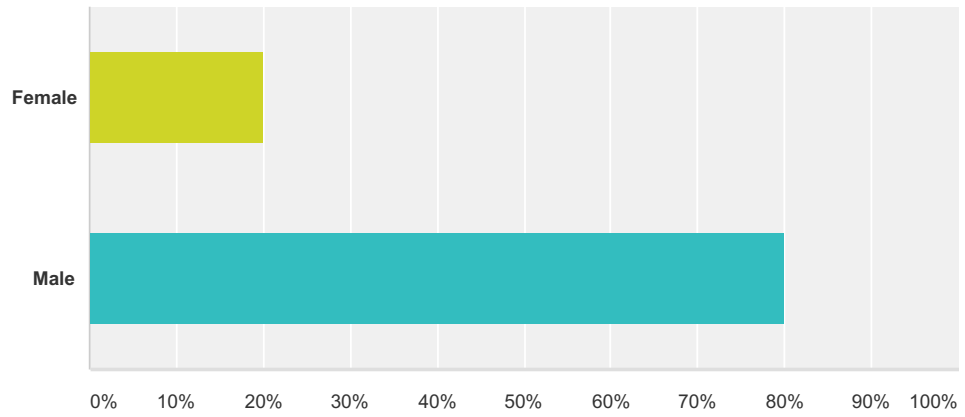


Q1 First name and surname (both optional)

Answered: 108 Skipped: 17

Q2 Gender

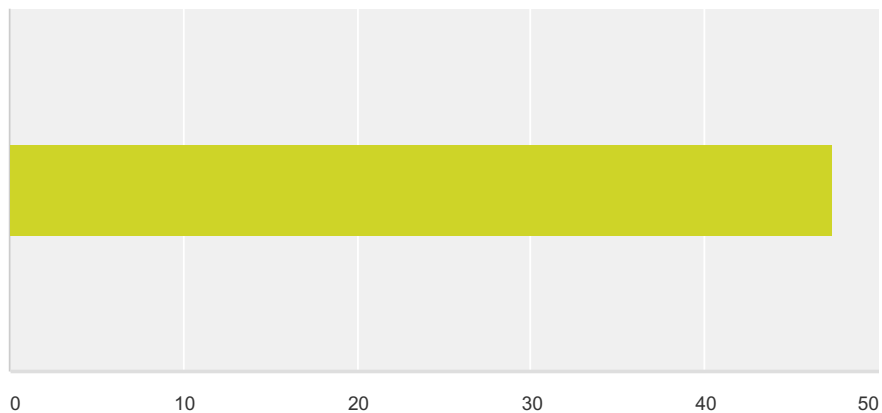
Answered: 125 Skipped: 0



Answer Choices	Responses
Female	20.00% 25
Male	80.00% 100
Total	125

Q3 Age

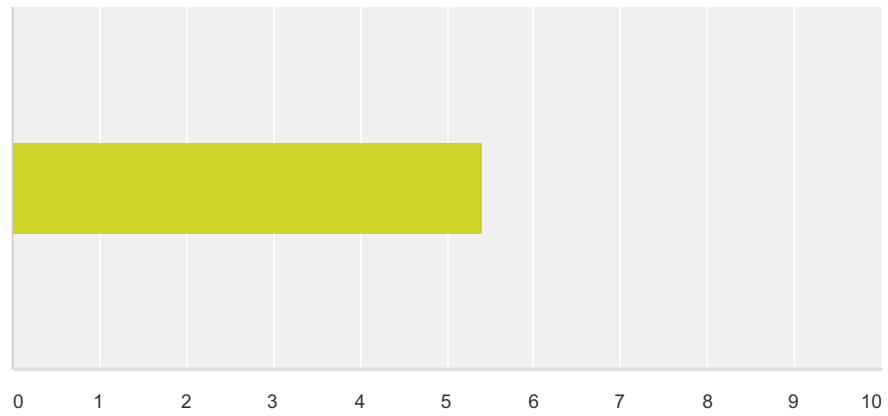
Answered: 125 Skipped: 0



Answer Choices	Average Number	Total Number	Responses
	47	5,928	125
Total Respondents: 125			

Q4 Roughly how many years have you been a member of VCC?

