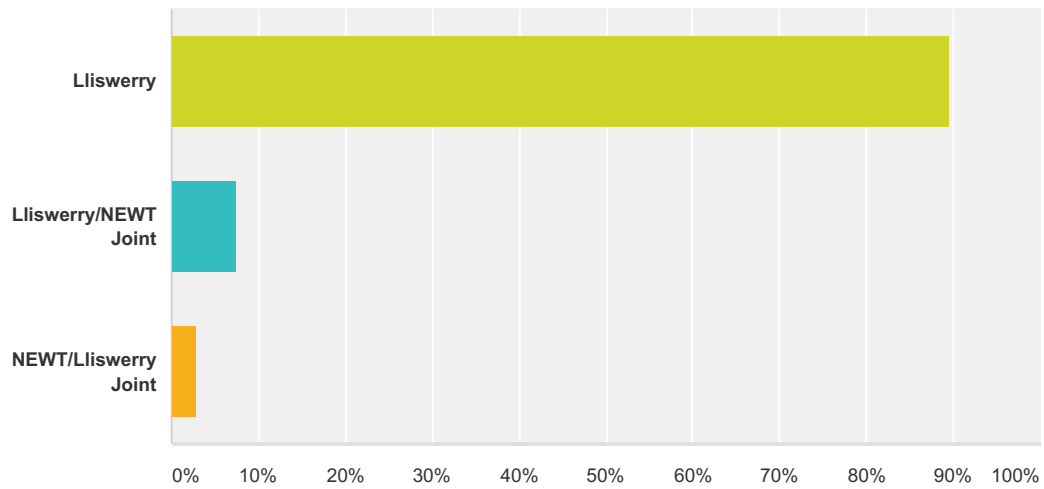


Q1 Name (Optional)

Answered: 77 Skipped: 56

Q2 Membership Type

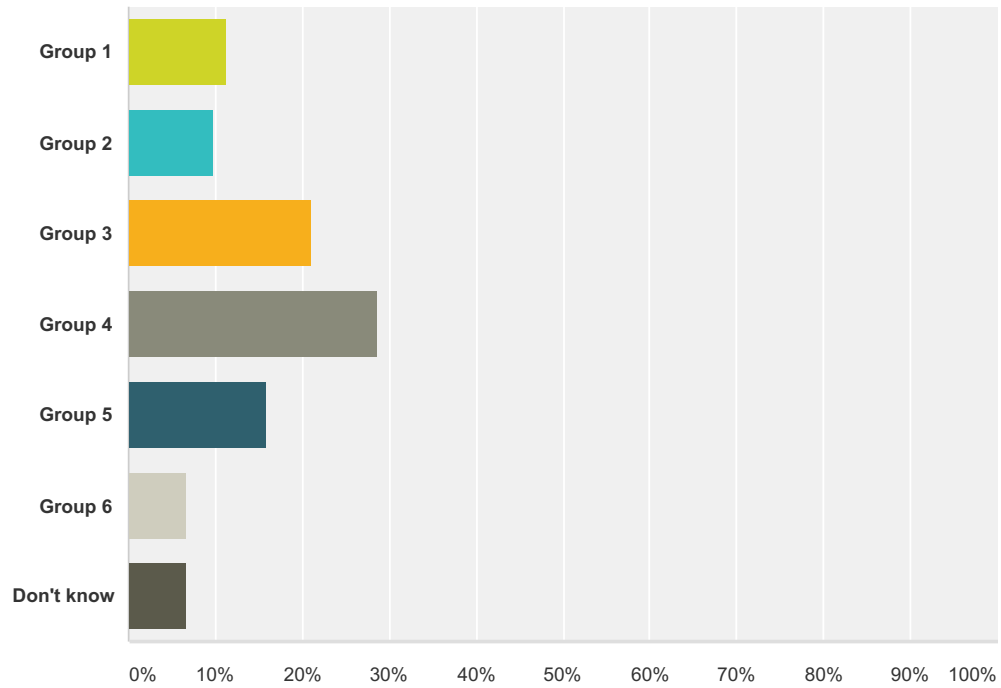
Answered: 133 Skipped: 0



Answer Choices	Responses	
Llisserry	89.47%	119
Llisserry/NEWT Joint	7.52%	10
NEWT/Llisserry Joint	3.01%	4
Total		133

Q3 Which group do you mostly train with?

