

# Helm Hill Runners

## Members Survey – Summary of Results



October 2021



# You said....we did!

Thanks so much for all the responses to our survey.

This is your club and we need your ideas, energy and help to make it the best fellrunning club in the country!

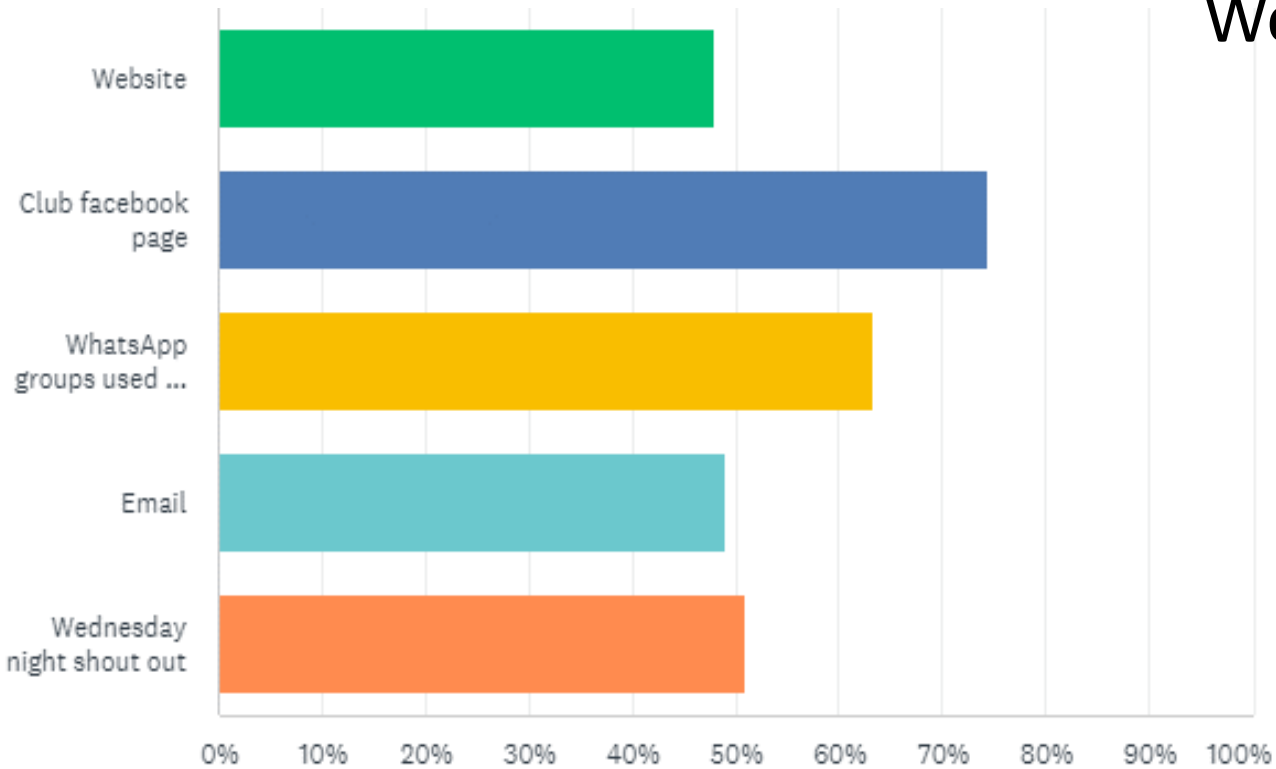
This report gives a short summary of the results and our response.

We had 99 responses and even better...about 50 offers of help....thanks, we'll be in touch!

Thanks to new member Stef Osborn for helping pulling this together.

