



3M GORSEINON ROAD RUNNERS

<http://www.3mgorseinonrr.co.uk/>



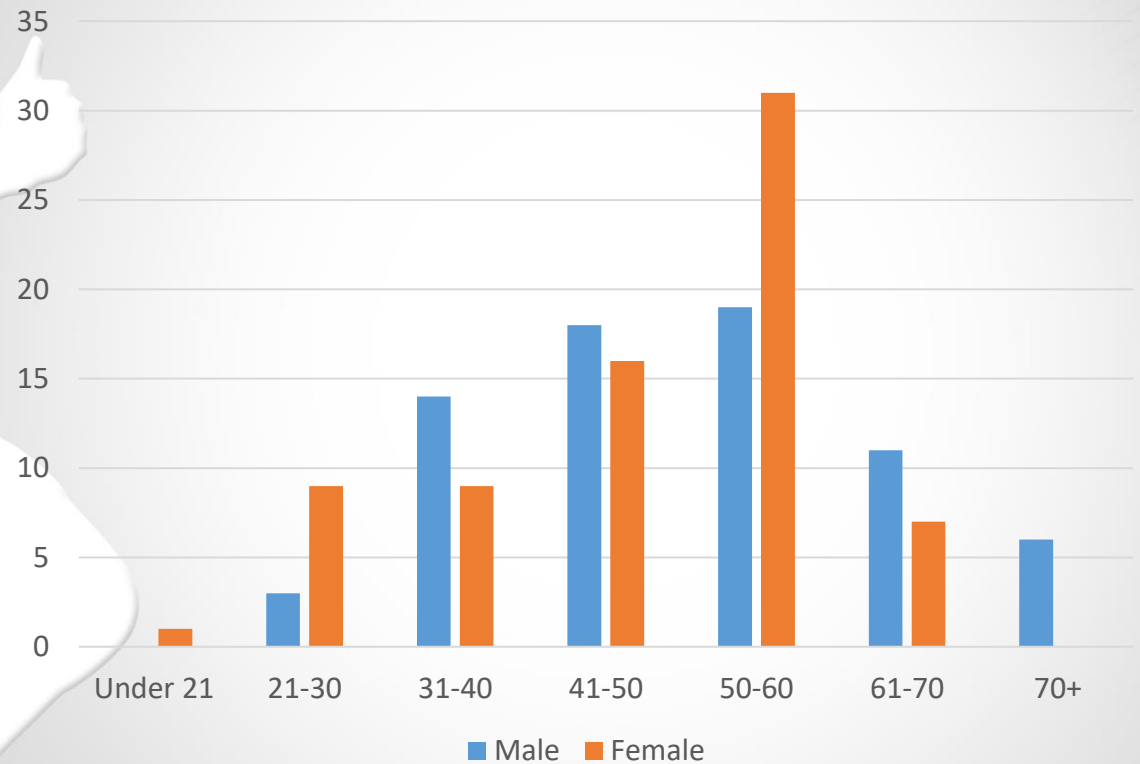
3M GORSEINON ROAD RUNNERS


We are a running family not
just a running club.

- Club started in 1989
by employees from 3Ms factory
- 145 Members
- Training:
Summer – locations around Swansea
Winter – Swansea University track,
- 12 Coaches
 - 5 CIRF
 - 7 LIRF

Membership

Demographics





2020 COVID-19 Pandemic Gave us many challenges

Lock down challenges.

How did we?

- Engage and motivate members
- Keep in contact
- Support everyone

Return to training challenges-

How did we ?

- Keep everyone safe.
- Organise groups and venues with numbers restricted.

What our members say





Lockdown Challenges

How did we motivate and keep in contact with members?

- Virtual training sessions
- Weekly coaches' corner
- Paul's Strength and conditioning circuits
- Virtual challenges
- Social events



Weekly Virtual training sessions

- Emailed every Monday Same day pre COVID-19
- Inclusive -suitable for any environment and all abilities
- Different theme -method of training every week
- Several monthly challenges.
- Set by a different coach weekly
 - Kept the coaches engaged and involved in the club (some unable to run due to injury / shielding)
- Members shared comments/pictures of their sessions on social media.
- Member commented that the sessions helped give routine.



Example of a virtual session

Session Title - Tempo with a Twist

The purpose of "Tempo Sessions" is to increase the running speed at which lactate builds up - that burning sensation which forces you to slow down. We are able to RUN at a speed for so long until lactate kicks in, but by doing regular TEMPO work you can increase that speed at which that happens.

