levine, R. V., Norenzayan, A. (1999) "The Pace of Life in 31 Countries". *Journal of Cross Cultural Psychology*. Pg 187

³⁸ Wright, (1993)

³⁹ Triandis, H.C. (1995) "Individualism and Collectivism: New Directions in Social Psychology". Routledge, Abingdon. pg.60.

⁴⁰ Veenhoven, (1993) "

⁴¹ Levine, R. V., Norenzayan, A. (1999) pg. 188

Results

Although the measurements given in the original work by Levine and Norenzayan was standardised into countries from major city datasets. To simplify the integration of a small rural town, this will be standardised further into *communities*.

The results for Lampeter are as follows as; count, Median, Mean, Maximum, Minimum and Range for accessibility; The Dataset is available in Appendices.

Table 2.a.: Walking Speed (Lampeter)			
Function	Male	Female	Combined
N=	35	35	70
M=	13.04	14.59	13.82
$\bar{X}$ =	12.93	14.06	13.50
Max.	16.76	24.37	24.37 (♀)
Min.	9.31	9.80	9.31 (♂)
R=	0.44	0.60	0.62
N= Sample; M= Median; $\bar{X}$= Mean; Max. Maximum number within Range; Min. Minimum number within Range; R= Range. Indications of gender are given for highest and lowest walking speed scores, highlighting variability. Please see Appendices for Dataset (Table 2.b.)			

Table 3.: Postal Speed (Lampeter)	
Function	Postal Speed (Seconds)
N=	5
$\bar{X}$ =	35.09
N= Samples; $\bar{X}$ = Mean	

Index and Ranks

Levine and Norenzayan explain the process behind how their index is calculated⁴²; The Adjusted Index for pace of life within this report has been calculated by taking Levine and Norenzayan's original ranks for Walking Speed over 60ft and Postal Speed from 1999 and comparing the respective means. These were put into order, from the highest fractional resulting rank and then indexed from this. Effort has been put into to draw visible comparison between different global regions, such as continent; Levine and Norenzayan found that certain regions (Europe and a few of industrialised Asian countries) dominated the higher ranks⁴³ in their original calculations; ex-Soviet European and North America in the middle ranks and non-industrialised Asia and South America in the lower ranks. Where change in Index occurs, the difference is denoted with either a positive or negative number, depending on how many places up or down the community (country) has moved, some have remained the same. For the interest of accuracy, Lampeter has been left out of this last calculation as it is absent from the earlier data-sets, including Wiseman who represented too much variability for this report.

⁴² Levine, R. V., Norenzayan, A. (1999) pg. 189

⁴³ Levine, R. V., Norenzayan, A. (1999) pg. 189-191

Table 4: Indexes, Arithmetic-means and Ranks, a 1999 to 2020 adjusted comparison								
Sample*			Levine & Norenzayan Rank	Comparison 1999>2020*	Walking speed (WS) (1999)*		Postal Speed (PS) (1999)*	
Country	Global Region	Pace Index	Overall Pace Index (1999)	Rank Difference	WS M	WS Rank	PS M	PS Rank
Kenya	Africa	22	22	0	12.58	9	42.50	31
Japan	Asia	4	4	0	12.11	7	18.61	4
Hong Kong	Asia	8	10	2	13.10	14	20.10	6
Taiwan	Asia	10	14	3	13.58	18	20.22	7
South Korea	Asia	16	18	2	13.76	21	22.42	11
Singapore	Asia	24	15	-9	14.75	26	29.75	20
China, P.R.	Asia	27	23	-3	14.26	25	39.63	26
Indonesia	Asia	28	30	3	14.82	27	39.64	27
Costa Rica	Central America	11	13	2	13.33	16	21.13	10
El Salvadore	Central America	19	28	10	14.04	23	25.88	16
Mexico	Central America	25	31	7	13.56	17	70.00	32
Ireland, RO	Europe	1	2	1	11.13	1	17.49	3
Switzerland	Europe	2	1	-1	11.80	3	16.91	2
Germany	Europe	3	3	0	12.10	5	13.46	1
England	Europe	5	6	1	12.00	4	20.78	9
Netherlands	Europe	6	9	-3	11.45	2	24.42	14
Sweden	Europe	7	7	0	12.92	13	19.10	5
Italy	Europe	9	5	-4	12.75	10	23.00	12
Greece	Europe	13	21	8	13.10	14	24.33	13