Michael and the Helm Hill Committee

# How would you like to hear club news/announcements? (select any that apply)



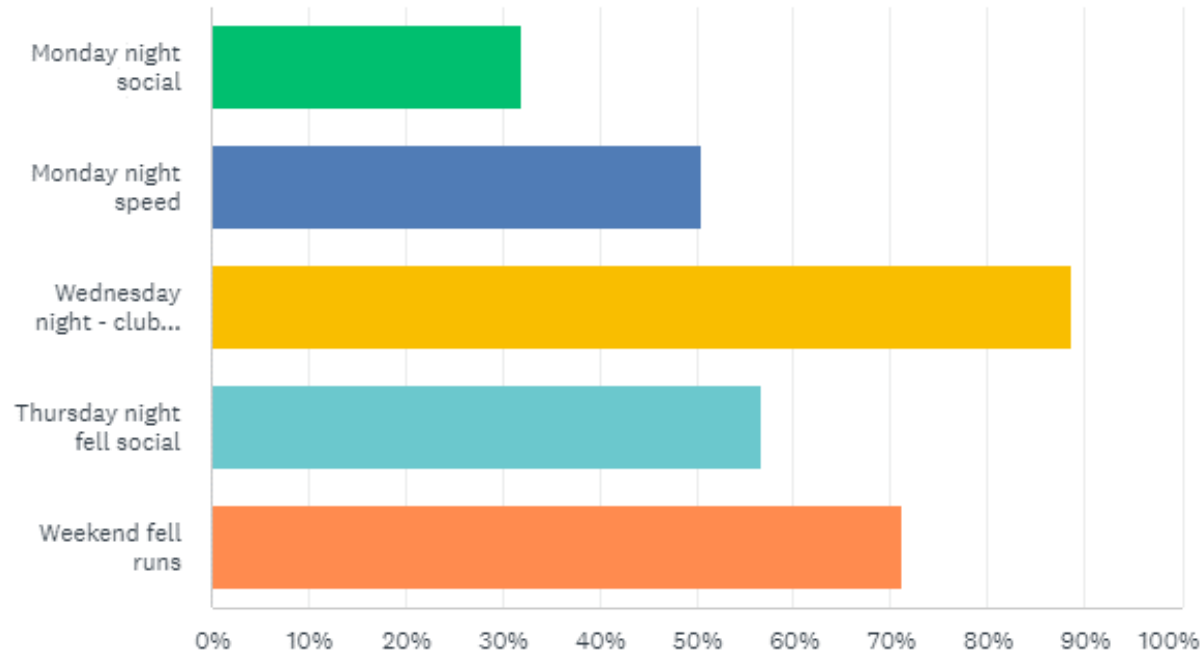
## We will...

- Continue to use at least two forms of communication for club messages - reliance will be on facebook and website for 'all club' messages
- Use email if we want to make sure you get information (like this report!)
- Repeat messages from the 'shout out' on other channels and vice versa

# Club Training – which of the following would you be interested in attending? (Mark all that apply)

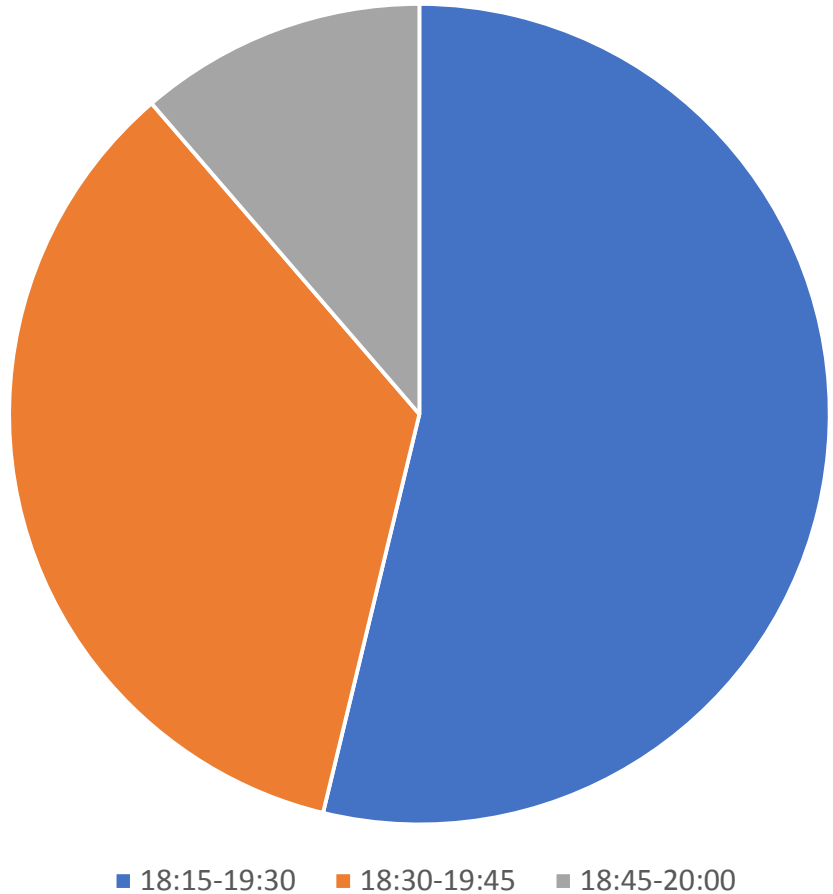
You said...

