

TIVERTON HARRIERS

Making the most of your club – tell us your views

We've been a successful running club for many years now, with regular coached twice-weekly training runs, a fantastic junior section and the famous Bampton to Tiverton run. But runners don't stand still and we want to hear your views about the club and what you'd like us to do differently, or extra

Please will you fill in this form, by ticking, circling, or writing in your comments. We'll study all the replies carefully and let you know the outcome, and what we're going to do as a result.

About you

My name

My email address and phone number.....

Number of times a week I usually run: 0 1 - 2 3 - 4 5 - 6 over 6

Number of miles a week I usually run: less than 10 11 – 20 21 – 30 31 – 40 40+

My preferred distance per run (in miles): from to

My average minutes per mile : over 10 9-10 7 – 8 6 or less

I prefer running: on-road off-road don't mind

My running ambition for 2012 is:.....

Gender: M/F

Age category: Senior, V35, V40, V45 V50, V55, V60, V65, V70

Your involvement with the Tiverton Harriers

I usually join the twice-weekly training sessions

I usually join the training sessions once a week

I usually compete in the Bampton/Tiverton run

I'm involved in other ways (committee, helping at events)

I'm not much involved due to injury at the moment

I'm not much involved due to family and/or work commitments at the moment

My involvement would increase if

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Please turn overmore questions on the other side!

What do you like best about the club? (tick as many as you like)

- Opportunity to train and improve
- Support from coach
- Support from other members
- Social/informal networks
- Information about races
- Other

Ideas for other things we could do. Would you be interested in ...

- More technical training (this has already started very successfully)
- Longer evening runs
- Day time runs
- Off road runs (probably day time in winter, evening in summer)
- Organising another local race

Other.....
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Could you help with:

- Assisting at new-joiners sessions: we are hoping to start these in the new year
- Helping to update or expand our web-site
- Marshalling at the Killerton parkrun (we've done this once, very successfully)
- Negotiating discounts with local stores
- Helping at club events
- Anything else?

Finally

What else would attract new members?
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What else would you like us to do, or to do differently?
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Thank you very much for taking the time to give us your views. Please return your form by handing it in at the Xmas meal or a Tues/Thurs run, or sending it to me by 31 Jan 2012, at:

Poundapitt Farm, Bradninch, Exeter, EX5 4LB.

Kerry Roberts, Chairperson