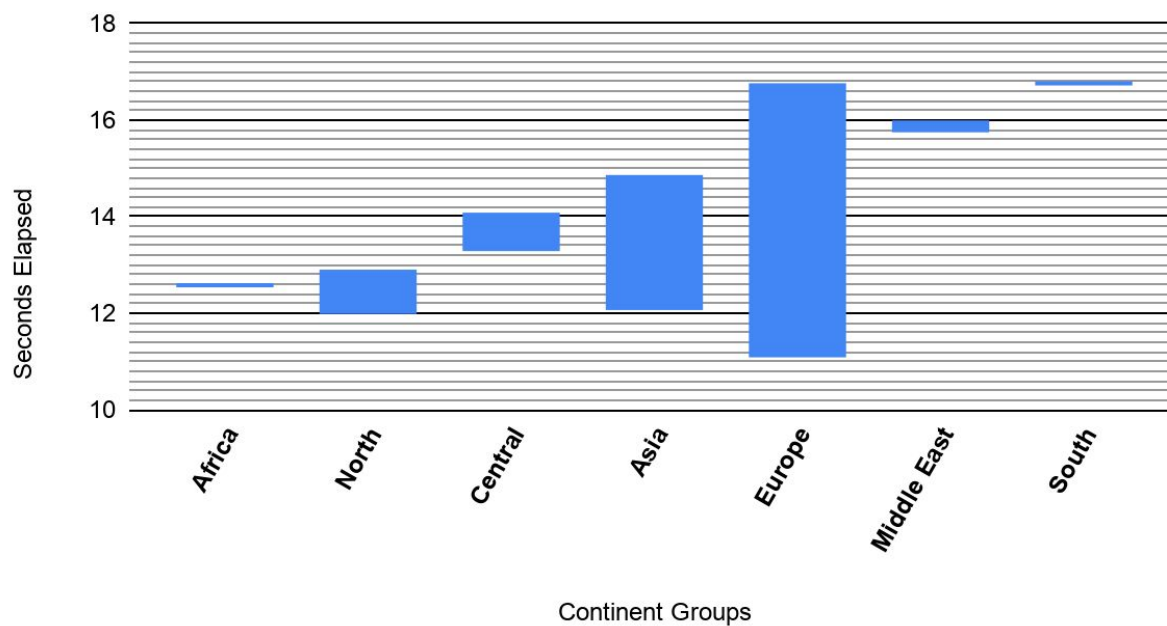
Table 4: Indexes, Arithmetic-means and Ranks, a 1999 to 2020 adjusted comparison (Continued)

Sample*			Levine & Norenzayan Rank	Comparison 1999>2020*	Walking speed (WS) (1999)*		Postal Speed (PS) (1999)*	
Country	Global Region	Pace Index	Overall Pace Index (1999)	Rank Difference	WS M	WS Rank	PS M	PS Rank
France	Europe	12	11	-1	12.34	8	27.84	18
Poland	Europe	14	12	-2	12.90	12	25.83	15
Austria	Europe	17	8	-9	14.08	24	20.60	8
Czech Republic	Europe	20	20	0	13.80	22	27.73	17
Hungary	Europe	21	12	-2	13.75	20	28.45	19
Bulgaria	Europe	26	24	-1	15.57	28	33.67	22
Lampeter	Europe	26	n/a	n/a	13.67 N=70	19	35.09 N=5	23
Romania	Europe	32	25	-6	16.72	31	42.25	30
Jordan	Middle East	29	26	-2	15.79	29	39.92	28
Syria	Middle East	31	27	-3	15.95	30	40.02	29
USA	North America	15	16	1	12.03	6	36.99	24
Canada	North America	18	17	-1	12.86	11	30.50	21
Brazil	South America	30	29	0	16.76	32	38.17	25

