

## Background

- **Goring Road Runners:** Post Covid, GRR have been struggling for numbers, both in membership and training session attendances. There was little appetite for members to take on organisational roles. Earlier this year, GRR had a vote on whether to disband the club; they voted to continue but little changed. The future of the Hangover 5 event was in doubt due to low volunteer numbers.
- **Worthing Harriers:** A large portion of Worthing Harriers had become disenfranchised due to lack of representation and a general disorganisation in the club (e.g. no AGM in five years, failure to apply for a London Marathon club place, etc.). The initial goal was to create a new club but chose to explore merging with another club or clubs first.
- **Worthing Striders:** In June, Striders had a vote to move venue from the West Worthing Tennis Club to Worthing Rugby Club. The vote was fractious, ending 23-23, and ultimately split the club in half with the remaining group creating "West Worthing Runners".

Both GRR and the ex-Harriers explored merging with the ex-Striders at the Tennis Club, but both independently found their proposals unattractive. Ultimately, we decided that GRR and ex-Harriers had a sufficient number to create a new club between the two; we're also delighted to have Steve, Michelle and Pete with us from those ex-Striders.

## Current State of the Club

- 34 Full Members
  - o 25 Affiliated with England Athletics
  - o 9 Unaffiliated with EA
- 5 Associate Members

This is total of 39 members. This is a great number, and at the top end of what we could have hoped for, so many thanks. There's still a job to be done in terms of growing and expanding the club.

### Backgrounds of the members

*Definition: Full members, based on club where runner or runner's partner was registered.*

<b>Club</b>	<b>#</b>	<b>%</b>
<i>Worthing Harriers</i>	18	52.9%
<i>Goring Road Runners</i>	12	35.3%
<i>Worthing Striders</i>	3	8.8%
<i>None/Other</i>	1	2.9%
<b>TOTAL</b>	<b>34</b>	<b>100.0%</b>

## Survey results

We sent the survey to all full members, regardless of their affiliation with EA. We did not send it to associate members.

From the 33 people, we received responses from a massive 32 people. This is an incredible response rate (97%) and shows the strength of feeling and engagement people have in the future of the Club.

### How do you feel about the changes to the Club over the last few months?

<b>Response</b>	<b>#</b>	<b>%</b>
<i>Really unhappy</i>	0	0%
<i>A little unhappy</i>	0	0%
<i>Neither happy nor unhappy</i>	1	3.1%
<i>A little happy</i>	2	6.3%
<i>Really happy</i>	27	84.4%
<i>Don't really have an opinion</i>	2	6.3%
<b>TOTAL</b>	<b>32</b>	<b>100.0%</b>

Feels very inclusive and organised. Thank you for everything you have all done :) it makes me very happy and excited about running again.

I think it's incredible

Not to be too fixated on our base/registered address and focus on running and helping it's members improve their running.

Feel it is inclusive and that all opinions are heard

All going well. Great bunch of people who enjoy their running in a friendly yet competitive way.

Really happy to have influx in new members, runs are now a challenge and will help boost my performance

The inclusion of all abilities is appreciated

[Goring Road Runners] was almost not viable before so the new influx of members is really good with better turn out at training nights

The introduction of the training sessions on Tuesday have been a welcome bonus - long may they continue!

Hope there will still be off road running, albeit slower (possible with headtorches)?
Not long been running but really enjoying the enthusiasm of the new group!!
I like that it's inclusive to runners of all abilities
It's great we have a range of different abilities now and boosted our numbers
All good currently.
Great to have a group of enthusiastic and engaged runners of varying abilities

This is overwhelmingly positive. Excluding those that didn't have an opinion, 97% are a little happy or really happy; and 90% really happy. Nobody expressed that they were a little or really unhappy. In particular, the comments seemed to appreciate the inclusivity and the catering to a range of abilities.

