

Perks Policy 2024

Background to policy change

Jog Belfast (JB) is the main source of revenue for the club. It is therefore important that we continue to support the JB programmes throughout the year. Running the JB programmes, in an enduring way, will not be possible unless the club can rely on volunteering participation from all club members.

The statistics for our 2023 JB programmes show that the volunteering load is not spread over a large base of members. This presents a concern for the club's long-term financial stability.

Additionally, our club motto is 'Training with Lions'. It is in the club's objectives to train and compete together.

The Committee has, therefore, decided to link some of the 2024 perks to a minimum threshold for volunteering and others to participation in club's target races.

What qualifies as volunteering?

The primary intent is to broaden the base of volunteers helping with Jog Belfast. However, we understand that not everyone can make themselves available on the days or at the time JB takes place. Therefore, the following activities and roles will also qualify as volunteering:

- Jog Belfast
- Volunteering at club organised events e.g. Connswater Cup, Joe Craney naked race, Victoria Shield, Connswater 5 Mile, Victoria Park Relays
- Gazebo setup.
- Tea & Coffee at Cross Country
- Standing non-committee role e.g. social media officer, club website maintenance, JB coordination etc...
- Coaching and active LIRFing
- Volunteering at any Parkrun or Junior Parkrun
- Any other activity or role at the discretion of the Committee

PERK 1 - Refunds to target races

In 2024, we will be setting a very low volunteering threshold to be eligible for perk 1.

The calendar year will be divided into three periods of four months and the eligibility requirement will be for members to have volunteered **at least once** in the concerned period:

- Period 1 – Jan to Apr (Spring JB programme)
- Period 2 – May to August (Summer JB programme)
- Period 3 – Sep to Dec (Autumn JB Programme)

As a reward for volunteering at least once in a four-month period, the club will refund to the eligible members all entry fees for target races completed within the period.

It is to be noted that the refunding of the target races is one of the largest annual expenditures of the club to the tune of £3,500 per year.

PERK 2 – London marathon club place

To pre-qualify for the London marathon club place, the applicant must:

1. Be a member of the club at the time of applying
2. Have applied directly but failed to get a place (evidence required)
3. Not be eligible for a Good for Age or a championship place
4. Have competed in:
 - At least one (1) targeted race
 - At least one (1) league cross country race
 - At least one (1) club internal race. Club internal races are the Connswater Cup, the CS Lewis Shield and the Joe Craney Cup

(naked race). Volunteering at one (1) of these three races also qualifies.

PERK 3 – Strength and Conditioning classes

The club offers up to 10 places every month to members. Places have been awarded on a first come first served basis.

No change to this rule for the moment, however members should be mindful that the S&C classes are designed to complement the club's training sessions. Members registering to the S&C classes are expected to show up regularly at the club's structured training sessions.

Continuous improvement

The Committee will review this policy annually to ensure it meets its strategic objectives.