

# LRC Survey

January 2020

Summary of responses

*Collated by Lorraine Amos*

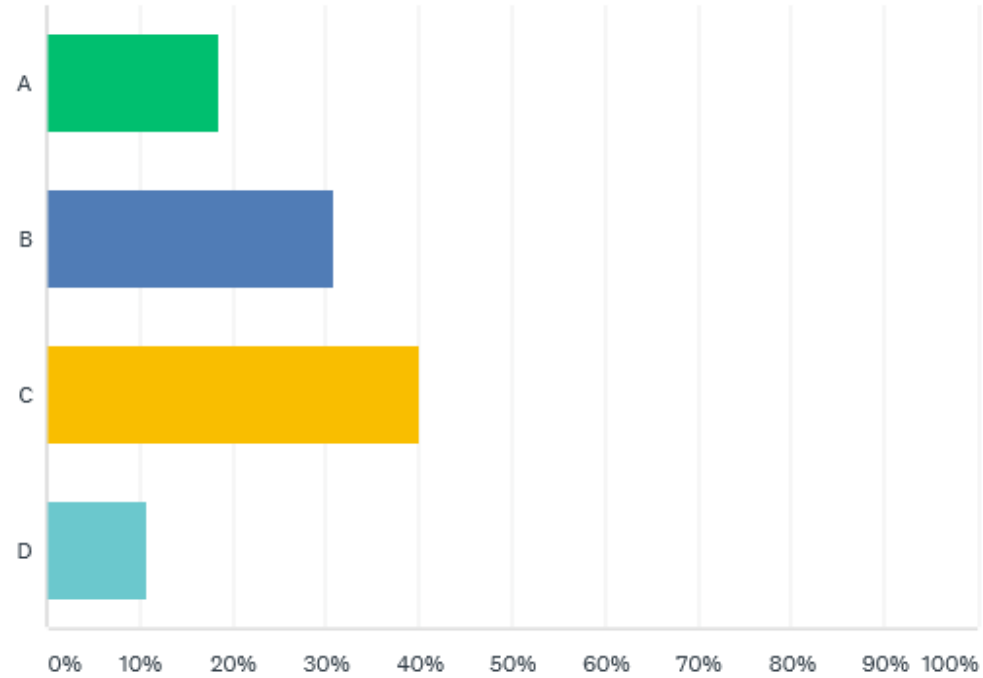


# Executive summary

- 66 members – circa 40% of current membership - responded
- Representative spread of feedback from all training groups
- Responses give some clear feedback including - importance of training for longer races, appetite for continuation and communication of the league tables, need for more clarity on Monday night pacing, interest in competing in club competitions
- 37 additional comments with ideas for improvement centred around i) Club culture, ii) Training sessions iii) Competitions and trophies, iv) Positive responses on what is working well

