

## Corsham Running Club Aim and 2021 Objectives



Corsham Running Club is a community that strives to share and promote a love of running, and in doing so provide a source of support, inspiration, progression, inclusion and camaraderie for all its members.

“CRC - the club that leaves no runner behind”

The Club's Committee will endeavour to deliver the club objectives in 2021 with the support and engagement of all members. It is acknowledged that the challenge of the COVID regulations and thus limitations on the activities of the club may impact on the delivery of specific activities in pursuit of these aims. However the aim of supporting all members in their love of running, individual progression, mental and physical well-being will continue to be a driving objective, whether this be through organised group training, running buddies, online workouts or simply communicating via chat and social media, the club supporting members by all possible means.

Any and all activities will take place in a COVID-secure environment, subject to the UK Government and EA restrictions at the time which are subject to change outside the control of the club.

### Training and Coaching

- Organise a range of training sessions across the week in smaller groups when possible within the COVID regulations until restrictions are lifted
- When restrictions are lifted
  - Consult and survey members in order to define a training schedule suitable for their needs and fitness levels
  - Organise and deliver Tuesday and Thursday training sessions that are safe and suitable for all abilities with opportunity for progression and improvement.
    - It is noted that the flexibility of a variety of sessions across the week that have been offered during COVID restrictions may be possible with the support of group leaders.
  - Provide a beginners' course, and a 5 to 10km progression course
  - Provide a variety of summer and winter off-road running opportunities
- Increase number of LiRF (Leadership in Running Fitness) qualified group leaders members

## Racing

- Run a club championship
- Support the organisation of the Corsham 10km, Hazelbury Hurrah!, and the Marshfield Mudlark
- Form a cross country team to participate in a local league over the winter of 2021/22
- Improve on 2019 Wiltshire Road and Off-Road Race League positions
- Organise and fund Club Relay Teams, for example the Cotswold Way and Avon Valley Relays

## Social

- Enable opportunities to socialise alongside, and outside of, running events (e.g. summer and Christmas events, breakfast runs, etc.)
- Promote a diary of social events
- Promote and hold an anniversary event on the weekend preceding Remembrance Sunday

## Club Operation

- Hold an AGM in accordance with the club's constitution
- Promulgate an annual budget and operate within in it
- Solicit the views of members, via a survey, and seek suggestions for improvements and additional objectives
- Consult the members, as far as possible, on changes that affect the operation and communications of the club
- Maintain membership at current levels (~180) with an aim to increase to the pre-COVID level of 200
- Communicate effectively with members (via website, email, newsletter, Facebook and announcements on club nights)
- Provide opportunity to purchase a range of club kit
- Operate up a coaching sub-committee to deliver training plans, mentor and lead coaching sessions.

