

Activity Ideas from the Survey

More charity work, explore the kind of work 'goodgym' does, run for charity
Organise fundraising events
Events to encourage teenage-boys to get involved...
Monthly course to get kids running - would be gorgeous for all the kids maybe 0-2km
walking/swimming/cycling activities where injured runners could take part.
Team up with other running clubs every so often
Avoid dependence on club members driving
Match up runners to pace each other at parkruns
A refresher shorter course for graduate beginners to keep them going?
Specialist coaching sessions, e.g on running style, strengthening. drills
Specialist talks/workshops on strength and conditioning, endurance, diet, etc
Post parkrun session?
A run and then a sea swim, outdoor swims at Beckenham park
Summer BBQ's /picnics
Runs in beautiful places
A mile event with beer
Weekend afternoon run followed by a pub lunch
Repeat the Velodrome social.
Evening 'mix it up' night to mingle with members of the club we don't run with
Monthly social food outing.
Pub and coffee gatherings after runs
Pizza & beer evening t
Speed dating event without the date? Meet those you don't usually run with, Maybe on a Friday
Wine and cheese tasting (!)..
Orienteering
Theatre trip
Dancing
Escape rooms or activity events in and around London.
Pub quiz evening
Football or rugby days out eg Harlequins, Dulwich Hamlet /Peckham Town FC
Sports Day for the club involving many activities
Boules
Bowling
Tennis
Badminton
Camping somewhere followed by a run
A trip to Scotland
Rock climbing
Cycling
Club run 2 nights a week
classes that we could get a running club discount
More experienced runners to share reviews on things that have helped them - trainers etc.
A talk on sports psychology from an external expert that we hire in.
A social/mingle type event even if it was a weekend or non club night.
Like the idea of running scavenger hunts and orienteering.
Yoga, Pilates, strength/conditioning/resistance training?
I'd like regular track based sessions following an easy format
Maverick-races.
More London running, different areas eg up to south bank
The Offa's Dyke 15 for strong XC / distance runners with a weekend away in Wales/Herefordshire
New forest, Kent countryside, Welsh marches
Thames Relay and the Green belt Relay. More like this, please.
Thunder Run or similar team 24-hr relay
Half marathon trip abroad