# Please identify your usual training group

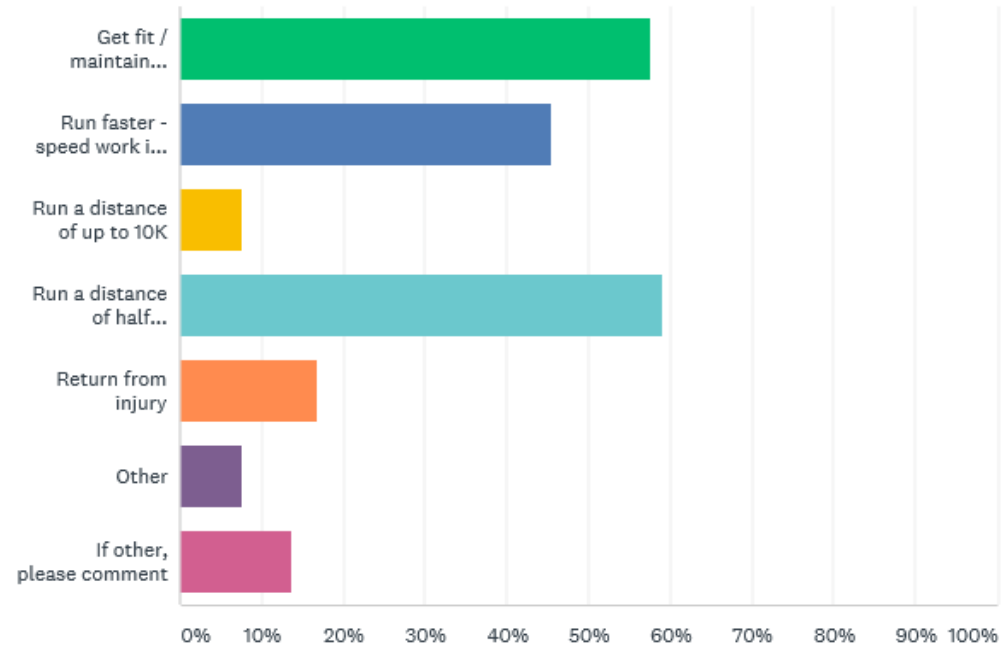
Answered: 65 Skipped: 1



ANSWER CHOICES	RESPONSES
▼ A	18.46% 12
▼ B	30.77% 20
▼ C	40.00% 26
▼ D	10.77% 7
<b>TOTAL</b>	<b>65</b>

# What do you want to personally achieve from your running this year? Please tick the main goal/s that apply.

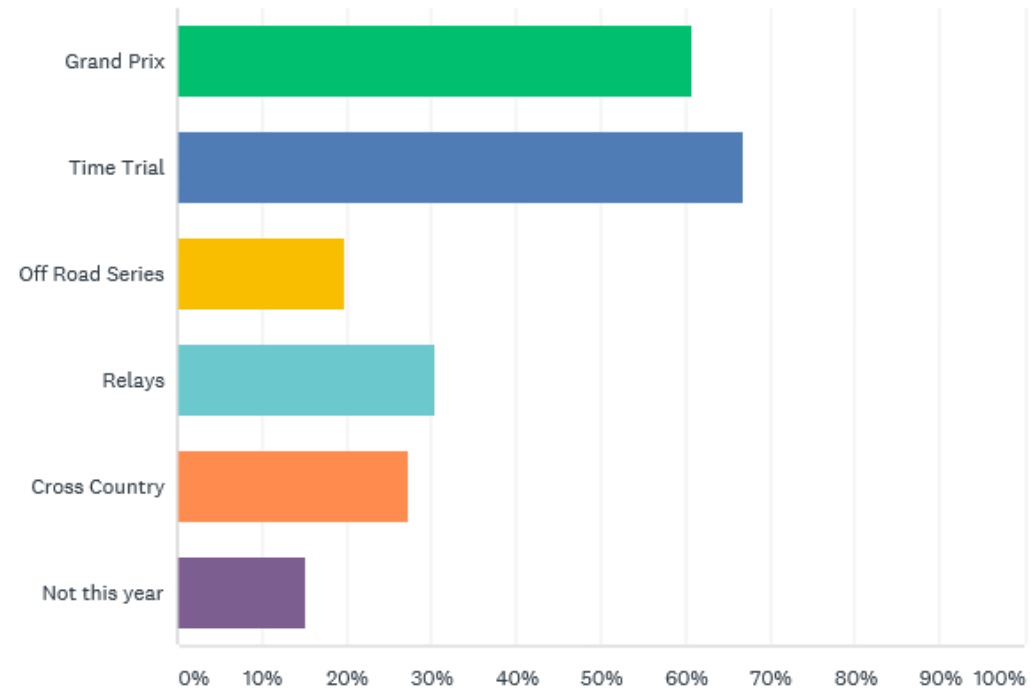
Answered: 66 Skipped: 0



ANSWER CHOICES	RESPONSES
▼ Get fit / maintain fitness	57.58% 38
▼ Run faster - speed work is important	45.45% 30
▼ Run a distance of up to 10K	7.58% 5
▼ Run a distance of half marathon or marathon	59.09% 39
▼ Return from injury	16.67% 11
▼ Other	7.58% 5
▼ If other, please comment	<a href="#">Responses</a> 13.64% 9
<b>Total Respondents: 66</b>	