Warm Up

- Start with some dynamic stretches such as Squats / Lunges / Heel Flicks / High knees etc.
- 10mins easy jog

Main Set

- Run for 40mins at your half-marathon pace (if you don't have a half-marathon time to base this off, add 15-20secs per mile to your current 10k pace).
- **Here's the Twist** : Every fifth minute throw in a 30 second "Burst" at 5k -10k effort followed by an immediate return to half-marathon pace.

Warm Down

- 10mins easy jog followed by some static stretches.

Please ensure you follow the latest Welsh Government COVID-19 guidance:

- Do not travel to run
- Run on your own or with your own household
- Keep 2 metres distance between yourself and anyone you meet or run with.
- Be aware of your surroundings paying particular attention to walkers, dog walkers, other runners and children.

A white silhouette of a person running, positioned on the left side of the slide against a green background with diagonal lines. The runner is in a dynamic pose, leaning forward with arms and legs in motion.

Coaches Corner

- Articles written by the coaches providing tips for training, injury.
- Different coach every week
- Saved on club web site for future reference.

Topics include-

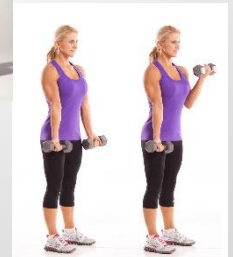
- **Have You Lost That Loving Feeling-** how to fall in love with running again when you have lost your mojo
- **Why Rest and Recovery important**
- **Planning an individual training schedule**
- **Relaxed running and Apple Cake**

Paul's Zoom circuits

Strength and conditioning for runners
every Monday and Thursday



20 -30 joined in every session



Why did everyone enjoy circuits ?



- Mental, social and physical benefits.
- **Excellently organised** by Paul one of our CIRF coaches who also a qualified personal trainer.
Exercises demonstrated by Linda (his wife)
- **Social and fun**
 - seeing our running family and their families in garden, living rooms,
 - Seeing people were using for weights- Beer/cider cans!
- **Routine** - Something to look forward to
- Runners have seen **physical improvement**
- **Inclusive for everyone**
- **Exercises have changed** -keep up motivation



Thank you @3MGorseinonRR for the @zoom_us circuit session - over 30 taking part and lots of much needed encouragement from Paul! My muscles won't thank me tomorrow though! Diolch 🙌
#SupportYourClub #BeActiveWales #ActifCymru

sharon leech @shalouleech · Dec 31, 2020

Last circuit of 2020 with @3MGorseinonRR, fab way to see out the year! Thanks @pilotlight172 for all your motivation and hard work, 2020 has been a beast of a year but I've def got a stronger core at the end of it than at the start...always a rainbow! 🌈 Blwyddyn Newydd dda!

 **@welshathletics** @WelshAthletics · Jun 6, 2020

@3MGorseinonRR and @shalouleech would like to say a huge "Thank You to @Paul Rees for all he is doing for the running community especially during lockdown!! #zoom #circuits #VolunteersWeek



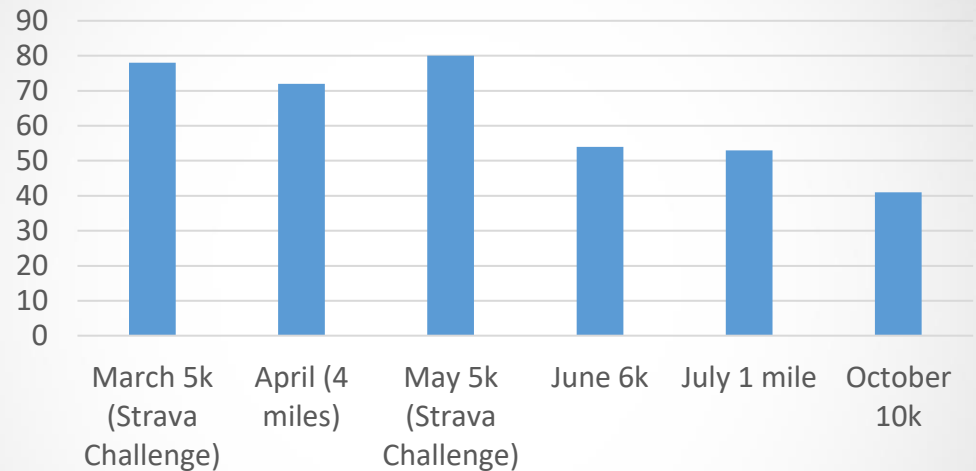
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 **3MGorseinonRR**
@3MGorseinonRR

Replying to @WelshAthletics @shalouleech and @paul

Virtual Monthly challenges March-June

Virtual Grand Prix participants



Members submitted times via Microsoft Forms online - with a link to their Strava / Garmin activity or a screenshot of their run.



