

# RUGBY RUNNERS

## Want to join a running group?

Rugby Runners are the road and trail running part of the Rugby and Northampton Athletics Club.

We're introducing two new mixed (male and female) running groups so that we can welcome runners from a wider range of abilities and interests.

**Group 1** For those who can run 5k in 26 to 29 mins (that's about 8:30 min mile to 9:30 min mile pace)

**Group 2** For those who can run 5k in 29 to 34 mins (that's about 9:30 min to 11 min mile pace)

**We'll run two sessions per week for both of the new groups and offer:**

- Friendly and qualified run leaders to lead and support each session
- Two sessions per week, on Tuesday and Thursday evenings
- Planned run routes on roads and trails around Rugby
- Off road field sessions to gently introduce interval training and speed work
- Co-ordinated programme of sessions to help your running development
- A warm and welcoming environment, social activities and target events (if that's what you're interested in, no pressure to compete if you're not).
- Flexibility – you can move between groups depending on how fit you're feeling.

**New groups will start in Rugby on Tuesday 29th June at 6:30pm, meeting outside the Queens Diamond Jubilee Sports Centre.**

We also offer two existing groups for faster runners (one for those comfortable to train at 7 min mile pace, and one for those running 7 min to 8:30 mile pace).

Rugby Runners also includes the Ladies Running Group for women of all abilities from complete novices to experienced runners. Please contact [ladiesrunninggroup@gmail.com](mailto:ladiesrunninggroup@gmail.com) for details

**We aim to create a strong social environment among our groups – enabling members to get more from their running and meet new friends.**

Interested in any of the above?  
All enquiries to [runningenquiry@gmail.com](mailto:runningenquiry@gmail.com)  
or just come along to the sessions.

