



AGM March 2022

Draft Plan for 2022

(working document)

Mission

- Creating a healthy local community through running

Vision

- Create opportunities for all sections of the community to enjoy running and feel part of a community of runners.
- Create a social network providing regular opportunities for social interaction for runners and their families
- Help individuals improve their running performance and enjoy competing

Values

- Respect: We appreciate the ‘running journey’ of each member of the club and that everyone has their own challenges, obstacles and ambitions which are of equal value regardless of ability
- Community: Members are supportive of each other, and the overall ethos of the club is one of providing a warm welcome and encouragement to individual members. We appreciate that for some members running is primarily an opportunity for social interaction
- Competition and Sportsmanship: for those members who wish to develop their running and/or compete, the club will promote opportunities to achieve their goals, and celebrate their success.
- Diversity: The club welcomes all runners regardless of their background

Objectives and targets for January 2022-December 2022

Objectives	Targets	Comments
Financial	<ul style="list-style-type: none"> • Achieve out-turn in line with budget 	Budget submitted to AGM
Membership	200 senior members by end of December 2022 (excluding social and youth members)	Currently 190. The renewal rate this year is very unpredictable
Regular running activities-	<ul style="list-style-type: none"> • Continue Tuesday evening club nights in line with Feb 	

	<p>survey recommendations</p> <ul style="list-style-type: none"> • Continue Thursday coached sessions • Expand member participation/opportunities on Thursday evenings • Organise weekly Sunday morning runs • Explore monthly Friday morning runs 	Sunday runs to be countryside/trail/scenic runs as often as possible
Socials	<ul style="list-style-type: none"> • Organise minimum of 12 events including post cross country events but excluding post Tuesday events) • Introduce 3rd Tuesday of each month social • Review annual dinner details in light of survey feedback 	3 organised to date: 2 x cross country socials and the annual dinner
Community	<ul style="list-style-type: none"> • Raise minimum of £500 for SDCAS • Explore other volunteering/community involvement options. • Explore possibility of closer links with local retailers for discounts 	
'Field trips' with an overnight stay	Minimum 2 trips	One already organised
Cross country- Women	Field minimum of 20 runners in each event in 2022	20 achieved in January 7 in March
	Be in higher position than final 2021-2 season position after November 2022 event	
Cross Country - men	Field minimum of 10 runners in each event in 2022	8 achieved in January 7 achieved in February
	Be in higher position than final 2021-2 season position after November 2022 event	
Summer league	Field minimum of 20 runners in each event	
	Climb one place higher in the standings	
National cross country	Field runners in 2022 National x-country championships at Parliament Hill	Fielded 8 runners
Handicap	Complete full programme of races in 2022	
	Publicise the system for setting start times	
	Achieve average turnout of c30	Jan 28

	members each month	Feb 37 March 23
Club Championships	Complete the full programme of championship races	
	Aim for turnout as follows: 1 mile 40 participants 5k 50 5 mile 25 10k 30 Half marathon 30 Men's cross country 12 Women's cross country 25	5 mile-18
	Review framework for awarding medals	Completed
Beginners' Courses	Complete two programmes	
	Recruit minimum of 20 new members from the programmes	
Parkrun competitions	Complete two parkrun ladder competitions	One completed February 2022
Family events	Organise at least one family event	(link to a junior parkrun?)
Coaching	Three members to complete EA coaching courses.	Two currently doing the course
Non-running events	Organise at least two events on issues such as strength/endurance/nutrition/psychology. (Might be talks or workshops)	
Communication	Review communications in light of survey	