

GUIDANCE DOCUMENT FOR CLUB RUN APPLICATIONS



Clubs are permitted to submit just one application from a designated Club Officer, Head Coach or Leader or Committee Member.

Please consult your club committee on what you hope to get from the sessions before submitting your application.

Eligibility for Club Run Applications

Clubs should ensure the following:

- A. **Club Affiliations** - your club must be affiliated as an off track/road running club to England Athletics in the current membership year.
- B. **Membership Affiliations** - at least 50% of your club's total membership should be registered athletes in the current membership year.
 - i. The Club Run programme is specifically aimed at supporting off track/road running clubs, however we will consider applications from Track & Field clubs with sizeable off track sections.
 - ii. Clubs with less than 50% of registered athletes are not precluded from submitting applications. However, all applications will be judged on the strength of their applications. As Club Run aims to help runners, leaders and coaches work towards achieving more in terms of performance, clubs with a low or small number of competitive runners (registered athletes) may be better provided through other England Athletics Club Support programmes.
 - iii. Clubs who have previously been awarded a place since 2019 will not be eligible in this round.

NURVV Run

We are delighted this year to have partnered with **NURVV Run**, a new sports wearable which measures running from your feet – providing unrivalled insight into cadence, foot strike, pronation, step length and balance; previously only available in a sports lab.

As part of this collaboration, NURVV Run will be providing up to 3 free samples to each club for runners to trial and gauge a better understanding of their running form.

All successful clubs will need to identify a maximum of 3 runners who wish to trial the product in advance of their Club Run Sessions, where we can discuss their findings, as part of a wider discussion on running form.

Clubs will need to identify runners with a range of experience from relatively new runners to experienced club runners with a strong performance focus. All runners should be interested in using the product and commit to running with it regularly before the Club Run sessions and will be required to provide a brief audio or video feedback on the experience of using NURVV Run.

Successful Applications

We have a limited number of Club Run places we can offer and as such successful clubs will be selected based on meeting a number of criteria.

- I. **Eligibility** – see above
- II. **Strength of Application** - in your application demonstrate to us how your club is currently to develop its training or coaching structures or athlete pathways.
- III. **Clarity of Outcomes** – in your application tell us clearly what you hope to gain from the club run sessions.
- IV. **Deadline** – applications that meet the advertised deadlines will be prioritized above late applications.

Please also note that whilst we welcome applications from clubs across the country we will be looking to award places to clubs across the regions.

If Successful

Clubs successful in their application will be expected to adhere to the following:

- Provide a reliable point of contact for the coach deliverer to liase with the club on arrangements for the visits and provide relevant information as requested.
- Provide a session time slot for the coach deliverer of 90 minutes minimum and ideally 2 hours for each of the three Club Run sessions.
- Identify three athletes who wish to use NURVV insoles and share their running data to help other club runners work on running technique.
- To promote the sessions within the club membership or specific groups within the club membership as agreed with the coach deliverer.
- Return a feedback form and share photographs of the Club Run visits with the Road Running Manager following the completion of Club Run.

Please contact Tom Craggs, Road Running Manager, with any questions –

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