

# GRR Strategy Timeline

As we all know by now, the main goal is to create a “new”, vibrant running club by merging the Goring Road Runners (GRR) club with the mixed bunch of ex-Harriers, as well as welcoming any other runners to the group. The best vehicle for that is to encourage runners to join GRR (it is an established EA-affiliated club already, with WSFRL membership, recognised by Sussex Athletics, and with a big bag of existing knowledge) with the understanding that the identity of the club (e.g. name, colours, logo, branding, etc.) will be refreshed in a democratic manner.

This timeline hopefully goes through the order we need to do things, the people that need to do what (with a view to bring more people in as we progress), and hopefully explain some of the reasoning behind it too. It makes for pretty dry reading though, so apologies. It’s very much a work in progress and will change and evolve as we move forward. Any thoughts, concerns, enthusiasm, unbridled joy, or rotten tomatoes, please feedback to Bryan, Martin or Charles.

## AUGUST

Get the regular sessions established on Tuesdays and Thursdays. Everyone invited. Must cater for all abilities. Charles to coordinate.

- Tuesdays: Intervals/speedwork/hill reps, etc.
- Thursdays: Social runs, with different distance and pace groups.

At the moment, we have Run Leaders in Steve Feest, Phina, Bowie and Charles. Is anyone else interested in doing the training? I think Martin, Bryan and Rachel have expressed interest at some point. Course is £160 (club willing to finance for full, EA-affiliated members?) and is all online except for submission of a video leading a warm-up/session/cooldown, which we can facilitate as a club. [More info here.](#)

Bryan to serve 90-day notice to the GRR’s webhosting and domain name services.

## SEPTEMBER

Try to turn runners into members, but no hard sell. Membership forms are on paper (to be brought to sessions by Charles), to be returned to either Martin/Bryan/Charles. Bryan to administrate, check for payment in bank account (or pay the cash into the bank) and register with England Athletics as appropriate.

Informally invite suggestions on club names, colours, etc. Bryan/Martin/Charles to collate a shortlist.

Pigott to review and update the Risk Assessment to Hangover 5 event.

Towards the end of the month, create a new WhatsApp group with all current members. This gives plenty of time for people to sign up beforehand. The current group chats don’t need to be closed but encourage the new WhatsApp group for communications.

Charles to try to start creating a monthly schedule with training dates and locations, as well as upcoming WSFRL dates (and entry deadlines) and popular local races, and of course social activities.

3 <sup>rd</sup> Sep	Tilgate Forest WSFRL (Crawley) <i>GRR have a limited number of vests available for anyone who’d like one; alternatively, you can just run in whatever.</i>
10 <sup>th</sup> Sep	Littlehampton 10K

## OCTOBER

Send all full members (regardless of their EA membership) an online survey to ask for general feedback, gauge interest in potential committee members, as well as vote for name and colours. Charles to send out (via SurveyMonkey?). Paper copies will also be available. Option for survey responses to be anonymous. Survey will be open for at least two weeks to encourage as many responses as possible and to give opportunity for due consideration. Any members who join during the survey window can still vote, but it must be recognised that it takes time to register them and there may not be enough time to do that before the survey deadline.

After the survey window closes, an EGM (Extraordinary General Meeting) will be held with at least 21 days’ notice. We will summarise the survey results, announce the new name, colours, etc., update the constitution accordingly, discuss plans for

the Hangover 5, and vote on an interim committee (interim until AGM in February). An agenda to be provided beforehand. Likely held at the Sidney Walter Centre. A social at a pub afterwards.

Bryan to start liaising with agencies regarding the HO5: Council, toilet providers, Worthing College, National Trust, Sussex Police, medical services and ARC insurance. Anyone willing and able to support Bryan with this will be loved to death.

5 <sup>th</sup> Oct	Great Walstead 5 WSFRL (Haywards Heath)
15 <sup>th</sup> Oct	Hove Prom 10K
22 <sup>nd</sup> Oct	Windlesham House 4 WSFRL (Washington)
29 <sup>th</sup> Oct	Steepdown Challenge WSFRL (Lancing)

## NOVEMBER

All boring stuff: Bryan to contact England Athletics and Santander to update club name. Also need to design a new logo, explore kit options, get a flag made, create website, set up social media accounts, etc.