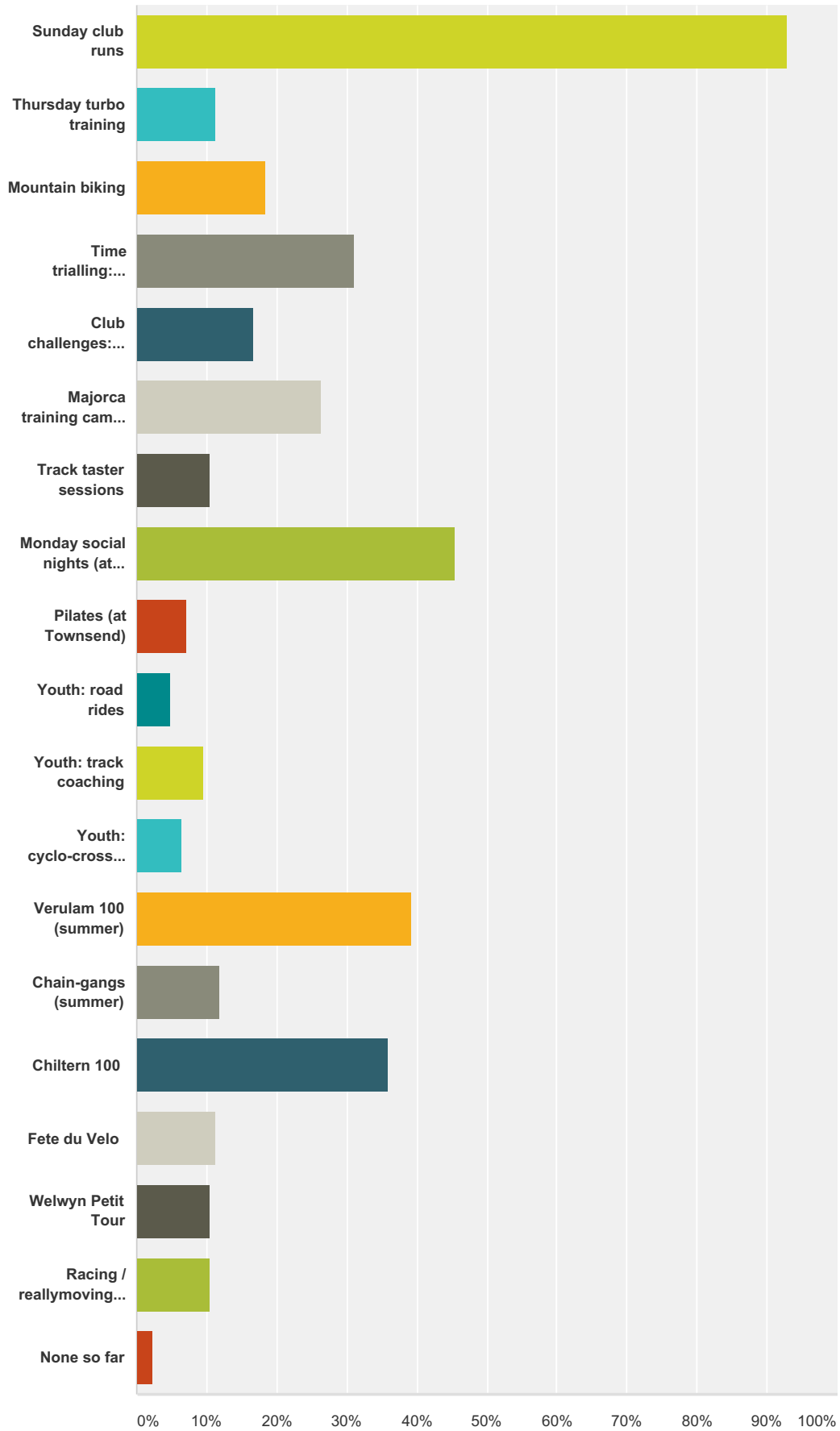
Answered: 125 Skipped: 0



Answer Choices	Average Number	Total Number	Responses
	5	676	125
Total Respondents: 125			

Q5 What club activities did you take part in last year and this year so far? Please tick as many as apply