We are...



- Committed to keeping Monday and Wednesday night training running
- Going to try and get a regular weekend club fell run going over the winter...
- Looking to put on some navigation sessions in 2022

# Club training – Wednesday night start time. What time would suit you best?



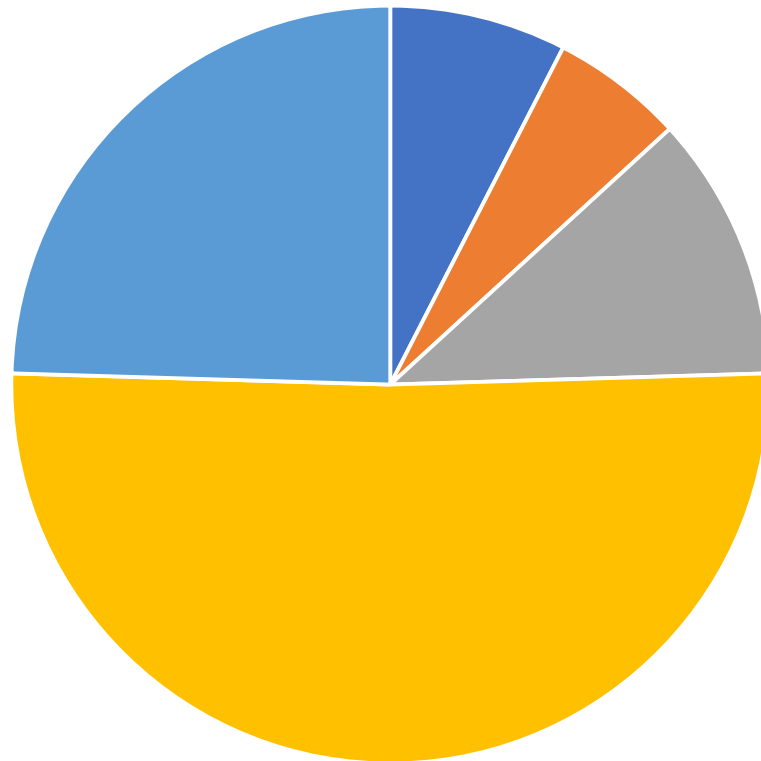
## You said

- Earlier start time is better for most 😊
- Many would be happy with a slightly later start
- For a significant minority the earlier start prevents them from training at all 😞

## We will....

- Compromise!
- Start time from 24/11 will be 18:30 prompt for announcements and finish at 19:45 prompt so juniors and coaches can get away

