

The team – is the committee of Running Somewhere Else. It is through their work that a highly successful running club has been established, maintained and continues to develop with a great readiness to introduce new initiatives.

The organisation is Running Somewhere Else. The following is copied from the club's website

<https://www.runningsomewhereelse.com/>

With a friendly and inclusive attitude, the club encourages everybody to take up the sport of running and welcomes adult runners (aged 18 and over) of all abilities to come along and see what we have to offer.

Come and join us – *whether your interest is running for fun, friendship, getting fit, or training for anything from a 5K race to a marathon or beyond, we can help you achieve your goal and have some enjoyment along the way.*

In writing this I should say that I believe that as a result of the work of the committee a significant number of people in Cirencester benefit in terms of their physical, mental and emotional health and well-being. This is not just through the running that people do, but also in the social contact that people have. Health and safety are taken very seriously. I believe that a lot of time is spent discussing these issues at Committee meetings. I can vouch for the effectiveness with which such matters are dealt with, as a result of an injury I had a short time ago. The policies with regard to health and safety and privacy were put into practice very effectively.

Describe how your team works together and achieves common goals through communication and collaboration

The team

- hold regular committee meetings.
- have set up a number of whatsapp groups which provide information, and allow both communication and collaboration (see below).
- organise quiz nights, skittles evenings, barbecues, an annual fun sports day (with the emphasis being very much on fun), treasure hunts, away day bank holiday runs and more. Added to this is the time that the committee members give up to running coaching sessions on Mondays and Wednesdays
- every year organise an awards evening.

The members of the committee have taken the initiative and ensure that these events are run smoothly, enjoyably and successfully.

Share examples of how your team has resolved challenging situations and how you collectively approached problem-solving

During the time when Covid prevented people meeting in groups, the team ensured that people stayed active and connected by organising virtual runs and, when permitted, safe running sessions in 2's or 6's were arranged (following government guidelines) and there were regular Zoom sessions, including quizzes. This ensured people could stay in touch and have contact with each other. All of this is before I joined the club. I was only aware of these activities because members of the club have told me about them. I have become more aware of their importance through reading the testimonials. They were clearly highly valued by a lot of people.

How does your team continue to learn, grow and develop?

There have been walking groups for those recovering from injury (thus showing a very flexible approach to different individuals' needs at different times).

Since the beginning of 2024, I can think of a number of ways in which the team has continued to develop

- The whatsapp groups, referred to above, have been set up in order to allow members to choose what sort of information they would like to receive and which groups they would like to participate in.
- An informal weekly morning running group has been introduced and encouraged as a way for members to get together. This provides a great opportunity for members who are concerned about running on dark evenings. This is much valued by the members who take part. Similarly, social runs, organised on a more casual basis at , by one of the members (not on the committee) also take place.
- In early 2024 the committee oversaw a course for people new to running and for those who wanted to return to an activity that they have done in the past. The course was advertised locally. Monday sessions were set up specifically for this group (meanwhile other members of the committee ensured that the usual Monday sessions continued). The culmination of the course was a 5K parkrun at the Royal Agricultural College. A number of the participants have now joined the club and are actively involved.

How does your team maintain a positive attitude and motivation during challenging times

(With regard to the Covid period please see above).

The team ensures a positive attitude and maintains motivation through the variety of activities that members are offered. On bank holidays an away day run takes place – usually a few miles away, after which participants have a drink and (in many cases) cake at a café.

There is encouragement to recognise the needs of others outside the running club Every year a local charity is adopted. In 2022 – 23 it was the Cirencester Opportunity Group; in 2023-24 it was Tic+ (Teenagers in Crisis); in 2024 – 25 it's the Yellow Bus Project. Members are involved in choosing the charity as they are asked to submit a proposal as to which one they would like to be adopted. In order to help raise money, talks and activities are organised – in February 2025 a Nutrition Evening (with a guest speaker); in November 2024 a bike maintenance evening ; and, in autumn 2024, a skittles evening and a bbq at the local open-air swimming pool. Those who attend such activities contribute to the raising of funds.

With regard to inclusiveness – the following comes from the website with regard to the medals the committee award - *no matter how old or slow you think you are there's always a chance of a prize!* On the club website will be found all, of their policies including health and safety, inclusion, safeguarding, anti-bullying and privacy

Please demonstrate how all team members feel valued and included regardless of their backgrounds or perspectives

As it says on the website - *it really doesn't matter whether you are a good runner or how old you are (as long as you are aged 18 or over) or where you come from. whether your interest is running for*

fun, friendship, getting fit, or training for anything from a 5K race to a marathon or beyond, we can help you achieve your goal and have some enjoyment along the way.

In order to ensure that members can choose which group they want to join rather than having simply one whatsapp group a number of groups have been set up including

- weekly Race Reports in which members can learn about individual and club races, see photos, and read individual comments from the runners who have taken part;
- information about race reports and the club championship;
- club socials;
- parkruns;
- recommendations/referrals – this can be especially useful for members who have recently moved to Cirencester and joined the running group;
- for individual events that people may want to take part in, for example the Cotswold Way Relay 2025 and the Hope Trail Festival

In 2020, Running Somewhere Else became part of the #RunAndTalk programme, supported by Mind – the mental health charity. *(Our Champions are passionate about supporting people to access the mental wellbeing benefits of running, remove stigma and get people talking about mental health).*

Provide feedback or testimonials from users or team members who have been positively impacted by your team's work.

