

Summary from LRC survey: January 2020

The responses to the club survey were collected from 66 members (circa 40% of current membership) and from a representative spread of feedback from all four training groups. A thank you to all participating members for honest and constructive feedback – all of which helps to build a stronger and more inclusive club for the future.

1) Training feedback

- Almost 60% of members keen to run at least a half marathon or more, so endurance training is important
- The time trial (70% of members) and Grand Prix (45% of members) are still the most popular events, suggesting that specific speed training needs to be included in club sessions
- >60% of members are keen to include core/ stretching into their training plans
- An inclusive culture is critically important - a request to cater for all speeds which includes slower alternatives to popular runs such as HOPWAS and enabling a quicker team to enter racing events
- There is a desire to be able to try out the next run group when either members feel ready or that they are encouraged to do so without pressure or expectation
- Quicker runners also want to feel challenged in their training and events they can enter
- Monday night training needs more clarity on running speed to increase participation

Committee Response:

The run leaders are taking on board all recommendations and will design appropriate sessions where possible

The club has now purchased a set of strengthening bands which members can use prior to working out

The coaching sessions are popular and will be included where relevant for a group to aid with training needs

Re: inclusive competitions, club relay events will be promoted to support both 'faster' team entry and a 'social team' entry so that everyone can enter equally and run at their desired pace to represent the club

2) Events feedback

- There was a request to review the 'one trophy' rule
- There was a positive response to continue the league tables but a request to recommunicate these
- The cross-country league is growing in popularity and should continue

Committee response:

The committee are in agreement with the above – more detail to follow when we are safely able to compete again

3) Club culture feedback

- c. 60% of respondents were keen for more external speakers and more social events

Committee response:

The committee is planning a programme of external speakers including speed running and marathon nutrition – more detail when able to safely proceed

There is a social sub-committee who help organise fun activities around key events and will also look for opportunities for members to connect in more non-running events