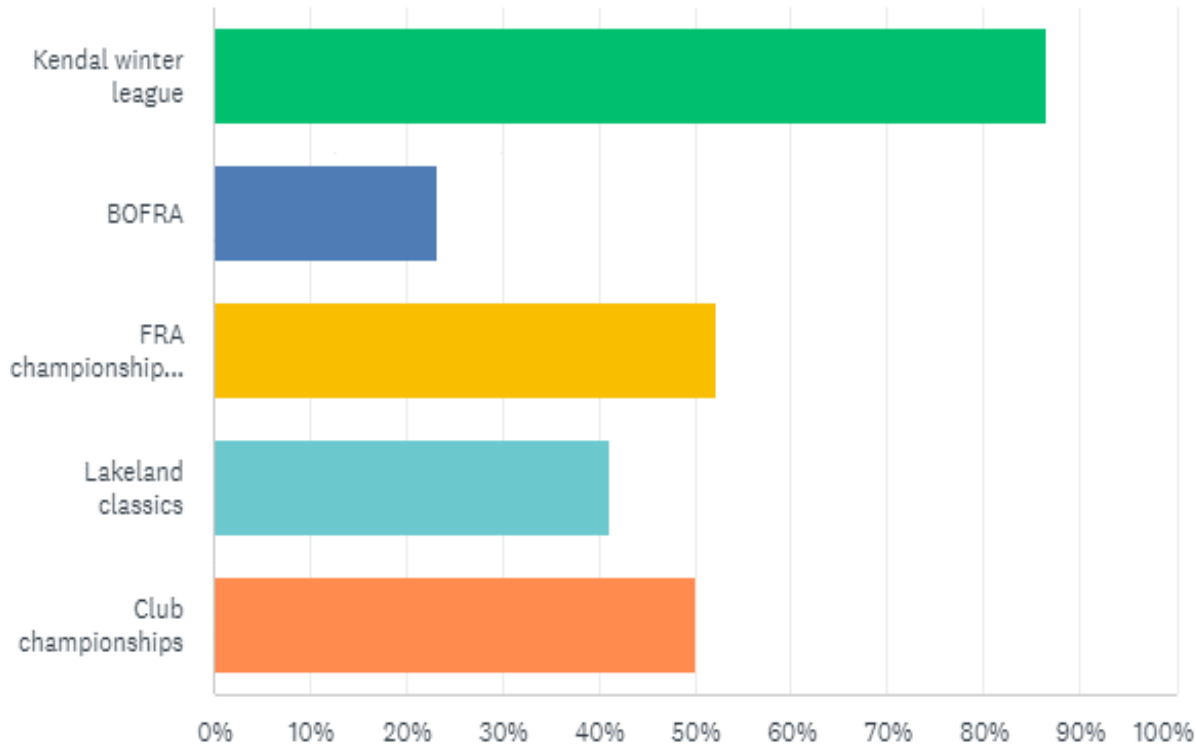
Club training – we are always looking for new coaches and helpers. Would you be interested in finding out more about helping with any of the following? (tick any that apply)



■ parent helper with juniors ■ junior coaching  
■ senior coaching ■ leading social fell runs  
■ navigation sessions

- You offered...
  - Parent helper with juniors: 4
  - Junior coaching: 3
  - Senior coaching: 6
  - Leading social fell runs: 27
  - Navigation sessions: 13
- We will.....
  - Be in touch!
  - Make use of your offers to hopefully get weekend fell runs and navigation sessions on during 2022
  - Pay for coaching qualifications for those who are wanting to develop these skills and use them for the good of the club

# Racing - which of the following race series are you planning to compete in next year (tick any that apply)?



We will...

- Love to see you racing
- Try to provide you with more confidence in navigation, skills and managing race day stress as part of Team Helm!
- Promote a few races where we are looking for a good turnout
- Bring back the club championships for 2022

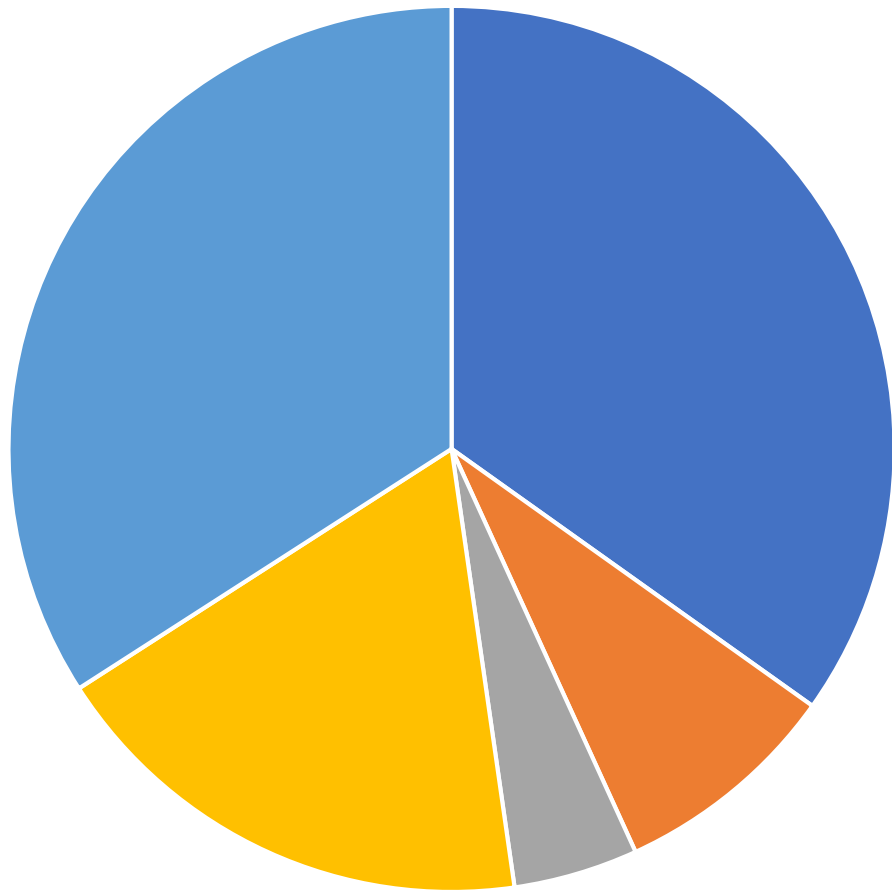
## 7. Racing – would you be interested in helping with any of the following next year (tick any that apply)?