# What club events are you planning to participate in this year? Please tick all that apply.

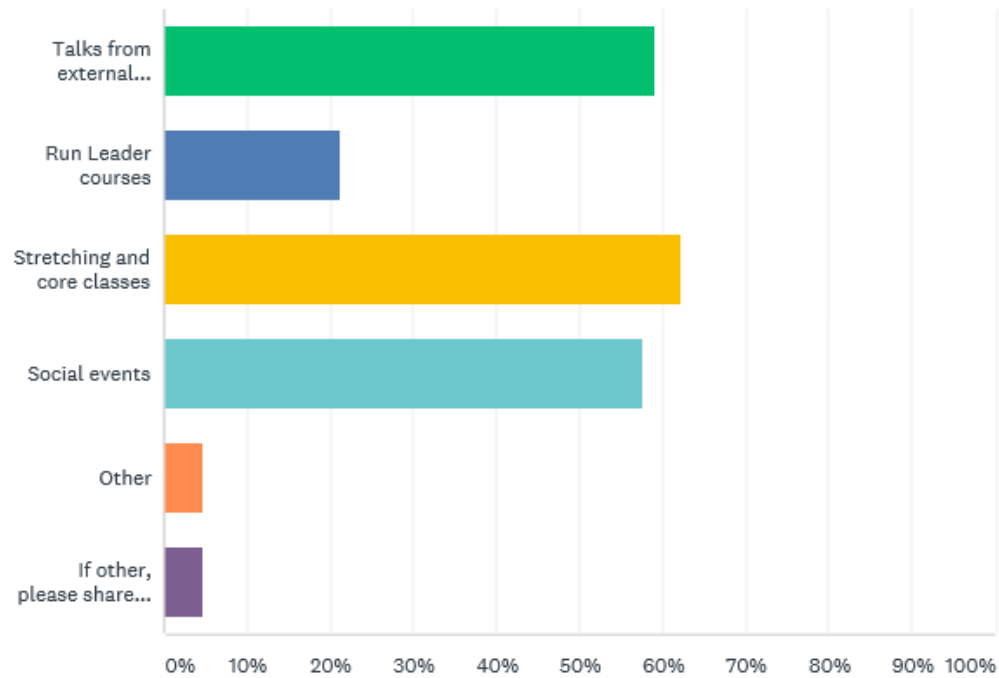
Answered: 66 Skipped: 0



ANSWER CHOICES	RESPONSES
▼ Grand Prix	60.61% 40
▼ Time Trial	66.67% 44
▼ Off Road Series	19.70% 13
▼ Relays	30.30% 20
▼ Cross Country	27.27% 18
▼ Not this year	15.15% 10
<b>Total Respondents: 66</b>	

# What additional 'non running' events would you be interested in? Please tick all that apply

Answered: 66 Skipped: 0



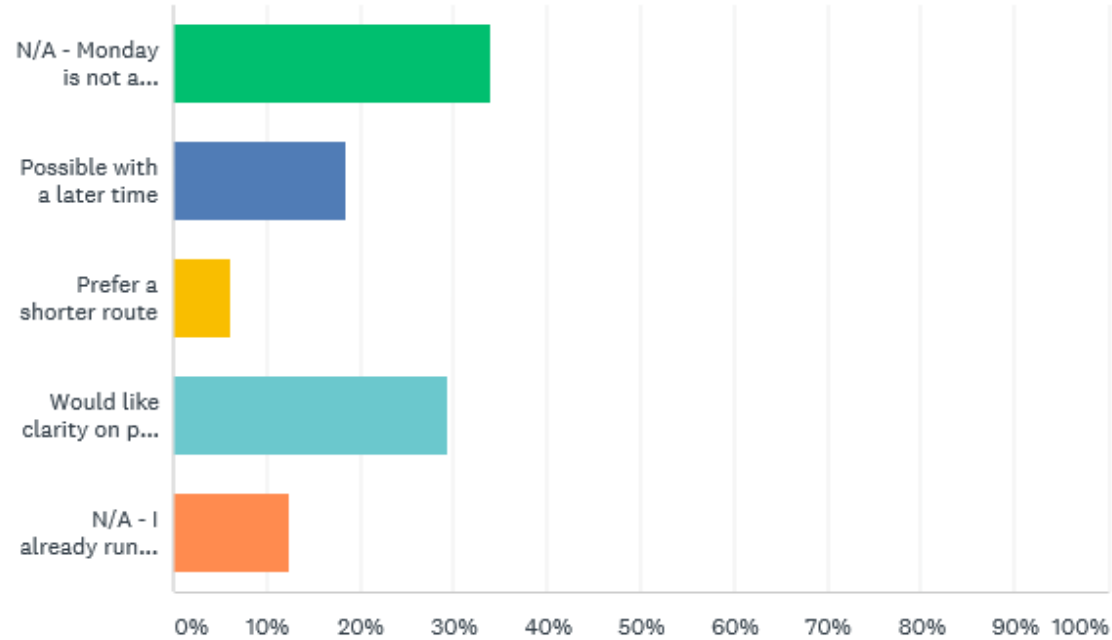
## Comments re: other events of interest

- Physio clinic – opportunity to discuss minor niggles etc with a qualified professional
- 24hr running event ( endure etc)

ANSWER CHOICES	RESPONSES
▼ Talks from external speakers	59.09% 39
▼ Run Leader courses	21.21% 14
▼ Stretching and core classes	62.12% 41
▼ Social events	57.58% 38
▼ Other	4.55% 3
▼ If other, please share your ideas	<a href="#">Responses</a> 4.55% 3
<b>Total Respondents: 66</b>	