The WSFRL AGM is sometime in November (I think?). Bryan and Martin to hopefully attend.

5 <sup>th</sup> Nov	Gunpowder Trot WSFRL (Horsham)
11 <sup>th</sup> Nov	Sussex Athletics Cross Country League (Ardingly Showground)

## DECEMBER

1<sup>st</sup> Dec: The club's official rebirth, with new name, logo and colours. Keen to maintain the legacy of the club too, including keeping the 'Founded in 1984' tagline.

Christmas Social to be arranged (by our interim Social Secretary?). End of year awards?

Martin to lead the last week prep for HO5 event. Recce of the course on Boxing Day?

2 <sup>nd</sup> Dec	Sussex Athletics Cross Country League (Venue TBC)
29 <sup>th</sup> Dec	Sussex Trail Events: Darklink 10K (Shoreham) <i>Very dark and headtorches are mandatory!</i>

## JANUARY

1<sup>st</sup> Jan: Hangover 5 event! The one mile kids race starts at 11am, and the adults' 5-mile race at 11.30am.

Nowhere near a definitive list:

- Need a minimum of 17 marshals on the day. Anyone got any friends or family!?
  - What is the minimum number of marshal points on the course? Obviously people won't want to stand on their own for hours, and pairs would be ideal in case of an issue arising.
- Bryan to be Race Director, supported by Health and Safety man Pigott
- Martin to coordinate volunteers on the day
  - What time do we need people on the day? Different times for different roles, or is it easier to say one time to everyone and have one main briefing?
- Charles to process entries and results afterwards
  - As part of the results processing, I imagine we need a timekeeper (or two), as well as someone writing down finish numbers and someone calling them out. Four-person team including Charles? If anyone's got a video camera/GoPro to film the finish line as a backup, that would be lovely.
- What other key on-the-day roles do we need?

Begin a [9-week Couch 2 5K course](#)? Would anybody be interested in leading that? Could 'graduate' with a local parkrun at the end?

20 <sup>th</sup> Jan	Sussex Masters XC championships (Lancing) <i>Runners must be old enough (35+ for women, 40+ for men), be EA-affiliated, and be wearing a club vest. Their rules, not ours!</i>
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## FEBRUARY

An AGM to be held with at least 21 days' notice, as per the constitution. We will put together an agenda before, but broadly:

- Vote on committee members
- Agree fees for 2024/25 season
- Review the HO5 event. Thank volunteers, what went well, what could we improve, etc.
- Explore the possibility of holding a 'for profit' race in the summer?
- Treasurer to present overview of financial accounts.
- Recruitment ideas: Do a pacing takeover of a local parkrun? Get some flyers printed? Do we know anyone looking for a club or disgruntled at their current one?
- Fundraising ideas: Do we know any sources of funding that we can explore?
- Are we happy with the Sidney Walter Centre as our base? Do we know any viable alternatives?
- Will we have enough members to qualify for a London Marathon ballot place? (The club needs at least 40 EA members to qualify for one place under [the latest EA rules.](#))
- Acknowledge the achievements of individual club members over the previous 12 months: Any big PBs or extraordinary performances, services to the club, high attendance in WSFRL/XC league seasons, etc. No set criteria, but an opportunity to highlight the successes of the year.

As ever, a social in a pub afterwards!

4 <sup>th</sup> Feb	Chichester 10K
10 <sup>th</sup> Feb	Sussex Athletics Cross Country League (Venue TBC)

## APRIL

New athletics season! Membership renewals due, fees as agreed at the AGM. (Welfare Officer(s) to explore possibility of a Hardship Fund to ensure that individual finances are not a barrier to joining the club. Policy needs creating.)

## JUNE

EA membership automatically lapses for those that haven't renewed. Final warning for members that haven't renewed to do so before getting kicked out the WhatsApp group?