### • You offered...

- Kendal Winter League – marshalling 46
- Kendal Winter League – deputy/trainee race organizer 11
- Junior FRA championships race (July 2022) – help organise 6
- Junior FRA championships race (July 2022) – help on the day 24
- Other helm races eg Reston scar, Shipman knotts etc) marshalling 45

### • We will...

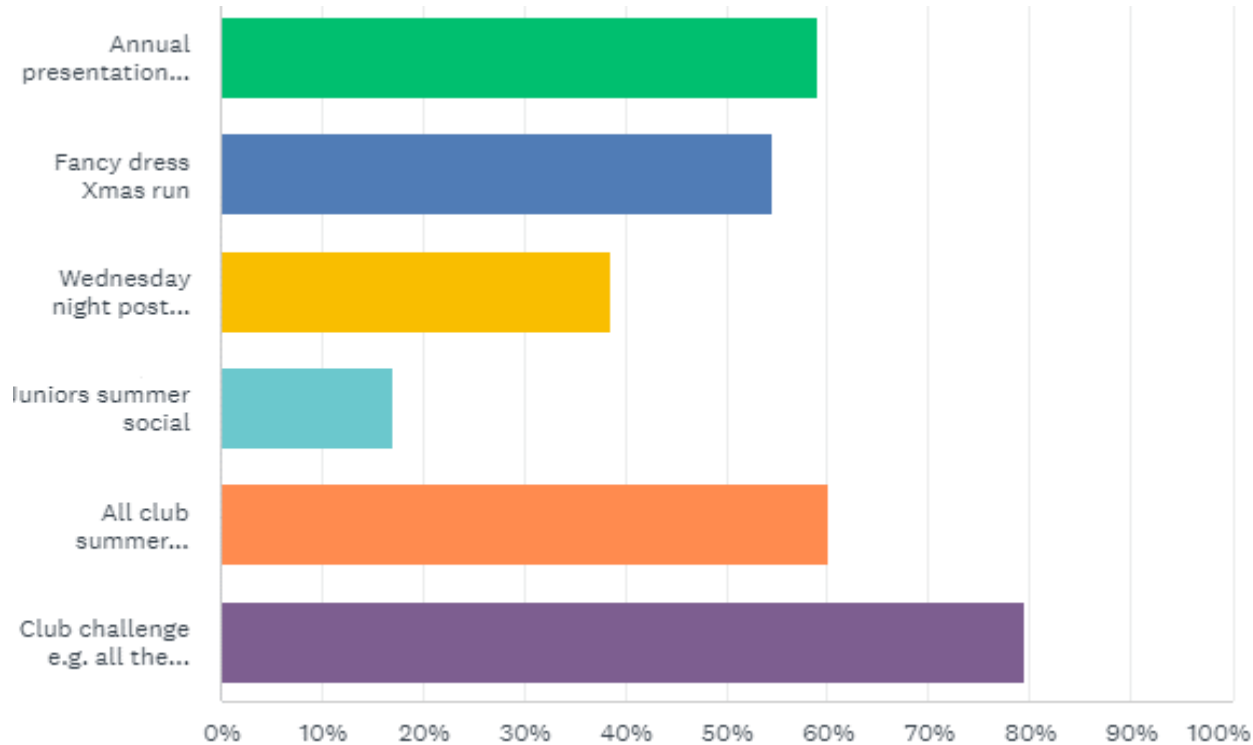
- Be in touch!
- Provide support to those who are willing to step up and take on organising races



