Key Findings: BvH Member Survey Autumn 2015

WHY WE RUN! Most of our members run for reasons of enjoyment and Keeping fit and healthy. Secondary motivations tended to be surrounding the team element – team mates, friends, and wanting to improve, achieve goals and compete.

HOW DO YOU IDENITFY? Club members were asked to identify themselves as a performer or participant, just under half of our members saw themselves as a participant, with just shy of 40% identifying as a performer. The further 10% didn’t feel either descriptor suited them.

TRAINING PREFERENCES! Members prefer an option of a coach led session opposed to either just a run or just a session. The option offers a choice which is more popular than none at all. Just under a third of members however do rate a group run as their favourite training.

HOW ARE WE SUCCESSFUL? Members think Bournville Harriers helps them to achieve their goals because of the led sessions and the well organised routine training. Another big reason they feel they are successful in this is because of the motivation provided by their team-mates. Getting advice, providing racing opportunities and running with quicker athletes were also popular reasons.

WHAT DO YOU LIKE BEST? Things people like the most were the friendliness of the club, the inclusive nature of the club and the training opportunities which are provided. The Team camaraderie and social aspect was also well ranked followed by personal improvement and racing opportunities.

HOW COULD WE GET BETTER? This question received 18 suggestions, generally ‘learning’ based answers were the most popular – members want drill/technique coaching, individual training plans and targeted coaching for different distances, more talks and training advice.

HOW OFTEN DO WE RUN? From the survey the majority of members run between 3-5 times a week. Most people (17) ran 3 times a week, with 10 running 4 time and the same for 5 times.

GOAL SETTING: Members Goals were on average very broad. Half felt they were on track with a quarter feeling they were behind and a quarter not sure. Most respondents (13) are targeting a half marathon, and roughly a quarter of respondents were targeting multiply distances. 5-6 people were targeting either a marathon,10k or 5k.Other goals included getting faster or running further.

RACING ATTITUDES: The majority of Bournville Members enjoy racing, would do it more if they could or adopt a race calendar to have clear targets. For most members racing is a big motivation to improve upon times and indicate fitness levels. Some members would love to race more for BvH but don’t know how, who is doing what etc lack confidence, perceived ability or admit they dislike the risk of injury.