

Corby AC Road Running Groups

Group name	Siobhan's group	Total Beginners Group	Comfy cats (Paul, Kenny + others)	Ultra runners (Larry, Brian, Trudi)	Middling moggies (Daz, Brian)	Faster felines group (Claire, Nigel, etc.)	The super fast guys
What distance do they do?	4-5 miles in an hour	3-4 miles	5-6 miles in an hour	8+ miles per session	6-7 miles in an hour	7-8 miles in an hour	
What time do they leave the Club?	6.45	6.45	6.30 pm	6.15	6.30 pm	6.30 pm	19:00:00 hrs
Evenings training	Tuesday and Thursday	Tuesday at Club, two extra sessions if they want	Tuesday and Thursday	Tuesday and Thursday	Tuesday and Thursday	Tuesday and Thursday	Tuesday and Thursday
Weekends training	Yes, from different venues	As they arrange themselves	Yes, mainly from Rockingham Forest Hotel early on Saturday or Sunday – Check for times/ venue /distance	Saturday and Sunday for very long runs	Yes, mainly from Rockingham Forest Hotel early on Saturday or Sunday – Check for times/ venue/ distance	Individual basis – groups may meet up	By discussion on Thursday
Targets	Social, occasional participation in races, aiming to finish	Be able to run 3 miles by end of 8 week course (end FEB)	Recovering from injury, social, occasional participation in races	Comrades Marathon (56 miles) June 2010	Social running, training for races with aim of completion	Improving speed	Racing seriously 5-10km
Race times	Over 2 hours for half marathon	N/A	Around 2 hours half marathon	Around 4 hours for full marathon	1.45 – 2 hours half marathon, also do full marathons and some ultras	3-3.30 full marathons	Sub 40 mins 10km, sub 3 hours full marathons
Other notes	Social and chat	Social, new to running	Very supportive to new runners, allocated person to make sure newcomers are not left behind	Group keeps together	Currently training for London and Shakespeare marathons, 25 th April 2010	If you can't keep up, you will be left behind	Warm up on road, then track speed sessions, cool down on road.