### What are the main obstacles (if any) preventing you from attending training?

<i>Response</i>	<i>#</i>	<i>%</i>
<i>Work commitments</i>	10	31.3%
<i>Other</i>	6	18.8%
<i>Transport (e.g. don't have a car)</i>	5	15.6%
<i>Prefer running in the daytime</i>	3	9.4%
<i>Childcare</i>	3	9.4%
<i>General motivation</i>	3	9.4%
<i>Sessions don't align with my training goals</i>	1	3.1%
<i>Run with another club</i>	1	3.1%
<i>Sessions are too fast/too slow</i>	1	3.1%
<i>Don't like running in a group</i>	0	0.0%
<i>Prefer running only once a week</i>	0	0.0%

I will go as often as I possibly can!
I really like having the 3 groups going out on a Thursday, so all speeds are catered for. I've not seen that before in previous running clubs and it's a great idea.
I have commitments on a Thursday evening which means I can only attend roughly one in every three sessions unfortunately
I would love to run both sessions but find it hard to get home on a Thursday
I do like the occasional off-road runs when daylight allows.
Tuesday easier as have commitments Thursday
At the moment feel the slower group on a Thursday is too easy, but can't run at the pace of the middle group... great when we have enough members to have 4 groups ?
Ideally I'll attend both regularly as I like a routine, it will usually just be work getting in the way if not.
I enjoy having the option of either or both and that the sessions offer different things
The only things that stop me attending are injuries and other commitments
Variety of sessions will be important as time goes by

It seems like there's no overarching obstacles preventing people from training, other than normal life: work and childcare commitments, injuries, etc. Tuesdays and Thursdays work well for most.

However, we can try to:

- Encourage people to car-share (post in the WhatsApp group if you're driving to training and are able to offer a lift?); in particular, anyone driving through or near Littlehampton and Broadwater.
- Keep training fun, enjoyable and sociable, to try and combat the winter lull in motivation.
- Explore ways to incorporate sessions into people's individual training requirements (e.g. make a run longer by running there from home? Give more options to tweak intervals for you?)

## Are you interested in going to a pub/clubhouse after evening sessions?

<i>Response</i>	<b>#</b>	<b>%</b>
<i>On rare/special occasions</i>	15	46.9%
<i>Yes, whenever</i>	11	34.4%
<i>Yes, after a Thursday social club run</i>	6	18.8%
<i>Yes, after a Tuesday intervals session</i>	0	0.0%
<i>Never</i>	0	0.0%
<b>TOTAL</b>	<b>32</b>	<b>100.0%</b>

Pretty easy this one. Thursdays are clearly more popular than Tuesdays, and around half would prefer only on special occasions.

## How do you feel about the Sidney Walter Centre?

<i>Response</i>	<b>#</b>	<b>%</b>
<i>Love it</i>	1	3.1%
<i>Really fond of it</i>	2	6.3%
<i>Indifferent</i>	11	34.4%
<i>Not really fond of it</i>	8	25.0%
<i>Hate it</i>	1	3.1%
<i>Don't really have an opinion</i>	9	28.1%
<b>TOTAL</b>	<b>32</b>	<b>100.0%</b>

It's central and has good parking :)
Happy to try other places
It's a dump
I like that it is cheap, central and accessible. Perhaps it would be nice to have access to a toilet and a safe space or lockers to leave our stuff if needed, pre/post run
I'm not really fussed about the home venue so I'd rather it be functional than expensive.
Open to looking at new venues
Parking concerns, no showers or bar. It's about 3 miles across town for me, but that's just because of where I live! ... Run routes are more likely to experience poor air quality being adjacent to town roads with traffic.
Don't use it much other than facilities
Is there an alternative location?
It's handy for parking in central Worthing. However, I think it's little more than that: the toilets are often closed and I'm not aware of any further facilities. Despite how inexpensive it is, I think we could do better: either saving that money entirely and having no venue; or spending a little bit more and having a home that provides toilets, parking, a bar, possibly showers, etc.
Is it time to consider moving to another home venue as I am not sure of advantages of using the Sidney Walter Centre?
Congestion and possible parking issues, especially if running late to get to venue... Running from venue isn't ideal as it's in the town centre.
Looks good to me - handy location!
Good central location
Car parking is not the greatest, also it is the other side of town and we are called goring road runners. We could meet at a working man's club or church all in goring area?
If we want a home base, I think we should look for a new one
Convenient run meet point personally. Not familiar enough with the facility itself to express a strong opinion
It's a little further away for a meeting point for me but that's just my personal opinion due to where I live!
Bit out of the way for us.
The centre is suffering post-covid with groups using it, plus the number of new gyms nearby has taken members to the extent its no longer open some days. The showers and bar are no longer in use.