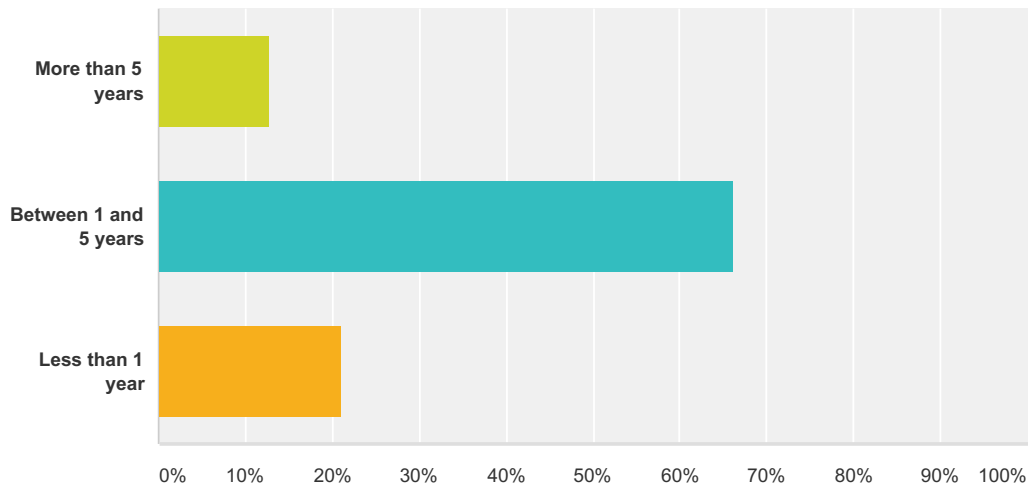
Answered: 133 Skipped: 0



Answer Choices	Responses
Group 1	11.28% 15
Group 2	9.77% 13
Group 3	21.05% 28
Group 4	28.57% 38
Group 5	15.79% 21
Group 6	6.77% 9
Don't know	6.77% 9
Total	133

Q4 How long have you been a member of Liswerry Runners?

