

Epsom Allsorts WhatsApp Guidance

Did you know our WhatsApp community launched in May 2023 to support and connect our members?

How does it work?

The community brings all our groups together in one secure channel, allowing us to share important club announcements.

We have dedicated WhatsApp groups for each of our regular weekly club runs:

- Tuesday: 6:30pm 5km Social Group
- Tuesday: 6:30pm 8km & 10km Groups
- Wednesday Group: Track
- Friday: 7:30am 5km run
- Sunday: 8:15am.

We also have special-interest groups:

- parkrun Tourism
- XC Group
- Races/Event planning
- Wellbeing
- Half Marathon / Long Distance
- Marathon Training Talk
- Beginners course
- Beginners course volunteers
- Other temporary groups such as Hogsmill Volunteers

These groups help us keep conversations focused so members can find the information they need quickly and easily.

Good practice for posting

To keep communication clear and helpful for everyone:

- only use the weekly run groups for:
    - confirming your attendance / weekly planning
    - thanking run leaders and fellow runners
    - sharing photos from the session
- do not post the same message in multiple groups. Choose the most relevant group for your message
- if you're not sure which group to use, please contact the committee first media@epsomallsorts.org.uk
  We're always happy to help make sure your message reaches the right audience.

FAQs – Where should I post?

Local races

Q: I want to enter a local race but don't know where to start.
A: Head to the **Races & Events** group. Members often share upcoming races – anything from 5k to half marathons and beyond. Feel free to ask for recommendations or advice.

Race transfer

Q: I can't take part in a race I've already entered. Where can I offer my place?
A: If the organiser still allows transfers, you can post it in the **Races & Events** group.

Long distance running

Q: I'm training for a long-distance event and would like company. Where should I ask?
A: Join the **Half Marathon / Long Distance** group. There are always members preparing for longer distance events.

Running for charity

Q: Can I share my donation page with the club?
A: Well done for supporting a charity! Please **contact the committee** first before posting so we can agree on the best way to share your page, which may include posting it as a community announcement.
Email: media@epsomallsorts.org.uk

Wellbeing support

Q: Where can I discuss issues like injury, menopause, sleep, supplements or mental health and how they affect my running?
A: Our **Wellbeing** group is a supportive space to share experiences. You can also contact our welfare team directly at welfare@epsomallsorts.org.uk .

Disclaimer: This is not medical advice. If you have concerns about your physical or mental health, please speak to your GP. All discussions in the Wellbeing group are confidential and stay within the group.

Other activities and initiatives

Q: I would like to share information about health and fitness businesses, activities and initiatives with members. Can I do this via the WhatsApp groups?

A: We appreciate your wish to share information that may interest other members. We do not, however, allow such information to be shared either directly with members or in group chats. We may be able to share the information by other means such as the fortnightly email. If you would like to request this, please contact chair@epsomallsorts.org.uk outlining your request.

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