# What would encourage you to run on a Monday night? Please select one response only.

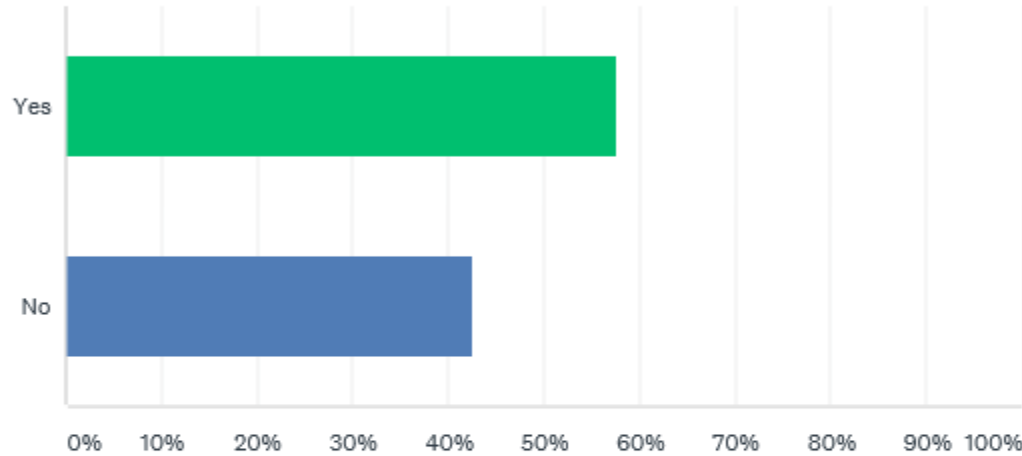
Answered: 65 Skipped: 1



ANSWER CHOICES	RESPONSES	
▼ N/A - Monday is not a suitable day for me	33.85%	22
▼ Possible with a later time	18.46%	12
▼ Prefer a shorter route	6.15%	4
▼ Would like clarity on pace of group for each start time so I can run at my speed	29.23%	19
▼ N/A - I already run regularly on Monday night	12.31%	8
<b>TOTAL</b>		<b>65</b>

# Would you be interested in representing the club in team competitions?

Answered: 66 Skipped: 0



Comments summary of what competitions interest members:

- Relays/XC (8)
- National comps (3)
- Grand Prix (2)
- Ultra/ 24 hr races (2)
- Unsure of competitions (5)

ANSWER CHOICES	RESPONSES
▼ Yes	57.58% 38
▼ No	42.42% 28
<b>TOTAL</b>	<b>66</b>

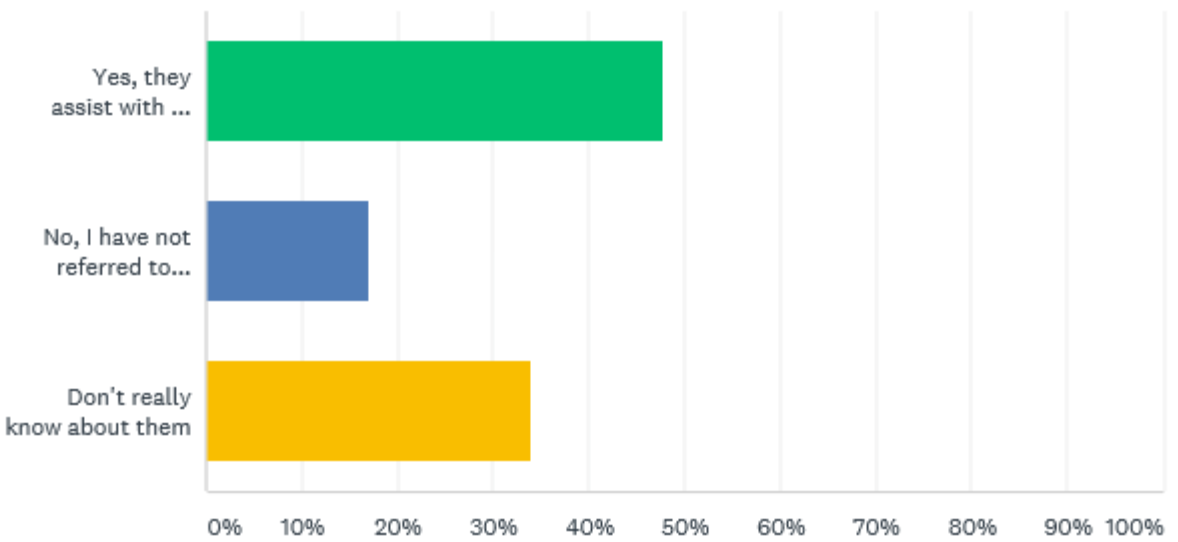
[Comments \(20\)](#)