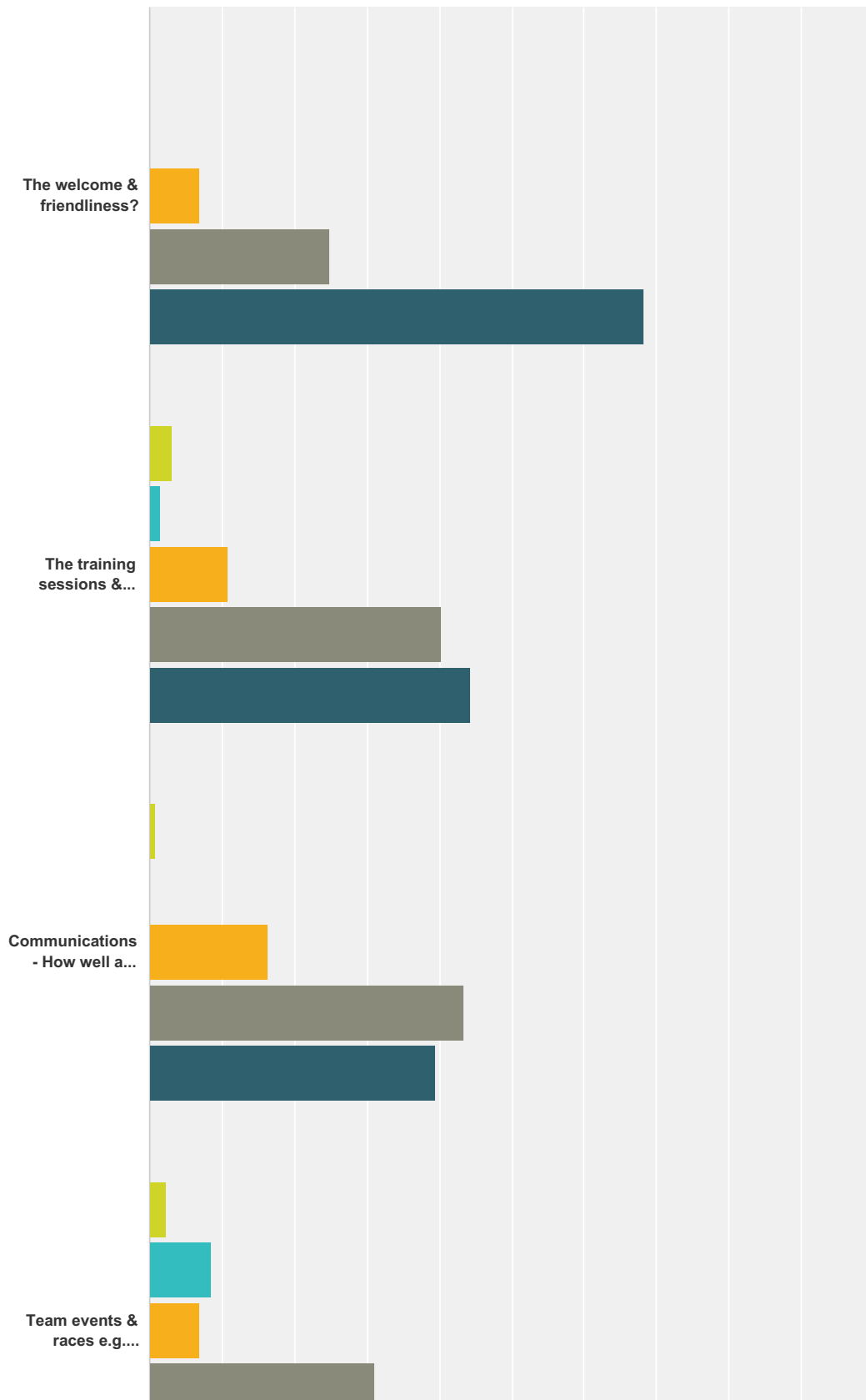
Answered: 133 Skipped: 0

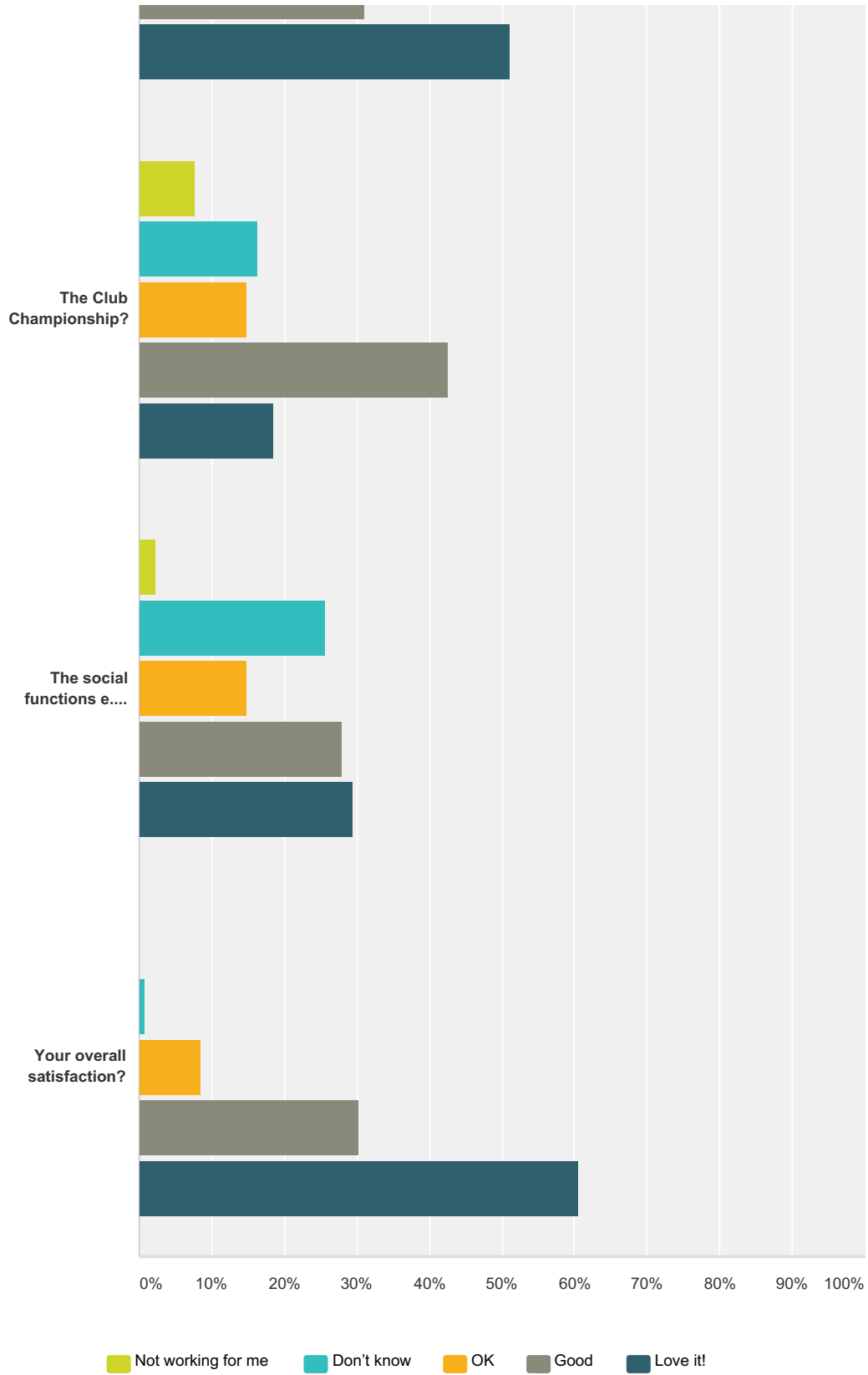


Answer Choices	Responses
More than 5 years	12.78% 17