Testimonials

I asked 5 members of the club if they were willing to provide testimonials. All of them were happy to do so. (I am sure that if I had asked others, I would have received the same response). The 5 testimonials are below.

RSE is nominally a running club, but it provides so much more. It is a welcoming community who support each other, a hub for making friends, and a fundraising team for local charities.

The RSE Committee are the very heart of the club. They are a dedicated group of volunteers who selflessly donate their time and expertise to help others.

On a personal note, RSE encouraged me to attend their free 'couch to 5k' course, which was a turning point for improving the mental health and physical fitness of my whole family after COVID. I am extremely grateful to the RSE committee, whose teamwork, collaboration and commitment has such a positive impact on individuals and the wider Cirencester community.

Jess James

I'd like to nominate the Running Somewhere Else (RSE) Committee for the Cirencester Community Team award. This successful, affiliated club has been active for 17 years and runs on an entirely voluntary basis. The 9-strong team plus coaches devote significant amounts of their own time and effort to ensure the smooth running of the club for the people of Cirencester and beyond.

There are individual roles within the team to ensure all necessary functions are carried out, but all work together to foster a friendly and welcoming environment for runners of all ages (18+), abilities

and goals. This culture of encouragement and inclusivity is echoed throughout the membership with strong friendships and support networks formed as a result.

The qualified coaching team plan and lead well-structured training sessions twice weekly, catering to all abilities and with runner safety a priority. Beginners' courses are also provided to support and build the confidence of new members.

In addition, the committee organises social and fundraising events throughout the year, in support of the club's annually nominated charity for whom impressive sums are typically raised. This includes the mammoth task of hosting the Fairford 10k, a registered running event entirely dependent on the support of volunteers, attracting hundreds of runners each year and raising substantial sums for our charity.

Other unsung work includes the administrative efforts of running an affiliated club, managing policies, membership and finances, maintaining the website, organising the club championship, promoting the club, co-ordinating communications - I'm sure there are functions I've overlooked that could be added to the list!

I have no doubt that a poll of the 100+ club membership would fully support recognising the work of this wonderful team. They are deserving of this award for all that they do to ensure this club continues to be such a great asset for the people of Cirencester.

Rachel Botley

The RSE committee does huge amounts behind the scenes and rarely gets public recognition. From the coaching team preparing safe and well thought through training programmes and safe running routes (which they often have to check on the day) to the committee organising events, charity fundraising, initiatives to bring the club together, safeguarding the club's members through well thought through policies and detailed communications, RSE is (by far) the best organised sports club I've ever been a member of.

The committee goes above and beyond time and time again throughout the year - supporting local charities and local events.

Phil Scobie

You'll always get a warm welcome at Club. Sessions are well planned and everyone is catered for. It is magical watching some of the journeys of some individuals who run. For me personally it's a safe way to run and motivating to run with a group. I've always valued Club for my mental health and a way of maintaining my fitness.

Jo Wood

I've always run occasionally to keep fit but never felt I'd ever pushed myself fully. Back in 2019, I decided to join a running club with a view to start entering races, competing and increasing the distances. I had the choice of two local clubs and settled on Running Somewhere Else, as I knew a few people in the club and the deciding factor was the fact that the club HQ is a cocktail bar!

After a few weeks of training, I entered my first race and then never looked back!

I can't express enough how much being a part of Running Somewhere Else has positively impacted my fitness and overall well-being. From the very first run, I felt welcomed by a supportive and encouraging community. The club offers a range of runs for all levels, whether you're just starting out or are an experienced runner, making it easy for everyone to find their place.

In the 6 years I've been at the club, I've managed to extend my race distance from a 5K right up to a full marathon.

What sets this club apart is not just the amazing physical benefits, but the friendships and camaraderie that come with it. The coaches and members are always there to push you to be your best, while also celebrating every personal achievement along the way. I've seen so much improvement in my stamina, pace, and mental strength, and I've also had so much fun along the journey! The club socials are always a good laugh, from away day runs starting/finishing at coffee houses/pizzerias/breweries, meals out, discos, karaoke, and bowling, as they have a big part to play.

The support from all the coaches during the pandemic was incredible. Even though we weren't training together, the coaches still organised a training plan for us, including taking selfies at landmarks during our runs as part of a "guess the song/movie" game, which was great fun, plus virtual races and a zoom Christmas party!

Some of my personal highlights have been being drawn in the London marathon via the club ballot place (my first ever marathon), winning club championship Awards at the annual awards night, including a hungover PB award, most improved runner, and culminating in runner up in the men's competition, and ultimately meeting some great new friends.

If you're looking for a place to challenge yourself, grow as a runner, and meet some like-minded people, I highly recommend joining Running Somewhere Else. It's truly been a game-changer!

Elliot Gardiner

Declaration

By submitting this application, you agree that all the information provided is accurate and truthful to the best of your knowledge. You grant permission for the award organisers to use the information and materials provided for the purpose of evaluating this entry for the award.

A copy of your responses will be emailed to the address you provided.