Keeping in Contact

- **Weekly Emails:**
 - Virtual session details
 - Circuit session details
 - Updated COVID-19 guidance
- **Facebook**
 - Public page
 - Private members only group
- **Strava**
 - Group for members only
- **Welfare**
 - Emails, text, phone calls. Zoom circuits

Keeping in contact

Welfare

We are a running family, and we know our members and we look out for one and other.

- Since March 2020 our two Welfare Officers have been proactive keeping in touch with members :-
- Who are shielding or vulnerable.
- People affected by COVID-19
- Or those we simply hadn't heard from or seen "active" on social media sites or missed training when it was back.
- We used Email/Messenger/ text to contact members.





COVID 19 updates

- Constant update emails/social media sites of the government current regulations regarding exercising outdoors.
- Action taken if we thought someone was in breach of these regs.

A white silhouette of a person running, positioned on the left side of the slide. The runner is shown in profile, moving towards the right. The background behind the runner is a solid green color, while the rest of the slide background is light gray with a subtle pattern of thin, parallel lines.

June - 'Back to training' - Challenge

How did we prepare for new training regulations to ensure members were safe ?

- Coaches and committee members attended WA webinars
- Regular zoom committee meetings
- Coaches zoom meetings
- Keep updated on COVID regulations
- Researched on-line payment, registration platforms
- Researched and risk assessed possible training venues.
- Planned/organised training groups



Can't all train together

How we adapted and kept our members safe

How did we organise training groups as only allowed 30 and have over 120 members?

4 groups trained in separate venues

- 'BUBBLED' 28 in a group –allow for 2 coaches
 - Members confirmed attendance.
 - Registers taken
- Easy to track and trace
- Members only mixed with the same people
- Little movement of coaches between groups
- Put friendship groups together
- Range of abilities-requested by members
- Members felt more confident coming out of lockdown not seeing many people.
- Sent out in detail the format of sessions and new regulations.
- Everybody missed the contact with all the other club members but said they felt safe.



Venues: Where did we train?

- Venues changed weekly but within same geographical area.
- Choose venues with a lots of space, quiet and away from general public.
- Safe locations –good surface less likelihood accidents or injury.
- Near to car parks
- Members assigned into groups geographically - less travelling
- No two groups trained in the same venue



Motivation - Time trials

We organised 2 time trial races

- Members raced in their - training groups –Bubbles
- Times were compared across everyone who raced.


September- Llanelli 5k on Coastal path

December - 3k on the University Track

A white silhouette of a male runner in profile, facing right, set against a green background with diagonal lines. The runner is in a dynamic running pose with one leg forward and arms pumping.

Members Paying for training

- We were a cash / cheque-based club
 - Members paid weekly subs at the session
 - Members paid for annual membership at club sessions or posting to membership secretary
- To avoid use of cash, we moved initially to FullOnSport, then Eventbrite
 - Members could now pay online for annual membership
 - After consultation with members, weekly subs paid for in 5 weekly blocks
 - Members booked the sessions they were able to attend.

A white silhouette of a male runner in profile, facing right, is set against a green background with diagonal lines. The runner is in a dynamic pose, with one leg forward and arms pumping. The background transitions from a solid green on the left to a light grey on the right.

We keep accurate online registers available to all on the Committee

- Online registers in shared secure area on Microsoft OneDrive for access by all the Committee
- Updated straight after training
- For monitoring - welfare
- Important for track and trace