Between 1 and 5 years	66.17% 88
Less than 1 year	21.05% 28
Total	133

Q5 How would you rate the following in the club:

Answered: 129 Skipped: 4



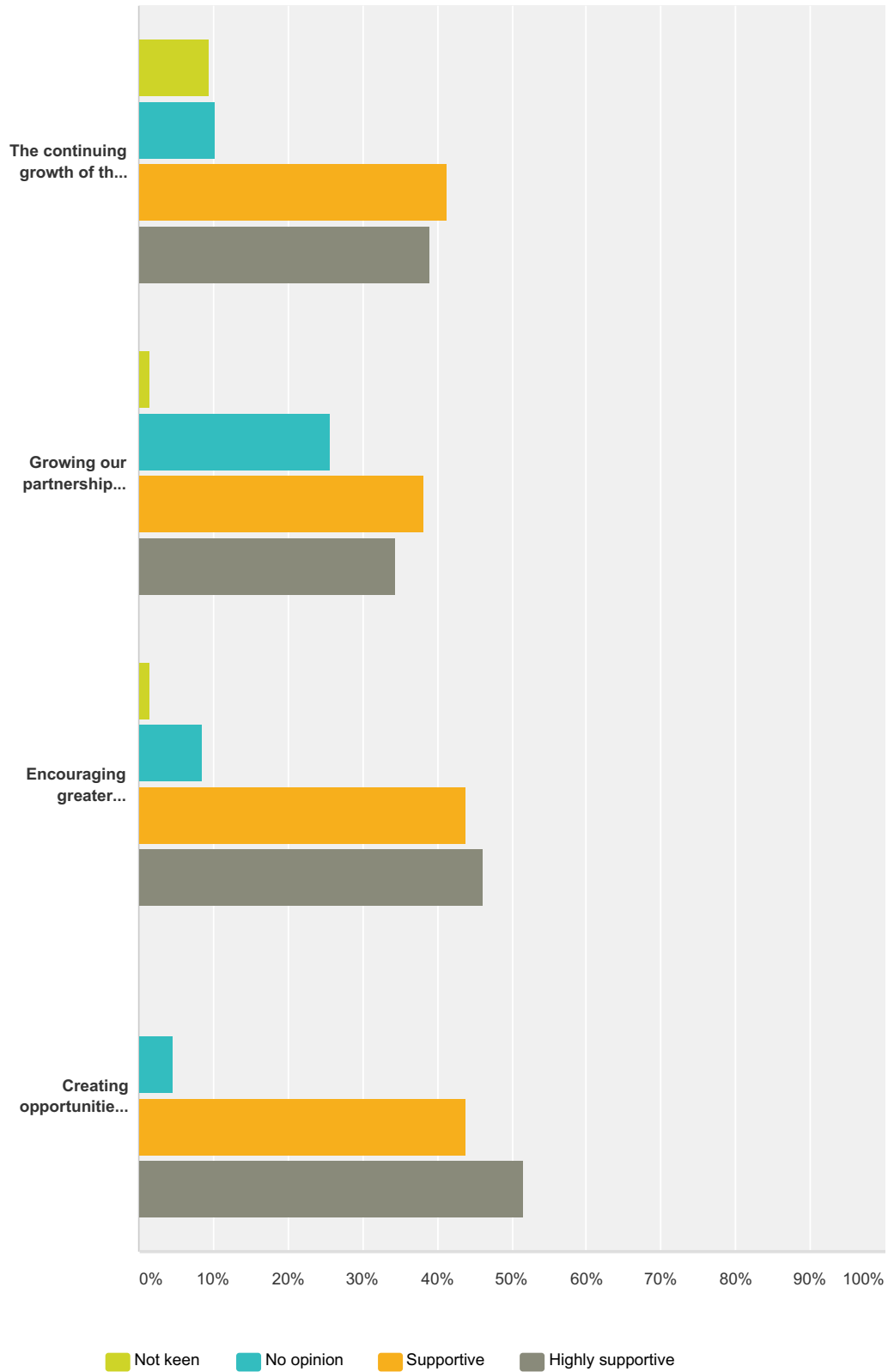


	Not working for me	Don't know	OK	Good	Love it!	Total
The welcome & friendliness?	0.00% 0	0.00% 0	6.98% 9	24.81% 32	68.22% 88	129