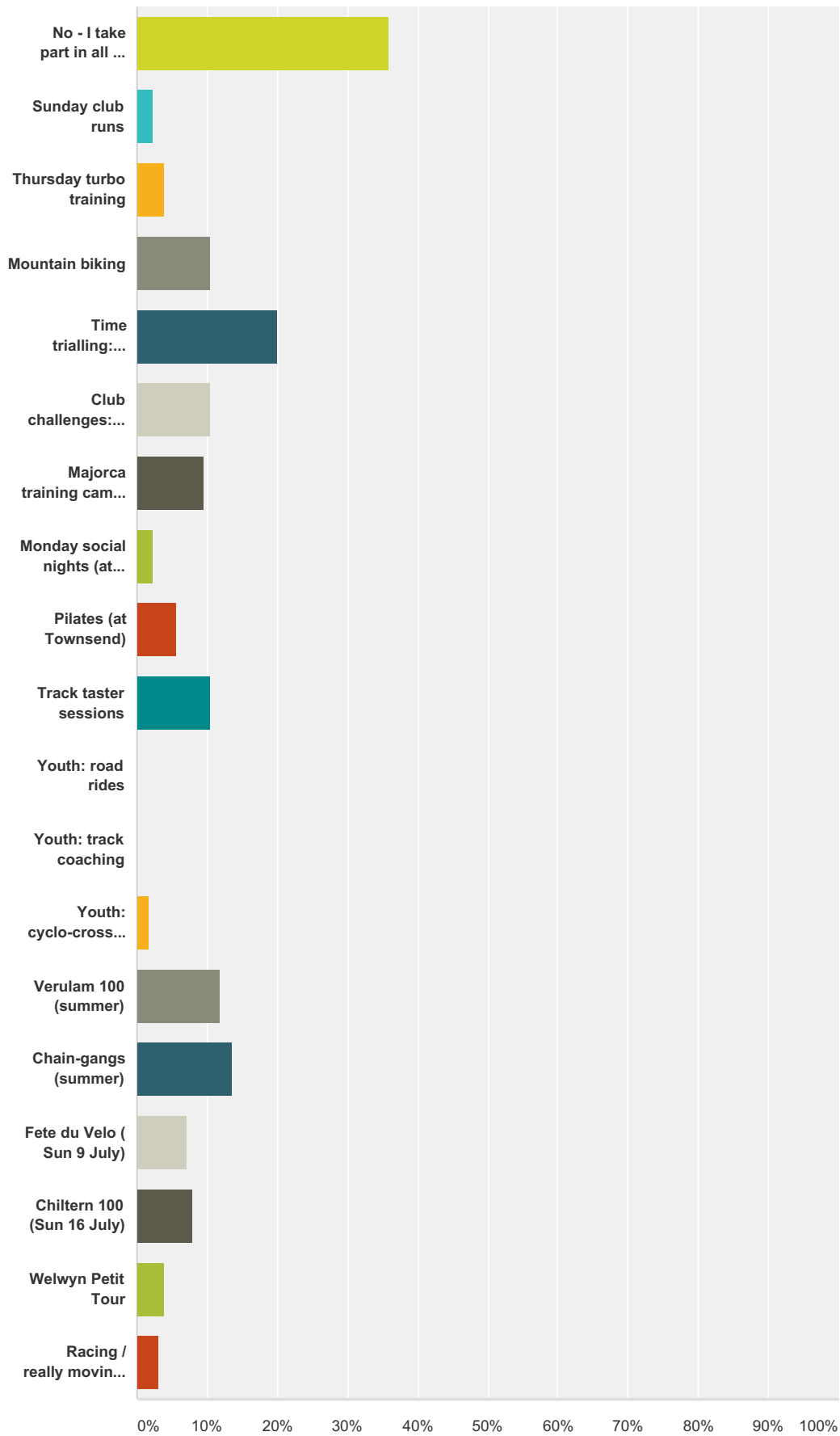
Answered: 125 Skipped: 0



Answer Choices	Responses	
Sunday club runs	92.80%	116
Thursday turbo training	11.20%	14
Mountain biking	18.40%	23
Time trialling: evening 10s, open 25, team pursuit	31.20%	39
Club challenges: hill climb, freewheel	16.80%	21
Majorca training camp (April)	26.40%	33
Track taster sessions	10.40%	13
Monday social nights (at Townsend sports club)	45.60%	57
Pilates (at Townsend)	7.20%	9
Youth: road rides	4.80%	6
Youth: track coaching	9.60%	12
Youth: cyclo-cross coaching	6.40%	8
Verulam 100 (summer)	39.20%	49
Chain-gangs (summer)	12.00%	15
Chiltern 100	36.00%	45
Fete du Velo	11.20%	14
Welwyn Petit Tour	10.40%	13
Racing / reallymoving racing team	10.40%	13
None so far	2.40%	3
Total Respondents: 125		

Q6 Are there any activities you would like to try for the first time this year? Please tick as many as apply