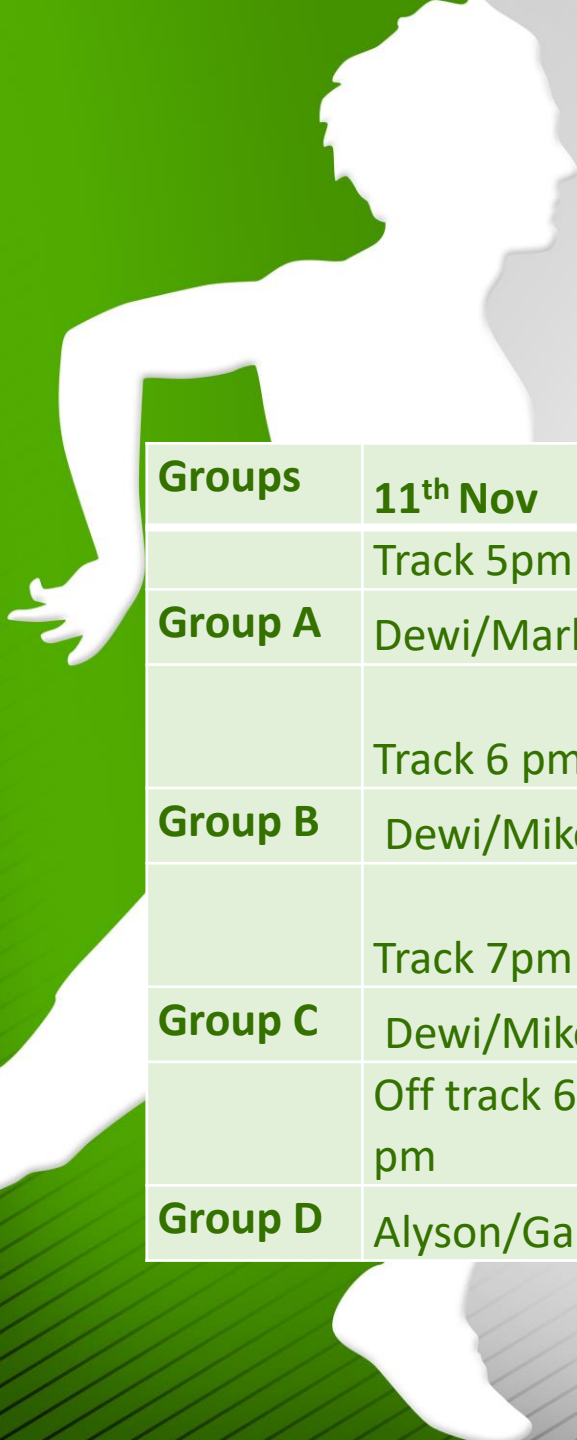


Winter Training challenge

How do we accommodate 120 members 3 hours track time keeping 28 to a group?

- Members choose a time slot for training - used on- line platform
- Coaches meet to organise groups
- Keep same mixed ability groups every week as 'Bubbles'
- Coaches only crossed groups.
- Rota organised one off track group every week.
- Members informed club if unable to attend
- Registers kept up to date.

Winter Training Rota – Example



Groups	11 th Nov	18th Nov	25th Nov	Dec 2nd - 5K GP
	Track 5pm	Track5pm	Track 5PM	5pm
Group A	Dewi/Mark	Paul/Linda	Ian B/ Alyson	Dewi/Alyson
			Off track Ashley	
	Track 6 pm	Track6:00 PM	Rd 6.30pm	5.45
Group B	Dewi/Mike	Paul/Linda	Alan/Steve	Dewi/Alyson
		Off track Ashley		
	Track 7pm	Rd 6.30pm	Track 6:00 PM	6.30pm
Group C	Dewi/Mike	Ross/Alyson	Ian B/Dewi	Paul/Linda
	Off track 6.30 pm			
		Track 7pm	Track7pm	7.15pm
Group D	Alyson/Gareth	Paul/Linda	Ian B/Dewi	Paul/Linda

Where to add New members?

We had 12 New members from
March 2020

When groups capped 30 = 28 + 2
coaches

- Added new members as reserves to groups some had 5 reserves
- Members emailed by Sunday
 - If not attending training
 - Injured for several weeks
- Reserves informed by Monday – **every week everyone who wanted to train was able to.**
- It did need someone to co-ordinate update registers and inform the reserves.





Further Lockdowns and members shielding

- Every week from March 2020 we have continued to circulate virtual sessions
- This has helped members unable to attend training due to shielding and further local and national lockdowns.




Looking after/treating our members

Pre COVID, we used club funds to subsidise events which include

- Bus to Cardiff Half
- John Collins Cross country
- Annual presentation evening
- Monthly buffet
- Occasional social drink/ice cream

2021 we are using club funds to pay for every members'

Welsh Athletics and Club affiliation



What our members have said.

“It’s just lovely being back at training. Thank you and all the coaches for all your hard work organising us all into groups”

**“I've really enjoyed the training for the last fortnight. ”
Many Thanks**

New member Oct 2020

“I’ve been meaning to email to say thank you - I absolutely loved it. I really can’t wait for the **next one! Thank you so much!!! Everyone was so friendly and encouraging too. Absolutely lovely lot :-)”**

**“Nice Coaches Corner article
There's some good stuff been
written so far. “**

And finally, a video from Karen, one of our members who has been following us virtually since March 2020.





What have we learnt over the last year?

- We are definitely a running family
- Our running club provides a mental and social benefit our members.

What changes will we keep post Covid ?

- **Payments** – Continue -online
- **Training sessions-Think about**
 - Size of groups
 - Offer more than one training session- different times.
 - Keep mixed ability groups