

Group	Leader	Tuesday	Thursday	Sunday
Beginners	Pete Hewitt	6:30pm at Clubhouse For those new to running or running for leisure. A very friendly group running at about 10min/mile pace for about 5 miles. Plenty of Mustering so no-one gets left behind.	6:30pm at Clubhouse For those new to running or running for leisure. A very Friendly group running at about 10min/mile pace. Plenty of Mustering so no-one gets left behind.	No run
	Lionel Jones	6:30pm at Clubhouse Slightly quicker pace than Pete's group but very much the same with plenty of mustering back to the slower runners. Normally Start off with Pete's group but may get back sooner or go a little further at about 9½ min/mile pace	6:30pm at Clubhouse As Tuesday	Various Locations A very pleasant run of 7-9 miles meeting at various locations with the emphasis on socialising. Lionel is guaranteed to find mud even in summer. More info: lenjay@btinternet.com or 01782 373181
Intermediate	John Dudley	6:30pm at Clubhouse An improvers group for those runners with more experience able to cover 7-8 miles. Usually about 8½ min/mile pace and again with plenty of mustering back to last runners.	6:30pm at Clubhouse As Tuesday but may be an option to extend the run slightly (if required) to 8 -9 miles	No Run
Improvers	Richard O'Keeffe	6:30pm at Clubhouse More advanced runners looking to improve performance. Usually structured sessions which may be a tempo run, speed work, hill reps, time trial, reps or endurance run. Usually 7 - 7½ m/m pace.	6:30pm at Clubhouse As Tuesday but once a fortnight meet at Northwood Stadium for a track session.	Some members of this group meet at the club on a Sunday Morning at around 9:30am, but not every week. If interested ask at the weeknight runs.
Advanced	Dale Colclough	6:30pm at Clubhouse For those runners running at around 6 min/mile pace. Usually structured sessions for 6-7 miles as above, but maybe just a sustained run of up to 8 miles. Always fast paced	6:30pm at Clubhouse As Tuesday, and again some of this group will meet at Northwood once a fortnight.	No Run Usually racing!!!