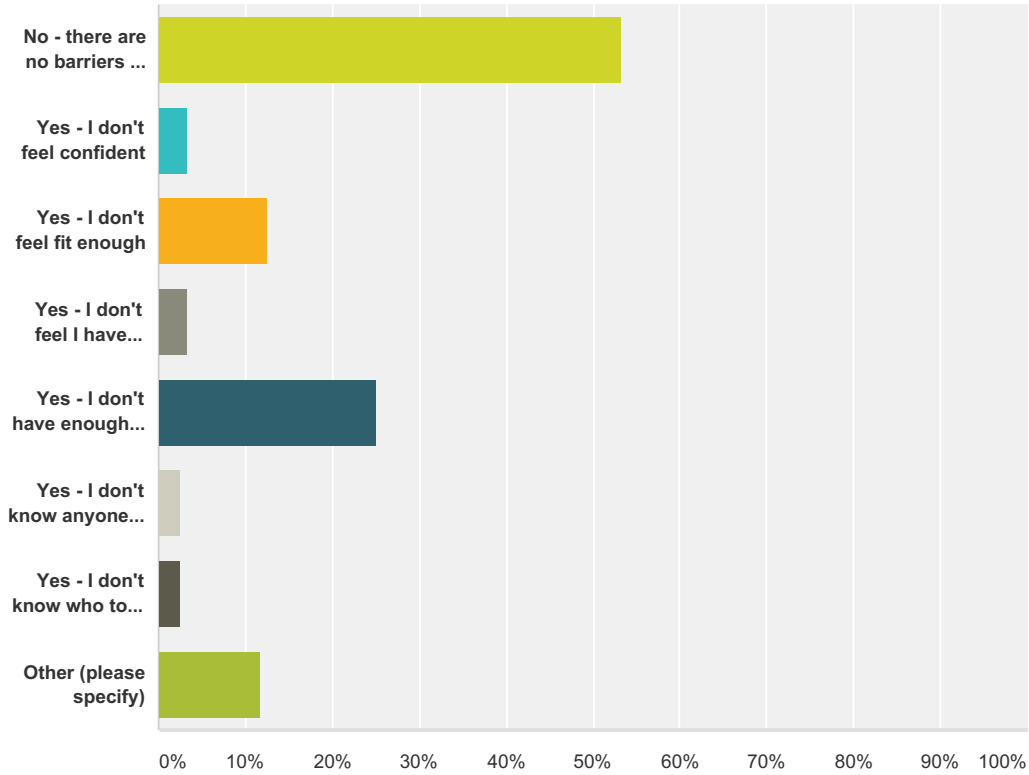
Answered: 125 Skipped: 0



Answer Choices	Responses	
No - I take part in all the activities I want to already	36.00%	45
Sunday club runs	2.40%	3
Thursday turbo training	4.00%	5
Mountain biking	10.40%	13
Time trialling: evening 10s, open 25, team pursuit	20.00%	25
Club challenges: hill climb, freewheel	10.40%	13
Majorca training camp (April)	9.60%	12
Monday social nights (at Townsend tennis club)	2.40%	3
Pilates (at Townsend)	5.60%	7
Track taster sessions	10.40%	13
Youth: road rides	0.00%	0
Youth: track coaching	0.00%	0
Youth: cyclo-cross coaching	1.60%	2
Verulam 100 (summer)	12.00%	15
Chain-gangs (summer)	13.60%	17
Fete du Velo (Sun 9 July)	7.20%	9
Chiltern 100 (Sun 16 July)	8.00%	10
Welwyn Petit Tour	4.00%	5
Racing / really moving racing team	3.20%	4
Total Respondents: 125		

Q7 Are there any barriers to you trying these activities for the first time? Tick as many as apply

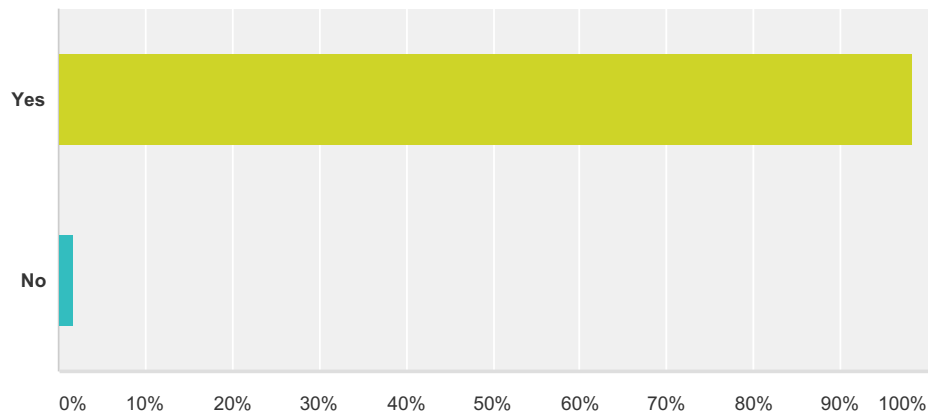
Answered: 120 Skipped: 5



Answer Choices	Responses
No - there are no barriers to me getting involved	53.33% 64
Yes - I don't feel confident	3.33% 4
Yes - I don't feel fit enough	12.50% 15
Yes - I don't feel I have enough technical ability	3.33% 4
Yes - I don't have enough free time	25.00% 30
Yes - I don't know anyone else from the club who does the activity	2.50% 3
Yes - I don't know who to contact to get involved	2.50% 3
Other (please specify)	11.67% 14
Total Respondents: 120	

Q8 Have you participated in one or more Sunday club runs?