Only three people (9%) expressed any level of fondness for the Sidney Walter Centre. 62.5% of people were either indifferent or didn't have an opinion, which suggests that this isn't a particularly divisive issue.

Comments seem to suggest that the location is good and parking is free; but the facilities are lacking, and there's congestion around the venue (both in getting there and once running). It seems clear that we should at least explore alternatives.

Goring Cricket Club has been touted as a potential venue, as it has parking, a bar, toilets, shower, and somewhere to leave clothing whilst we run, and is already home to a Cricket Club and a Football Club. However, very little conversation has happened with the Cricket Club itself, so it's not yet clear how much that would cost.

## Are you able to volunteer at the Hangover 5 event?

<i>Response</i>	<i>#</i>	<i>%</i>
<i>Yes</i>	23	71.9%
<i>Not sure yet</i>	6	18.8%
<i>No</i>	3	9.4%
<b>TOTAL</b>	<b>32</b>	<b>100.0%</b>

My dad would happily volunteer as well. If there is a cake stall mum and [child] could help there! and mum is a superstar baker! :) and [child] likes to help [their] make cakes too (I promise hands are washed at all times!)

I want to parkrun first...

I must be in my usual spot 😊

I might be able to wrangle another volunteer

Myself, [partner] and the kids would love to help

I could rope family members in if needed.

I'm looking forward to a recce run, of Hangover 5, beforehand.

Depends on football

Sadly on holiday out of the country

Happy to do whatever that morning and during race week. On the day, can do timing, on-the-day entries, or whatever else needs doing.

Sorry, I will be returning from a holiday then!

If I am not deployed and I have permission from [partner] I would gladly volunteer

I'll do whatever is needed

Hahahaha

This is brilliant, thanks. The minimum number of marshals required is 17, so hopefully we are hitting that. Of course, not everyone will be marshalling and more marshals are always better, but this is a fantastic starting point – so thanks again.

## Would you be interested in running on the trails in the summer months?

<i>Response</i>	<i>#</i>	<i>%</i>
<i>Yes</i>	32	100.0%
<i>Not sure yet</i>	0	0.0%
<i>No</i>	0	0.0%
<b>TOTAL</b>	<b>32</b>	<b>100.0%</b>

Pretty emphatic! Let's run some trails in the summer!

## Would you be interested in running with headtorches in the winter?

<i>Response</i>	<i>#</i>	<i>%</i>
<i>Yes</i>	25	78.1%
<i>Not sure yet</i>	5	15.6%
<i>No</i>	2	6.3%
<b>TOTAL</b>	<b>32</b>	<b>100.0%</b>

This was a poorly worded question, so apologies for that. The feedback from this seems to be that people are open to running trails in the winter, using headtorches, if the conditions are otherwise OK (i.e. dry, firm under foot, etc.). Let's try once in the coming months and see how we get on?

## Club Name

<i>Response</i>	<i>#</i>	<i>%</i>
<i>Worthing Gazelles</i>	18	56.3%
<i>Goring Gazelles</i>	15	46.9%
<i>Worthing Mavericks</i>	5	15.6%
<i>Worthing Zephyrs</i>	2	6.3%
<i>Goring Mavericks</i>	1	3.1%
<i>Goring Zephyrs</i>	0	0.0%
<b>TOTAL</b>	<b>32</b>	<b>100.0%</b>

Not very keen on the proposed new names for the club. I was hoping that we could retain the name Goring Road Runners as it is already an established club within the local running community. At the very least keep the name Road Runners e.g. "Worthing Road Runners".

Don't like any of the names .....No discussion on keeping Road Runners? Worthing road runners.....Worthing Running.....Worthing Run.....Run Worthing ?

