

PROJECT RUNHUB

KNOWLE & DORRIDGE RC

A Sustainable Future



PROJECT OUTLINE

POINTS FOR DISCUSSION

The Club
Community
Performance
Position
Requirements
RUNHUB



THE CLUB

Founded in March 2010

England Athletics West Mids

Club of the Year 2015

Host the Arden 9 Road Race

Open to All Abilities



MEMBERSHIP

Over 260 Members in 2018

From Beginners to

2:30 Marathoners

From Early 20's to Late 60's+

£38 per year; Reducing Barriers
to Participation



PROJECTS

Well Being Officer

#runandtalk Mental Health

Awareness Sessions

Inspire Evenings with Dame

Kelly Holmes, Holly Rush &
Hannah England



COMMUNITY

Community is at the heart of everything K&D RC do. We have built a community of people who want to be good runners but most importantly want to be part of a vibrant local community filled with heart



"K&D mean so much to me. They've welcomed me with open arms and supported me to do amazing things like run marathons and even as a slower runner i'm every bit a part of the K&D family - I just get more value for my membership by taking longer at events!"

SMITA DESHPANDE

BUILD BETTER

K&D RC build better people. We care about every individual and support them on a journey to being a better person than when they joined. Better physically, emotionally and mentally. However they want to improve we strive to build better people

HEALTHY MINDS

Our Wellbeing Officer & Mental Health initiatives make sure every member knows they always have someone to turn to should they need support



EXPLORATION

The K&D community supports members to explore new adventures and widen horizons through running. Supporting members to develop their confidence to tackle challenge they never thought possible

SUPPORT

A running club from across Solihull has built a community that can support members through far more than running. In business, life, law, electrics, finance, data, physiotherapy and much more. A community about much more than just running



"It has introduced me to so many amazing friends. They cheer you on when doing well, and lift you up when you're down. It is such a incredible, supportive family."

KAY ADENIPEKUN

DEVELOPMENT

Running together creates bonds. People drop their guard and open up. They tighten the links between people building tighter knit communities



"Knowle & Dorridge RC saved my life.

I was taken into hospital short of breath in November 2018. After 4 days of tests they sent me home with Asprin and no answers.

A club member with a medical background recognised my symptoms - a massive Bilateral Pulmonary Embolism. I was very close to dying; my lungs were completely clogged with blood clots.

Without being a member of K&D RC I would have remained undiagnosed. It's only thanks to my wonderful friend in the club that i'm alive today. I even got to run a sub-3 hour marathon 6 months later. I'll forever be indebted to my club and Smita Deshpande"

Darren John



"I was told not to run in March 2019 having been diagnosed with a 15cm ovarian cyst - the worry was it would burst which can even be fatal. It had grown to 35cm by June 2019. My club mates have kept me positive, looked after me while I waited for my operation and seen me through recovery.

Visiting me post op they brought presents, flowers and laughter. Taking me out for lunch & collecting me for dog walks. I would have gone round-the-twist without them. By mid-July with Siobhan O'Donnell at my side I shuffled round parkrun. Never has a shuffle felt so good. The support and love that has come my way has been truly wonderful."

Ann Spencer

PERFORMANCE

- Women Cross Country Division 2 Champions with Record Score (2019)
- Men's Team Promoted to Cross Country Division 1 (2019)
- 2x Warwickshire County Vests at National Counties Championships (2019)
- Women Bronze at Warwickshire County Championships (2019)
- Individual Bronze at Warwickshire County Championships (2019)
- 2x European Age Group Champions in Triathlon, 1x Bronze (2018/19)
- 7 Women Sub 20 Minuts for 5k All Time - 6 of them ran sub-20 in 2019
- 10 Men Sub-17 Minutes for 5k All Time - 8 of them ran sub-17 in 2019
- Women Ranked 7th in the Midlands at the 6 Stage Midland Road Relays (2019)
- 7 Men Sub-3 Hours in the Marathon (Spring 2019)
- 1x Bronze at the Milton Keynes Marathon (2019)



”Knowle and Dorridge Running club is a superb example of sport bringing a local community together. The hard work and passion of the Committee has created a wonderfully inclusive environment, allowing runners of any ability to thrive, the huge effort they put to hosting means local non-members also have the opportunity to benefit from this great club.