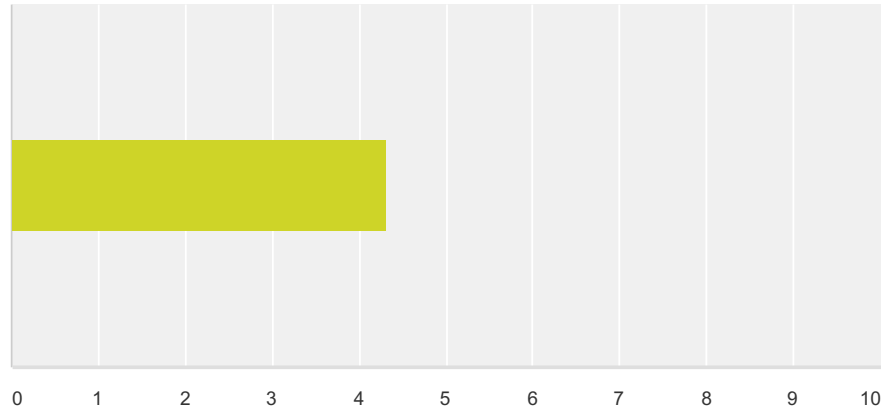
Answered: 125 Skipped: 0



Answer Choices	Responses
Yes	98.40% 123
No	1.60% 2
Total	125

Q9 On a scale of 1-5 how much do you enjoy Sunday club rides? 1 = no enjoyment, 5 = I can't take anymore enjoyment