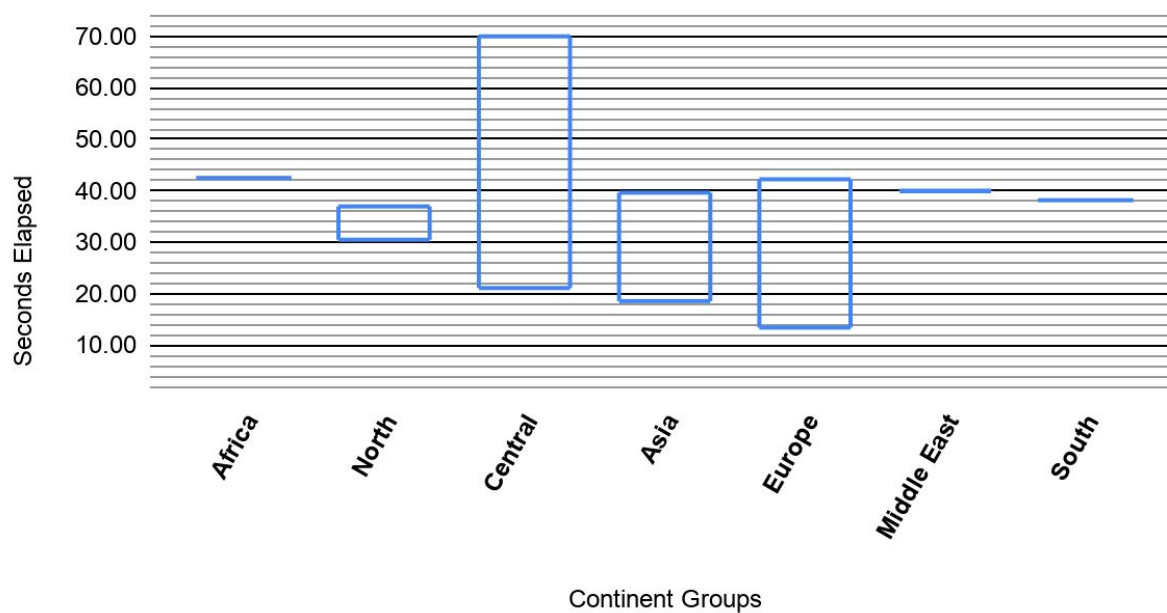
*Includes Lampeter Entry

N= number of entries that mean is drawn from.

Walking Speed by Continent



Postal Speed by Continent



Discussion

As we can see from Table 4; Lampeter, despite being within the European group, is second to only Romania, with walking speed and postal speeds averaging out below the middle of the sample. However as a rural community, compared to the major metropolises used by Levine and Norenzayan⁴⁴; Lampeter would never be an accurate geo-regional depiction; however when we take these results and overlay that with the data given for England (from London) the picture becomes a lot more valuable, despite a large number of cultural and socio-economic variations. In London, Levine et al describe the mean walking speed of 12.00 seconds and a postal speed of 20.78 seconds, giving London, or more accurately, England an Overall Pace Index of 6 (or 5 if excluding Clock Accuracy).

Lampeter in comparison with mean walking speed of 13.67 seconds and a postal speed of 35.09 seconds, and an Overall Pace Index equivalent to 26. Not only is walking speed $M=1.67$ seconds slower, but the Postal Speed is also $M=14.31$ seconds slower.

The median disparity between England's ranks for both measures is $r=5$ (England respectively 4 and 9; Lampeter respectively 19 and 23), Lampeter follows this same trend, somewhat coincidentally, when other cities are taken into consideration as many show a considerable range in postal speed rates, as well as mean walking speed rates.

One thing to bear in mind, is that the postal service in question is essentially the same today as it was when Levine et al collected data. One massive difference which could exist could come from the privatisation of the Royal Mail in October of 2013; however efficiency is one of the advertised perks of privatisation. The slower rate, aside from rural living could be due to the closure of dedicated post offices and relocation to postal services to locations such as shops and mobile services.

Walking speed variation can also be from the reports time restriction, an accurate comparison could be made through data taken during conditions exact to those described in Levine et al (1999), to actually record in summer as it is possible that although the weather was fair on the recording day, it was not directly relatable to the other data recorded in summer.

Recommendations

Recommendations for further works would include a large wider sample of rural communities as a direct comparison to the cities chosen by Levine and Norenzayan; maybe 6-12 samples per country, equally spaced and all of a respective level of socio-economic and industrial

⁴⁴ Levine, R. V., Norenzayan, A. (1999)

development to the country in question, though seeing as criteria could not be set to the most major city/cities, other criteria would have to exist like a population range and ascertainable PPP.

Also instead of simply cutting out clock accuracy as has been done in this report, it would be a good idea to readjust that metric to something which keeps up with the times, for example data coverage/usage or dietary patterns (ready meals and fast food over tradition or slow food).

Appendices

Table 2.b.: Walking Speed Dataset (Lampeter)			
Male n=35		Female n=35	
10.76	12.74	17.23	17.52
14.10	15.03	24.37	15.11
16.41	11.93	14.83	14.06
16.04	14.20	10.75	15.75
11.93	10.81	13.84	12.29
9.84	14.32	17.04	14.81
10.00	16.05	17.09	12.29
9.31	14.83	11.84	10.41
11.55	09.42	12.34	12.43
12.93	16.76	9.80	13.22
10.44	09.93	17.68	15.96
14.06	12.80	24.08	13.29
16.72	16.48	14.27	11.13
13.48	11.93	10.41	12.89
10.72	14.43	12.65	13.00
12.49	14.83	18.47	16.48
11.18	14.42	15.32	17.12
13.52			10.95