- KWL marshalling
- KWL deputy/trainee race organiser
- Junior FRA race - help organise
- Junior FRA race - help on the day
- Other helm races - marshalling



## 8. Social – what future events would you like from the club (tick any you'd be interested in)?



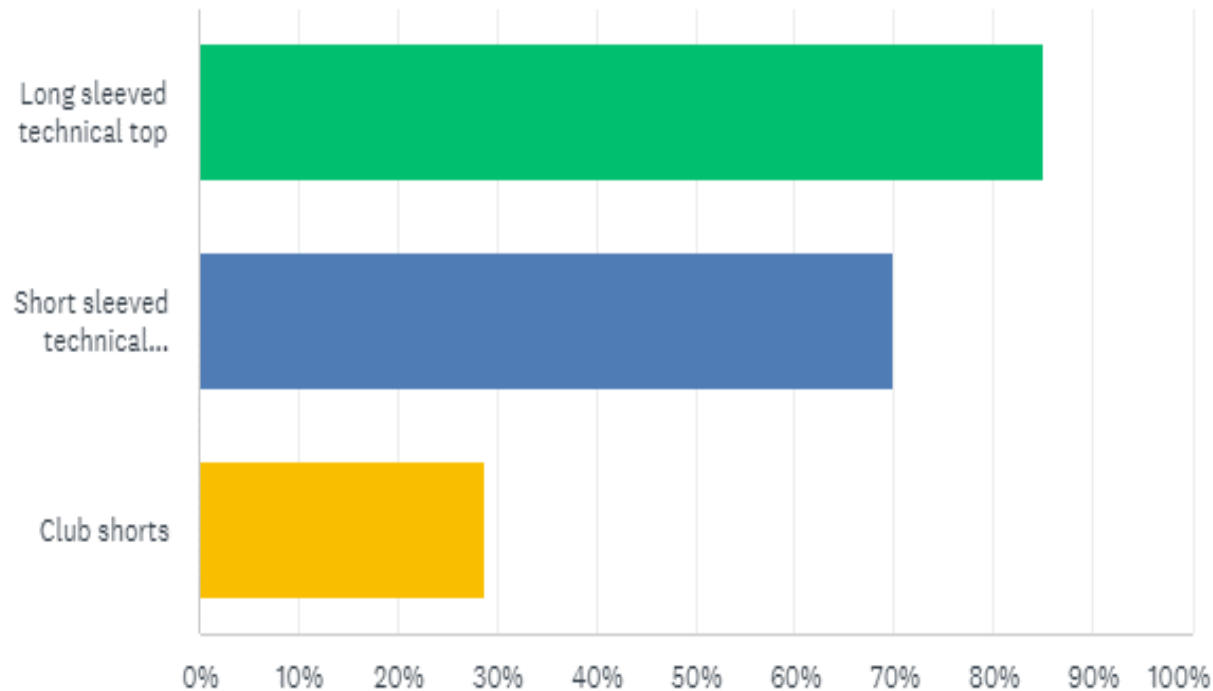
### You had...

- Lots of good ideas
- Some offers of help

### We will....

- Try and organize a club challenge for 2022
- Run in fancy dress before the annual awards!
- Give you chance to get involved via...a new social committee (will meet in the pub)!

# Club kit – would you be interested in any of the following (tick any that you'd be interested in)?



You said...

- You'd like a long (and maybe short) sleeved technical top
- Shorts must be black not green 😊

We will...

- Design a long sleeved top....watch this space!
- Remind you that club hoodies are available via the webpage link



# The real question...is a buff a hat?

- Respondents: 40/99

- Answer:

*Unless otherwise specified for a given race, the FRA considers that a buff is a hat for the purposes of mandatory kit for FRA races.*

- 2 members got the correct answer 😊



So.....thanks!

- Its great to hear your ideas
- We really can do so much more with your help
- We are in the process of setting up committee subgroups to make things happen....these are;
  - Juniors (Lorna Askew)
  - Senior Training (Dave Griffin)
  - Racing (Adam Perry)
  - Social (Jos Addison)
  - Governance (Michael Ainsworth)
- If you are interested in getting involved in any of the above and can offer ideas, energy and enthusiasm to crack on and get stuff done please speak to any of the above, a committee member or your coach and we will gladly point you in the right direction....