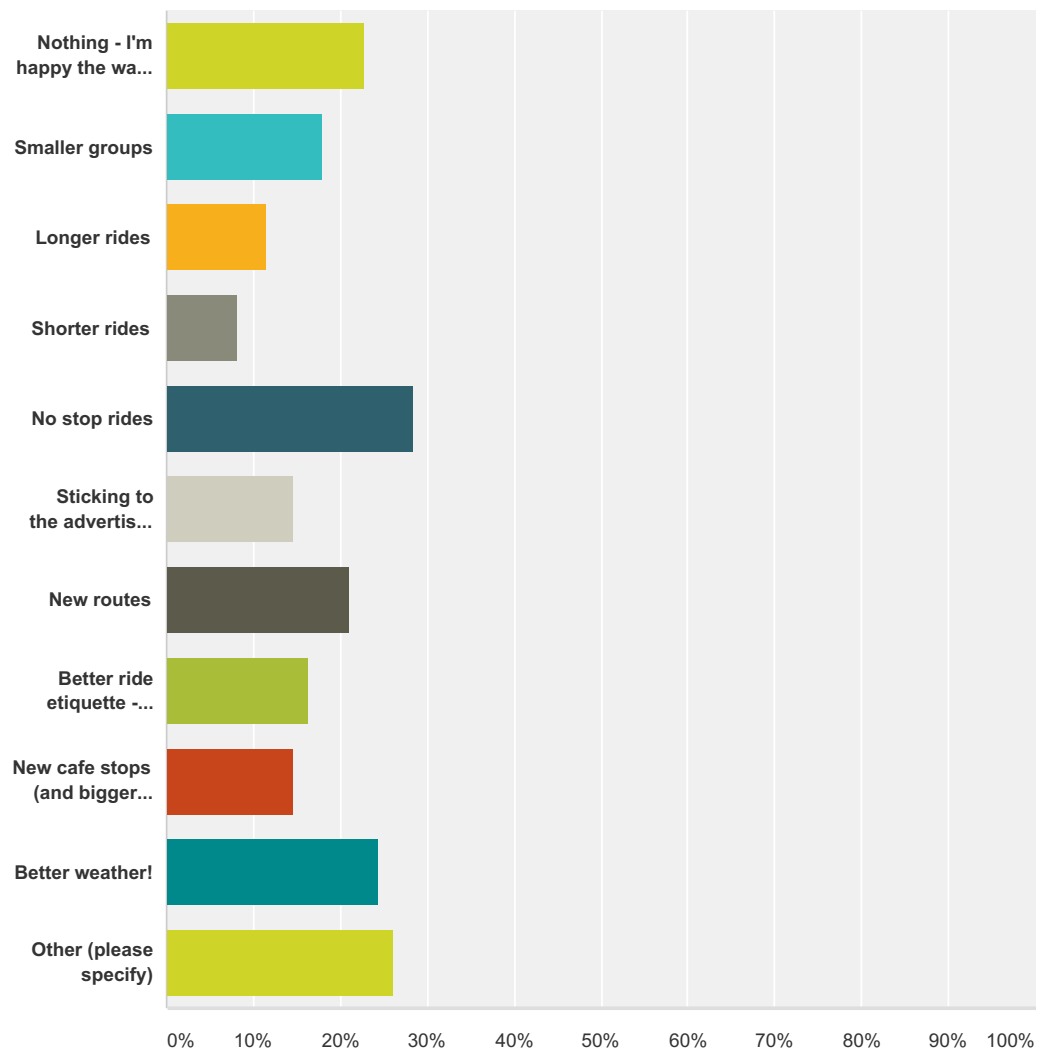
Answered: 121 Skipped: 4



Answer Choices	Average Number	Total Number	Responses
	4	524	121
Total Respondents: 121			

Q10 What, if anything, would improve your enjoyment of Sunday club runs?

Answered: 123 Skipped: 2

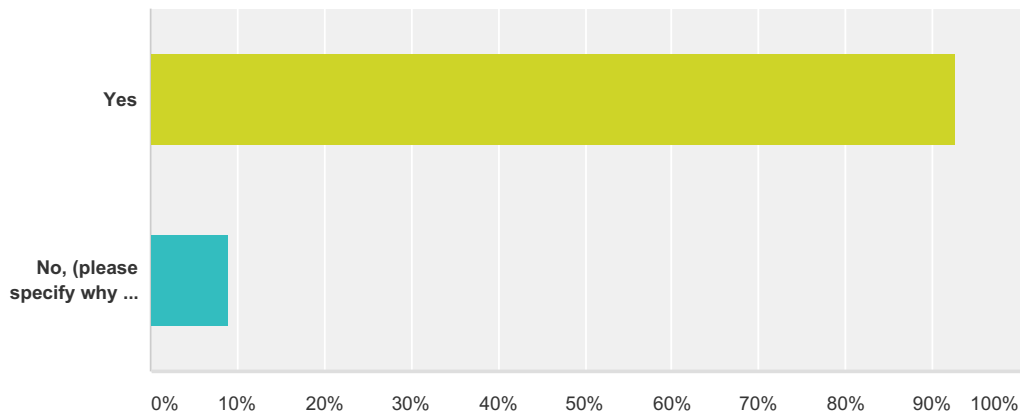


Answer Choices	Responses
Nothing - I'm happy the way they are!	22.76% 28
Smaller groups	17.89% 22
Longer rides	11.38% 14
Shorter rides	8.13% 10
No stop rides	28.46% 35
Sticking to the advertised ride speed	14.63% 18
New routes	21.14% 26
Better ride etiquette - e.g. greater knowledge of group riding, more calling out in the group	16.26% 20
New cafe stops (and bigger cakes)	14.63% 18

Better weather!	24.39%	30
Other (please specify)	26.02%	32
Total Respondents: 123		

Q11 Do you generally feel safe during Sunday club runs?