The training sessions & coaching?	3.10% 4	1.55% 2	10.85% 14	40.31% 52	44.19% 57	129
Communications - How well are you kept informed?	0.78% 1	0.00% 0	16.28% 21	43.41% 56	39.53% 51	129
Team events & races e.g. Leisure Centre League , Castles, RACK Raid?	2.33% 3	8.53% 11	6.98% 9	31.01% 40	51.16% 66	129
The Club Championship?	7.75% 10	16.28% 21	14.73% 19	42.64% 55	18.60% 24	129
The social functions e.g. January awards dinner, Llswerry Games etc	2.33% 3	25.58% 33	14.73% 19	27.91% 36	29.46% 38	129
Your overall satisfaction?	0.00% 0	0.78% 1	8.53% 11	30.23% 39	60.47% 78	129

Q6 How do you feel about:

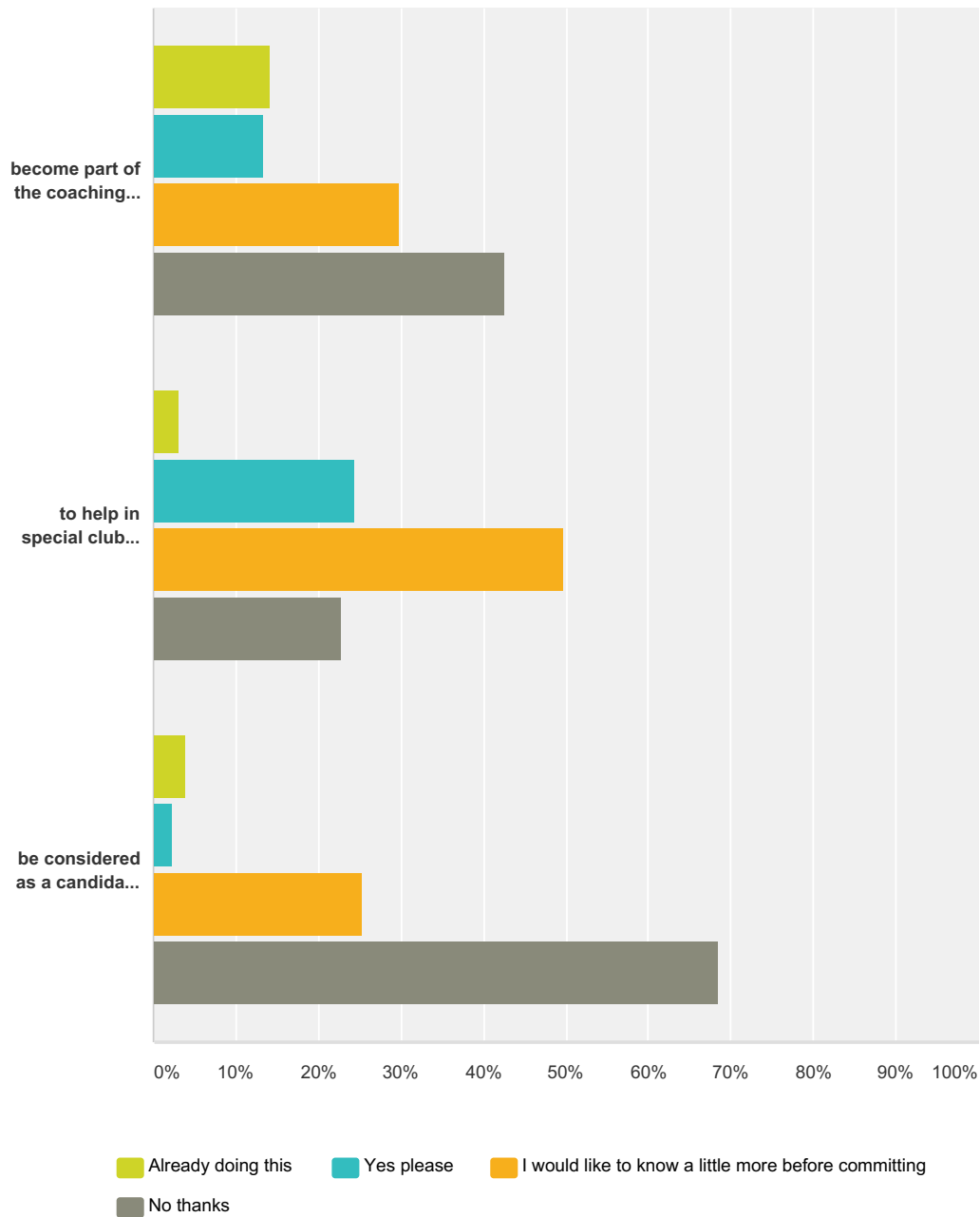
Answered: 128 Skipped: 5



	Not keen	No opinion	Supportive	Highly supportive	Total
The continuing growth of the club?	9.38% 12	10.16% 13	41.41% 53	39.06% 50	128
Growing our partnership with NEWT (Newport & East Wales Triathlon)?	1.56% 2	25.78% 33	38.28% 49	34.38% 44	128
Encouraging greater diversity in our membership, typical of Newport's population?	1.56% 2	8.59% 11	43.75% 56	46.09% 59	128
Creating opportunities for runners with disabilities such as physical handicaps & learning difficulties?	0.00% 0	4.69% 6	43.75% 56	51.56% 66	128

Q7 I would be willing to:

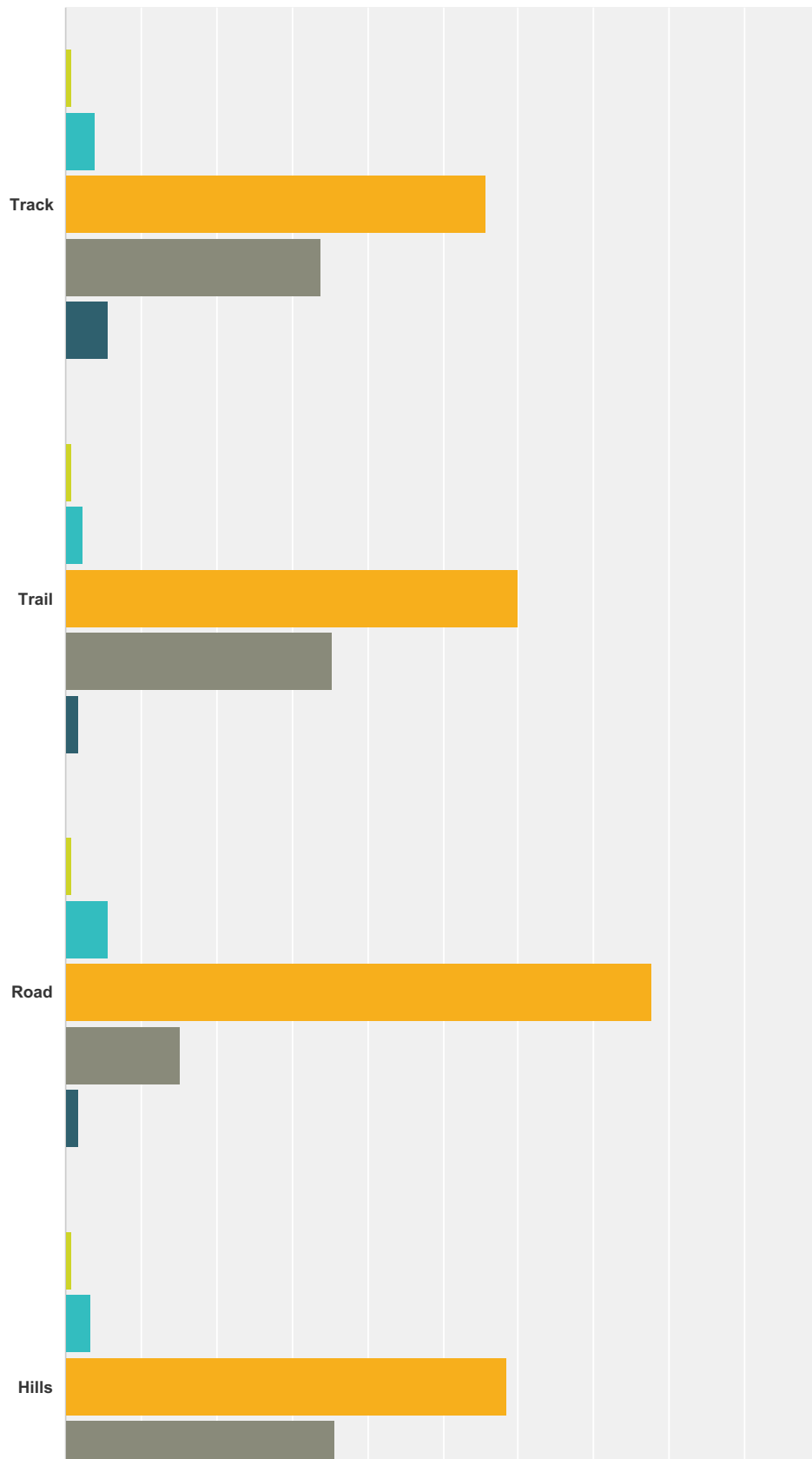
Answered: 127 Skipped: 6

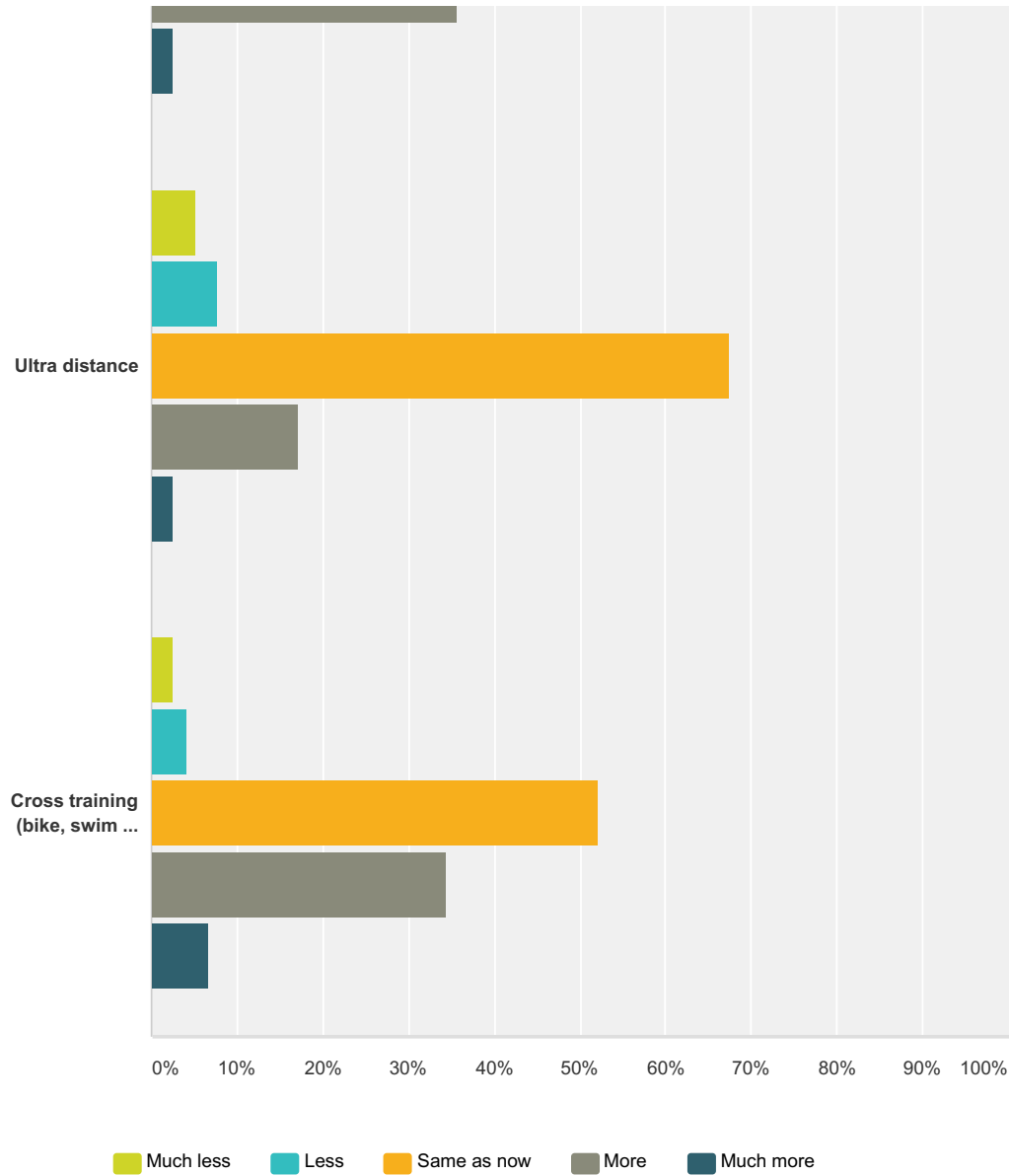


	Already doing this	Yes please	I would like to know a little more before committing	No thanks	Total
become part of the coaching team given adequate training	14.17% 18	13.39% 17	29.92% 38	42.52% 54	127
to help in special club projects e.g new races etc	3.15% 4	24.41% 31	49.61% 63	22.83% 29	127
be considered as a candidate for a club official position	3.94% 5	2.36% 3	25.20% 32	68.50% 87	127

Q8 To help us plan future training sessions, please comment on your preferences

Answered: 126 Skipped: 7

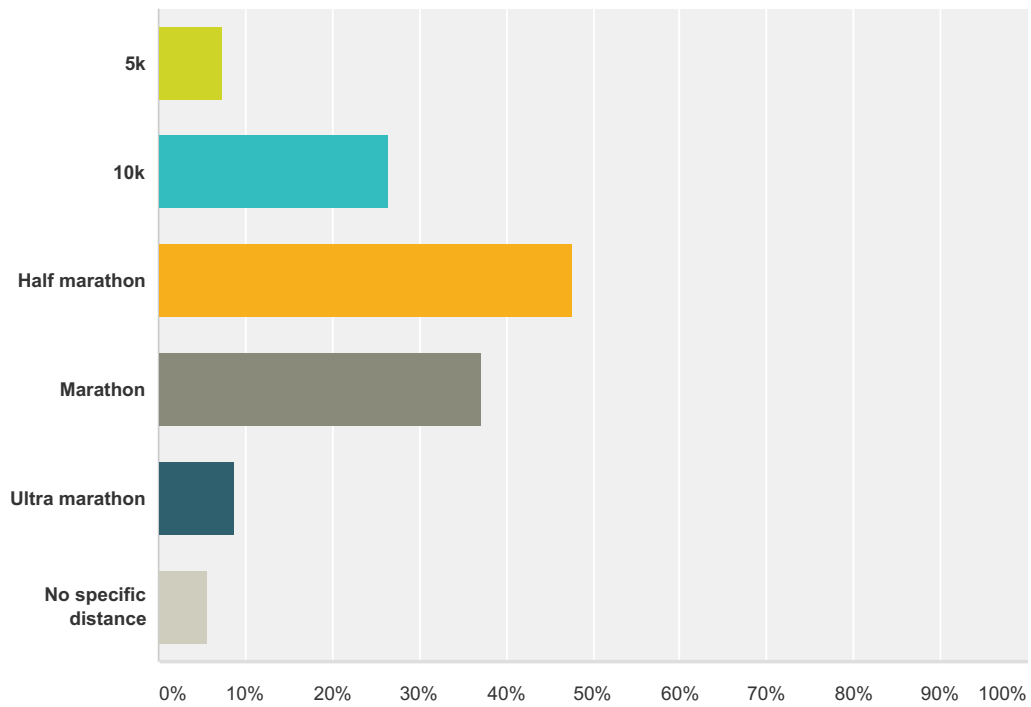




	Much less	Less	Same as now	More	Much more	Total Respondents
Track	0.81% 1	4.03% 5	55.65% 69	33.87% 42	5.65% 7	124
Trail	0.80% 1	2.40% 3	60.00% 75	35.20% 44	1.60% 2	125
Road	0.80% 1	5.60% 7	77.60% 97	15.20% 19	1.60% 2	125
Hills	0.81% 1	3.25% 4	58.54% 72	35.77% 44	2.44% 3	123
Ultra distance	5.13% 6	7.69% 9	67.52% 79	17.09% 20	2.56% 3	117
Cross training (bike, swim etc)	2.52% 3	4.20% 5	52.10% 62	34.45% 41	6.72% 8	119

Q9 Which distance will be your primary target over the next 6 months?

Answered: 124 Skipped: 9



Answer Choices	Responses
5k	7.26% 9
10k	26.61% 33
Half marathon	47.58% 59
Marathon	37.10% 46
Ultra marathon	8.87% 11
No specific distance	5.65% 7
Total Respondents: 124	

Q10 Please add any other comments about the club, what you like most, what would you improve, etc

Answered: 55 Skipped: 78