I know we need to rebrand but I don't think there is anything wrong with the club colours or the name. we can still embrace the new members. Maybe goring road and trail runners? Sorry not keen on the other names.

A few of the comments asked, "Why do we have to change the name of GRR?"

The goal is to create a new "super club" from the parts of a few existing clubs, including GRRs, Worthing Harriers, and Worthing Striders. We'd like to pick the best parts of each group:

- The Hangover 5 event and EA-affiliation of GRR
- The volume of runners, the broader range of abilities and qualified run leaders and coaches from Worthing Harriers
- The enthusiasm and coaching experience from Worthing Striders

As only 35% of the members of the club were part of GRR before this merger, it seems inappropriate to name it after any one group. The GRR committee committed to renaming the club a few months ago when the various groups came together.

More importantly, however: This also seems like a great opportunity to build something new together, with a renewed ethos and new identity. "Road Runners" probably doesn't represent a club where 100% want to run trails over the summer!

Some further stats:

- 24 people (75%) people voted for either Worthing Gazelles or Goring Gazelles, suggesting that the 'Gazelles' suffix was acceptable to most.
- 21 (66%) people voted for Worthing-*something*; 16 (50%) people voted for Goring-*something*.
- 27 (84%) people voted for *something*.

PROS AND CONS OF THE TOP TWO NAMES	
Worthing Gazelles	Goring Gazelles
<ul style="list-style-type: none"> <li>- It increases our catchment area for future recruitment</li> <li>- Better represents the members of the club (very few live in Goring – although I do!)</li> <li>- It also allows us to be less restricted with fewer decisions: We currently have a WSFRL event and a base in Worthing, but outside Goring.</li> <li>- Website already exists</li> </ul>	<ul style="list-style-type: none"> <li>- Has an alliterative name</li> <li>- Makes reference to GRR (although does 'Worthing Gazelles' make reference to Harriers/Striders?)</li> </ul>

### How did you narrow down the Club name options?

We had three name suffixes: Gazelles, Mavericks, and Zephyrs. Gazelles had long been discussed, Mavericks was on Bowie's list of suggestions, and Zephyrs was put forwards by Martin. When we informally consulted with people, there were no other suggestions that had a significant level of support. Once we put 'Worthing' and 'Goring' with each suffix, we had those six options.

There were also a few other names that we liked – e.g. Phoenix (our new club rising from the ashes of a few other clubs) – but felt that would clash with other local clubs (e.g. Brighton Phoenix) that some of our members have run with in the past.

### Club colours

Response	#	%
<i>Black and pink</i>	15	46.9%
<i>Black and neon/fluoro yellow</i>	13	40.6%
<i>Black, pink and white</i>	8	25.0%
<i>Black and turquoise</i>	8	25.0%
<i>Black and green</i>	5	15.6%
<i>Black and white</i>	4	12.5%
<i>Black and mustard yellow</i>	4	12.5%
<i>Black only</i>	2	6.3%
<i>Black and red</i>	2	6.3%
<i>Black and grey</i>	1	3.1%
<b>TOTAL</b>	<b>32</b>	<b>100.0%</b>

We decided to have the primary colour as black for a few reasons:

- GRR's entry in the WSFRL had them as having black vests. Keeping the same primary colour would ensure that we don't clash with another club's colours.
- Anecdotally, it was suggested that the black vests had been a draw for new members (mostly female).

The next step here is to produce some mock-ups of potential vests/t-shirts.

PROS AND CONS OF THE TOP TWO COLOURS	
Black and Fluro Yellow	Black and Pink
<ul style="list-style-type: none"> <li>- Is in line with what GRR already have.</li> </ul>	<ul style="list-style-type: none"> <li>- Represents a new identity for a combined club, rather than an inherited one from one club.</li> <li>- The primary colour is still black so acknowledges GRR without the need for fluro yellow.</li> </ul>

## Would you be interested in the organisation of the Club?

Based on the feedback in the survey and follow up conversations with the relevant people, we have put together the following:

Person	Role
Charles Simmonds	Chair/Comms/Run Coach
Bryan Darney	Vice-Chair/Club Secretary/HO5 Planner
Martin Loose	Membership Secretary/Run Leader*
Sarah Mann	Treasurer
Steve Pigott	Health and Safety Officer/Run Leader*
Rachel Allison	co-Welfare Officer**/Run Leader*
Lynz Osland	co-Welfare Officer**
Amelia Brown	co-XC Liaison
Steve Feest	co-XC Liaison/Run Leader/Run Coach***
Phina Izard	Run Leader/Social Secretary/co-WSFRL Liaison
Bowie Lycett	Run Leader/co-WSFRL Liaison
Meg Griffiths	Social Media Extraordinaire/Run Leader*
Nick Beaumont	Kit Manager

- \*Would need to do their LiRF (Leadership in Running Fitness) course with England Athletics
- \*\*Would need to do their Club Welfare Officer training with England Athletics
- \*\*\*Would need to do their CIRF (Coaching in Running Fitness) course with England Athletics

Great to have such a large number of people wanting to help contribute towards and shape the Club moving forwards. Important to note however that there's a distinction between organisational roles and committee roles. With 13 people contributing, it would be bureaucratic to have a third of the club on a committee. At some point we need to discuss the options of:

- The GRR Committee currently defines the committee as: Chair, Vice-Chair, Coach, Treasurer, "and one other person"
- Should we have Chair, Vice-Chair, Coach, Treasurer, Club and Membership Secretaries? (currently four people)
- Or maybe the EA-defined roles: Same as above, but include Welfare Officer and Health and Safety Officer? (currently seven people)

## General Comments

Thanks again for your time and hard work. You guys are the best!!! You've made me love running with a club again :) :)
You're amazing
No issues - thanks for all your hard work, I think you are doing a great job and it's really nice to be a part of this club moving forward. Looking forward to getting some kit and representing the club properly
I'm looking forward to the whole team coming together under one WhatsApp group and having no segregation. I know that in time, things will fall into place and I'm really looking forward to being part of a club with a member-centric and democratic style. Thanks for all your hard work so far.
I believe this is an exciting time, and so far as club you are all doing a great job. Looking forward to continue running with some amazing athletes which will help to improve myself and other members of the club.
Would like, say, a monthly targeted club "parkrun". All the local ones and maybe others within about an hour's drive, or so.
Really happy with how the club is evolving, and how well the various segments are merging to form one cohesive group. Proud to be part of a club that treats and caters to a large range of abilities equally, from the serious and ambitious through to the more social runner, and hopefully in time, absolute beginners.
Thank you for coordinating and helping to shape the new club for its members
Thank you for all your hard work :)

Great turnouts so far but let's build plans for growing/marketing the club once the name is confirmed e.g. C25k.

Can a future membership survey ask about running goals as a feed into run schedule or weekend groups e.g. 10k in xmins, marathoning

No questions or issues! Just to say I'm loving the direction the club is heading in! The club is so welcoming and inclusive, it's great to be part of such a brilliant team! :)

No further comments. Thank you

It's going to be important to get the advertising and 'recruitment' campaign up and running. I'm thinking specifically slower pace runners, couch to 5ks etc. as currently the demographics are skewed to fast(er) runners.

Again, overwhelmingly positive, so thank you.

- Regarding a monthly parkrun together, we'd love that. There're already a few keen parkrun tourists in the group. We've got Harry's 100th parkrun celebration coming up at the end of November/early December and would love a big turnout for that.
- Setting up a combined WhatsApp group is a priority and apologies that it's taken this long. This will happen this week.
- We've got qualified leader and coaches who would love to have discussions about your personal goals and how to combine that into club sessions. Please give someone a shout!
- Couch to 5K. I think we're keen to do something like this, subject to having enough time to do some promotion beforehand and having the run leaders on board to deliver the course between them. We certainly need to explore ways to grow and expand the club.

## Actions

Based on this survey, it looks like we have a few actions to take forwards:

- Encourage car-sharing to sessions.
- Scope out potential alternatives to the SDW.
- Create a combined WhatsApp group with all paid members (both full/associate members).
- Continue planning the Hangover 5 event.
- Design some potential vests for the club.
- Come up with ideas on how to build and expand the club.