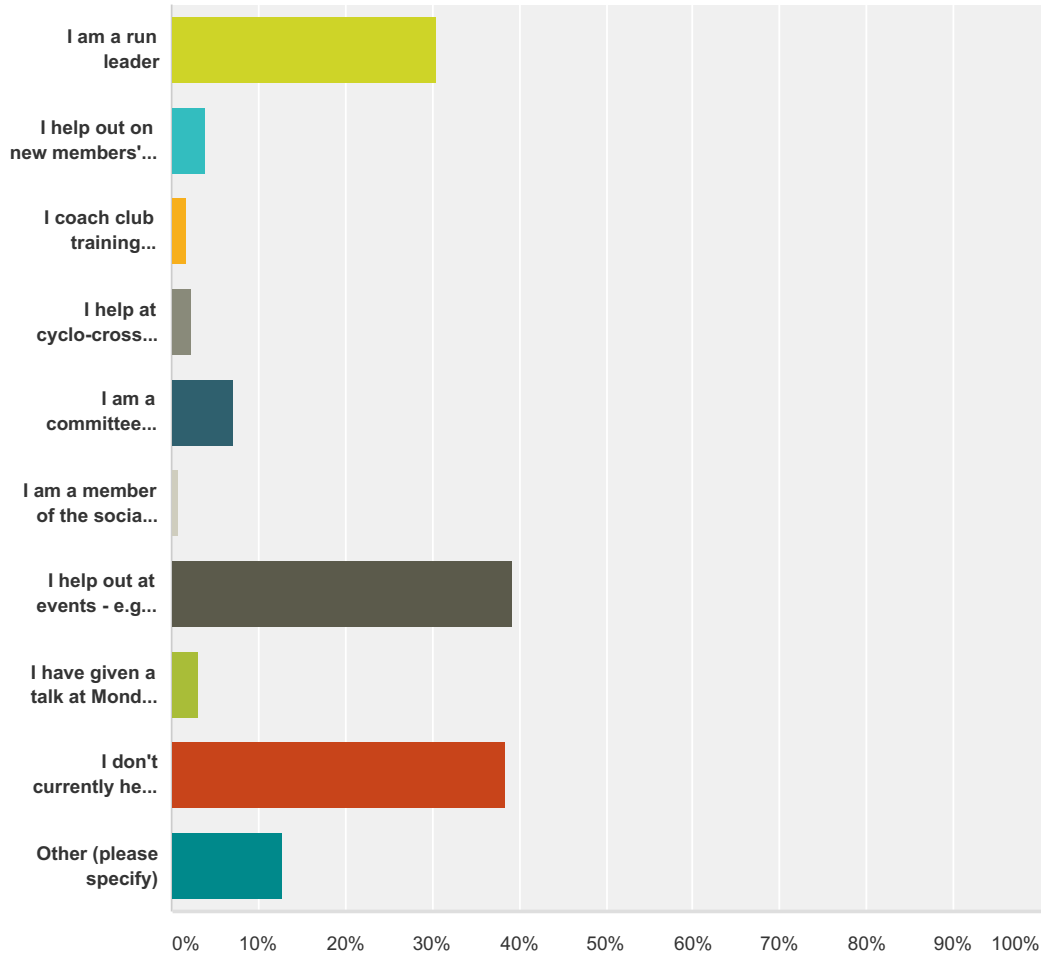
Answered: 122 Skipped: 3



Answer Choices	Responses	
Yes	92.62%	113
No, (please specify why you don't feel safe & how we could rectify this)	9.02%	11
Total Respondents: 122		

Q12 Outside of cycling with VCC, how do you currently support your club? And thank you for doing so!