# Do you wish for the Grand Prix run leagues, introduced in 2019, to continue in 2020?

Answered: 65 Skipped: 1



## Additional comments on leagues

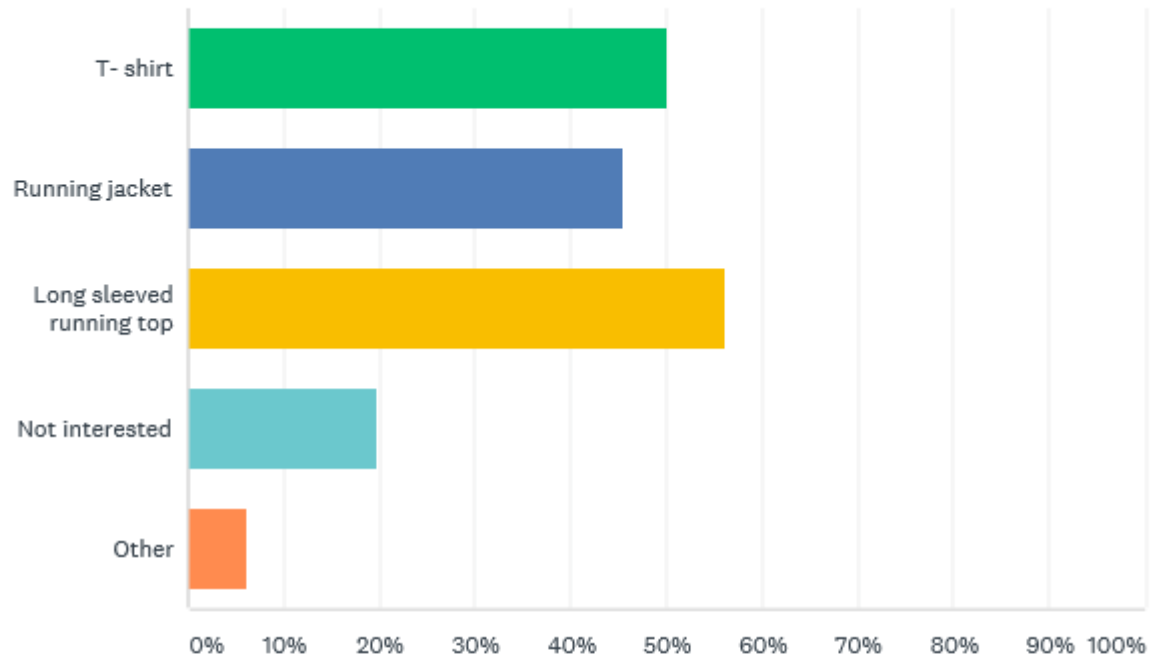
- Not sure what they are for, top league is impossible to win. Maybe age grading would be better.
- Happy with how it ran this year.
- The leagues and gp points do not interest me at all. I'm more a social/team runner.
- I'm not sure that assisting with my running is why I do look at them, it's a good fun competition.
- I think there needs to be more clarity on how the leagues are developed. Some like C/3 seemed too big with a huge diversity of runners.
- They don't seem to be so relevant for D group.
- Adding leagues I to the GP dilutes the achievements of persons winning the trophies. How can you have similar runners one in league 1 and other in league 2??

ANSWER CHOICES	RESPONSES
▼ Yes, they assist with my running	47.69% 31
▼ No, I have not referred to them	16.92% 11
▼ Don't really know about them	33.85% 22
<b>TOTAL</b>	<b>65</b>

[Comments \(7\)](#)

# What additional branded kit would you be interested in buying?

answered: 66 Skipped: 0



## Comments re: other kit of interest:

- General training tops
- Better fitting ladies racing vest
- I bought all the previous kit but never used it because of the uncomfortable plastic badge on the front
- buff/head wrap
- Peaked cap
- Matching shorts

ANSWER CHOICES	RESPONSES
▼ T-shirt	50.00% 33
▼ Running jacket	45.45% 30
▼ Long sleeved running top	56.06% 37
▼ Not interested	19.70% 13
▼ Other	6.06% 4
<b>Total Respondents: 66</b>	

[Comments \(6\)](#)