The committee are really driven to grow the club and improve their member experience, having a club house would really enable Knowle and Dorridge to continue on a progressive trajectory. A sheltered, permanent facility would instantly improve members training options and experience and long term create a great base for the club to continue to develop.”

HANNAH ENGLAND

2011 World Championship Silver Medalist

Olympian (London 2012)

4 National Titles



POSITION

TIMELINE

January 2017 - Asked to leave our home at Knowle & Dorridge Cricket Club as our numbers had grown dramatically. Knowle FC offer to help us

February 2017 - Storm Doris destroys Knowle FC's Club House. They can no longer let us use their facilities. We find a space at St. Philips in Dorridge

May 2019 - St. Philips Demolition begins. We can no longer use their hall. There is no space at other local halls. Sainsbury's offer to let us meet outside their cafe in Dorridge

POSITION

STATUS

Issues:

We have to access Sainsbury's via a busy car park at the end of our sessions

We can't access seats due to cleaning

No safe storage facilities for valuables or clothing

We are very grateful to Sainsbury's for housing us but it's not a long-term solution. It has already had an affect on attendance. With no other local providers able to house us we wish to look towards finding inventive solutions to provide K&D RC with a home of our own.

REQUIREMENTS



LOW MAINTANCE, HIGH REWARD

Running Clubs require little in the way of traditional sports facilities. Ideally a facility with somewhere for safe keeping of valuables, somewhere dry and warm if the weather is bad and a small space for pre-run waiting. The footprint of any running club home can be considerably smaller than most facilities. Often the facility can be viewed more as a waiting room than a sports facility.

Running Clubs do not need changing facilities - runners are used to arriving, running and leaving in the same kit. Bathroom facilities are a nice to have but not essential.

Members are encouraged to run to club rather than drive where possible. Dorridge provides ample local parking facilities.

The low demands of a running club home is bolstered by the support the clubs give to members, dramatically improving health, reducing issues of mental health and social isolation and providing a positive environment at a very low cost (K&D only charge £38 Annually),

RUNHUB



AMBITION

A sustainable and environmentally friendly home for K&D RC in Dorridge

Located in or near to Dorridge park

Sympathetically designed to enhance the environment

Powered by solar panels for 'Off-Grid' sustainability

Simple pre-fabricated design from sustainable producers

Minimal impact on environment is vital

Space for pre-run meeting and storing of equipment and valuables

K&D access 7 nights a week to enhance offer

Keycode access for community sharing and security

Offer to local schools and groups as an Eco-Hut for educational activities outside of the classroom

A static bike rack and maintenance stand to encourage local cyclists to use facility

Encourage the RUNHUB to be a beacon for endurance athletes of all standards and disciplines in the area

Innovation that could roll out to meet needs of the 1300+ running clubs across the country



SMALL POD

- Lower Cost (+)
- Smaller Footprint (+)
- Less Upkeep(+)
- Minor Modifications (=)



ECO-POD

- Solar Powered (+)
- Off Grid (+)
- Low Maintenance (+)
- Sustainable (+)



LARGER POD

- More Expensive (-)
- Greater for the Club (+)
- Attract Other Groups (+)
- Larger Footprint (-)

EXAMPLES

OBSTACLES



CURRENT ROAD BLOCKS

Funding - K&D Has c.£13k in the bank. As a new-ish club we're saving but growing at a much faster rate. We raised membership fee's in 2019 with an eye on the future. Knowle Lions have suggested they would consider supporting us. Other funding sources include Sport England and SMBC. Modular and pre-fab building cost can vary from £5k to £50k+

Land - Prohibitively expensive in Knowle & Dorridge. Ideal situation would be an agreed lease of land for a number of years. K&D currently pay up to £1500 pa for rent of premises

Skills - We have experts in fund bidding within the club and many others who could project manage, look after legal applications etc. But they have not yet been pulled together at this stage

Support - We would love support of SMBC to help K&D RC become a real force in the midlands and still be able to provide support for runners of all levels using a home to call our own

K&D RC

The
Arden 9
2019