Answered: 125 Skipped: 0

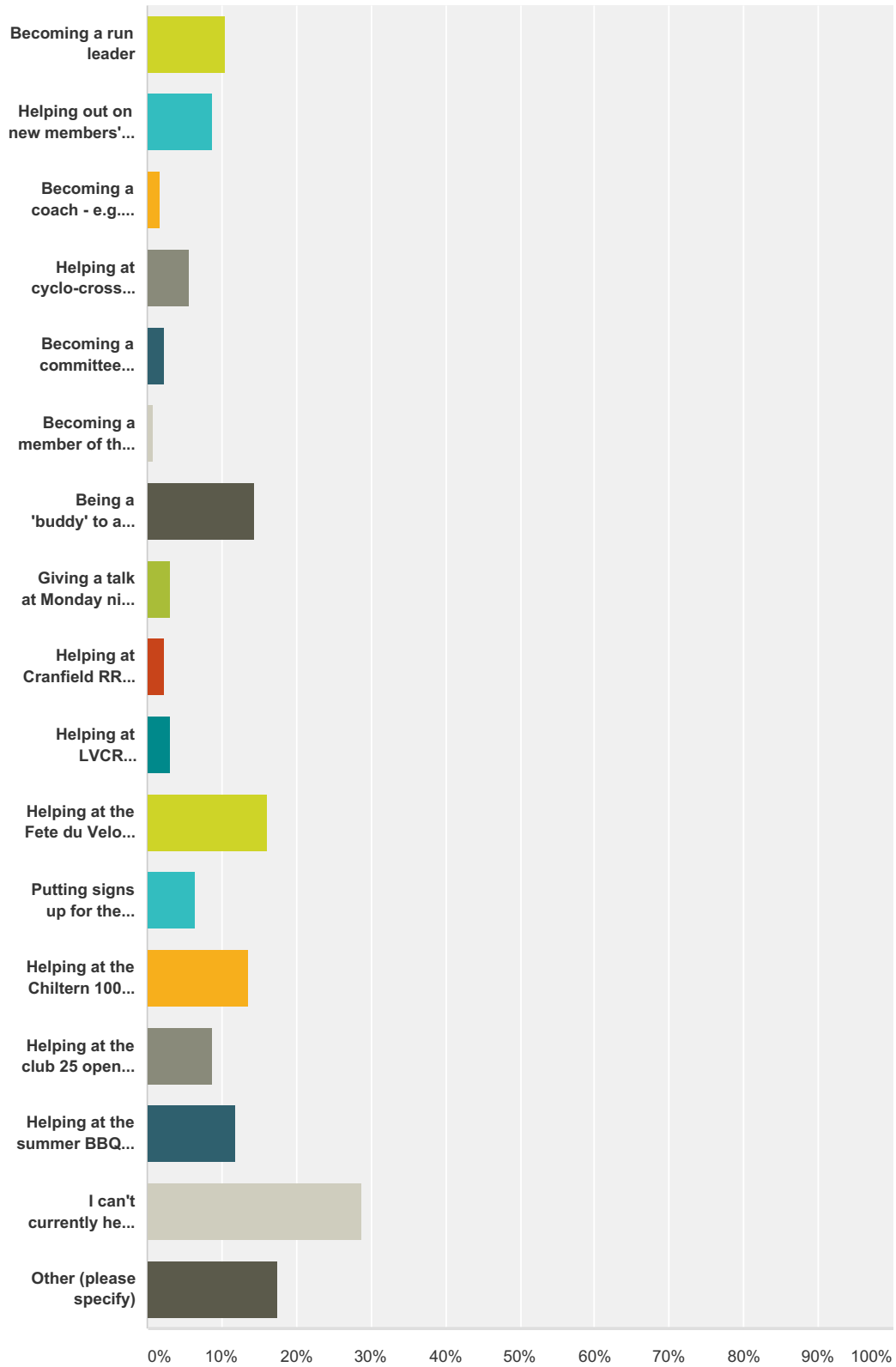


Answer Choices	Responses
I am a run leader	30.40% 38
I help out on new members' rides	4.00% 5
I coach club training sessions	1.60% 2
I help at cyclo-cross sessions	2.40% 3
I am a committee member	7.20% 9
I am a member of the social sub-committee	0.80% 1
I help out at events - e.g. timekeeper, marshall, helper	39.20% 49
I have given a talk at Monday night socials	3.20% 4
I don't currently help out at the club	38.40% 48
Other (please specify)	12.80% 16

Total Respondents: 125

**Q13 I am interested in helping out this year
in the following ways. Your help would be
amazing - we simply can't run VCC without
you!**

Answered: 125 Skipped: 0

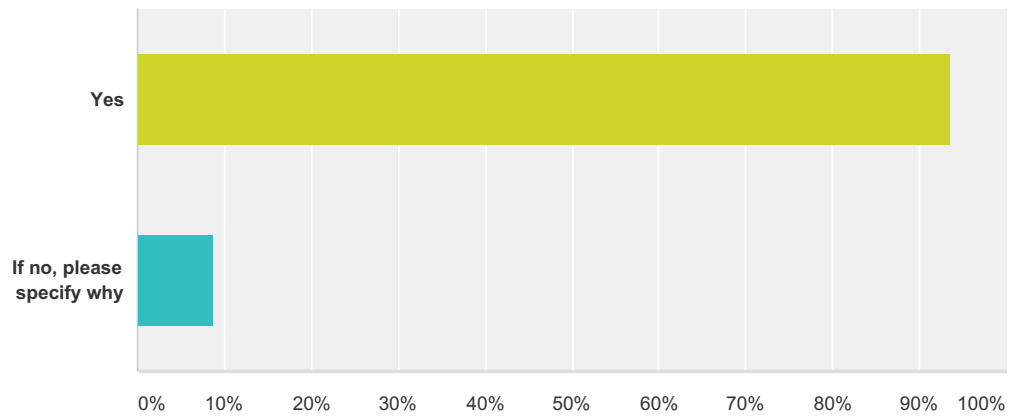


Answer Choices	Responses
Becoming a run leader	10.40% 13
Helping out on new members' rides	8.80% 11

Becoming a coach - e.g. cycle-cross, track	1.60%	2
Helping at cyclo-cross sessions	5.60%	7
Becoming a committee member	2.40%	3
Becoming a member of the social sub-committee	0.80%	1
Being a 'buddy' to a new club member	14.40%	18
Giving a talk at Monday night socials	3.20%	4
Helping at Cranfield RR (Sun 28 May)	2.40%	3
Helping at LVCR 'Legbuster' (vets) at Hog Hill (Sun 18 June)	3.20%	4
Helping at the Fete du Velo (Sun 9 July)	16.00%	20
Putting signs up for the Chiltern 100 (Sat 15 July)	6.40%	8
Helping at the Chiltern 100 (Sun 16 July)	13.60%	17
Helping at the club 25 open TT (Sun 23 July)	8.80%	11
Helping at the summer BBQ (date tbc)	12.00%	15
I can't currently help the club	28.80%	36
Other (please specify)	17.60%	22
Total Respondents: 125		

Q14 Do you feel the club caters for and supports you?

Answered: 125 Skipped: 0



Answer Choices	Responses
Yes	93.60% 117
If no, please specify why	8.80% 11
Total Respondents: 125	

Q15 What one thing would make VCC a better club to be a member of?

Answered: 125 Skipped: 0

**Q16 What one thing makes VCC a great club
to be a member of?So we can make sure
this doesn't change!**

Answered: 125 Skipped: 0