**Win a bottle of wine!!**

*\* Anyone who returns this survey will be entered in a prize draw. First three out of the hat get a bottle of wine. More importantly everyone who fills in the survey will be helping to make our club a better place for our members.*

**South Molton Strugglers:**

**2021 Survey**

After the disruption of the last 18 months, we know there have been a lot of changes for our members, so we thought it would be a good idea to find out what your priorities are now and what changes we can make to the club to make it better.

This questionnaire is the start of that process, but you can always provide feedback to any committee member or through the run leaders at any time. Your feedback is appreciated.

We are a running club for all abilities and interests, where you can perform, improve, socialise and most importantly enjoy running with others. We want to continue to have something to offer for everyone who calls themselves a Struggler.

So please take a few minutes to fill in the questions on the following pages. You can answer as many, or as few, questions as you like.

Don’t forget to fill in your name if you want to be entered in the draw.

**Please return your survey by Wednesday 3 November. You can hand it in on club night or email it to survey@southmoltonstrugglers.co.uk**

**South Molton Strugglers: 2021 Survey**Name: …………………………........ Email (optional):……………………….

|  |  |  |
| --- | --- | --- |
| **1.** | **Why do you come to club? (please tick one or more)** | *Choose one or more* |
|  | * + 1. Running (general fitness) |  |
|  | * + 1. Running (competitive) |  |
|  | * + 1. Social aspect |  |
|  | Other (please comment)… |  |

|  |  |  |
| --- | --- | --- |
| **2.** | **Why do you run? (please tick one or more)** | *Choose one or more* |
|  | 1. Exercise / fitness |  |
|  | 1. Weight loss / management |  |
|  | 1. Relaxation / stress relief |  |
|  | Other (please comment)… |  |

|  |  |  |
| --- | --- | --- |
| **3.** | **How many times a week do you usually run?** | *Tick:* |
|  | Less than weekly |  |
|  | 1. 1 – 2 |  |
|  | 1. 2 – 3 |  |
|  | 1. 3 – 4 |  |
|  | 1. 4 - 5 |  |
|  | 1. 6 – 7 |  |
|  | 1. More than 7… |  |

|  |  |  |  |
| --- | --- | --- | --- |
| **4.** | **What distance(s) are you interested in running…** | ***… at the moment?***  *Tick all that apply* | ***… in the future?***  *Tick all that apply* |
|  | 1. Up to 5k |  |  |
|  | 1. 5k to 10k |  |  |
|  | 1. 10k to Half Marathon |  |  |
|  | 1. Half Marathon to Marathon |  |  |
|  | 1. Ultra… |  |  |
|  | 1. It’s not important |  |  |

|  |  |  |
| --- | --- | --- |
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| --- | --- | --- | --- | --- | --- | --- |
| **5.** | **What do you want from club nights and how often? (tick all those that interest you)** | | *Weekly* | | *Monthly* | |
|  | 1. Steady social running | |  | |  | |
|  | 1. Structured training sessions | |  | |  | |
|  | 1. Hard efforts / hills | |  | |  | |
|  | 1. Steady longer distance efforts | |  | |  | |
|  | 1. Formally coached ‘performance’ sessions | |  | |  | |
|  | 1. Road running | |  | |  | |
|  | 1. Skills / Technique drills | |  | |  | |
|  | 1. Trail / Off-road running | |  | |  | |
|  | 1. Track sessions | |  | |  | |
|  | 1. Individual coaching support | |  | |  | |
|  |
| **6.** | | **Which group(s) do you usually run with on club nights?** | | *Usually* | |
|  | | 1. Group 1 | |  | |
|  | | 1. Group 2 | |  | |
|  | | 1. Group 3 | |  | |
|  | | 1. Group 4 | |  | |
|  | | 1. Group 5 | |  | |
|  | | Any comments… | |  | |

**7. Does the current club night group format work for you? If not, how could we improve things?**

|  |  |  |
| --- | --- | --- |
| **8.** | **Do you think the club should organise any of the following?** | *Tick:* |
|  | 1. Another regular club session (i.e. another evening/weekend) |  |
|  | 1. Regular weekend social run / trail run (e.g. monthly) |  |
|  | 1. Multi-sport events: Duathlon/Triathlon/Adventure Challenges |  |
|  | 1. Trail runs (e.g. Exmoor, Coastal Path, etc) |  |
|  | 1. Night runs (with headtorch) |  |
|  | 1. Club social events (e.g. bowling, bingo, walks, etc) |  |
|  | 1. Inter club friendly runs (with Ilfracombe, Torrington, NDRR, Bideford, etc) |  |
|  | 1. Individual coaching support |  |
|  | Any other ideas (please comment)… |  |

|  |  |  |  |
| --- | --- | --- | --- |
| **9.** | **If you are interested in additional club activities please indicate when you are most likely to be available.** | ***Additional weekly club sessions***  *Tick* | ***Additional monthly or one off activities***  *Tick:* |
|  | 1. Monday evening |  |  |
|  | 1. Tuesday evening |  |  |
|  | 1. Wednesday | CLUBNIGHT | CLUBNIGHT |
|  | 1. Thursday evening |  |  |
|  | 1. Friday evening |  |  |
|  | 1. Saturday morning |  |  |
|  | 1. Saturday afternoon |  |  |
|  | 1. Saturday evening |  |  |
|  | 1. Sunday morning |  |  |
|  | 1. Sunday afternoon |  |  |
|  | 1. Sunday evening |  |  |
|  | Any other comments: |  |  |

|  |
| --- |
| If you have any other observations or suggestions please add them here |

**Thanks for your thoughts, comments and ideas,**

**… and your time!**

**Please return your survey by Wednesday 3 November. You can hand it in on club night or email it to** [**survey@southmoltonstrugglers.co.uk**](mailto:survey@southmoltonstrugglers.co.uk)