

## Corby AC Road Running Groups

Group name	What distance do they do?	What time do they leave the Club?	Evenings training	Weekend training	Targets	Race Times	Other notes
<b>Total Beginners</b>	3-4 miles	6.30 pm	Tuesday at Club, two extra sessions if wanted	As they arrange themselves	Be able to run 3 miles by end of 8 week course	N/A	Social, new to running. Next course starts January 2013
<b>Siobhan's group(s)</b>	4-5 miles in an hour	6.45 pm	Tuesday and Thursday, not always from the Club so check!	Yes, from different venues	Social, occasional participation in races, aiming to finish	Over 2 hours for half marathon	Social and chat
<b>Kym's continuation group</b>	3-5 miles in an hour	6.30 pm	Tuesday only. Other evenings by discussion	As they arrange themselves	Gentle jog round shorter events	N/A	Friendly group at comfortable pace
<b>Daz and Co</b>	6-7 miles in hour	6.30 pm	Tuesday and Thursday	Yes, meeting place arranged on Thursday evening	Manchester marathon, April 2012	2 hours +/- 10 mins for ½ mara	Welcome new members. Allocated person so no one is left behind.
<b>Dave's group</b>	7-8 miles in hour	6.30 pm	Tuesday and Thursday	Yes, meeting place arranged on Thursday evening	Grand Prix series throughout summer months	1.45 to 2 hours for ½ marathon	
<b>Really fast group</b>		19:00:00	Tuesday and Thursday	By discussion on Thursday	Racing seriously, 5k and further	Sub 40 mins 10k, sub 3 hours full marathon	Warm up on road, speed sessions on track.

### ROAD RUNNING NOTES

Total beginners training groups organised in January. 8 weeks duration, cost £20, to be organised/ run by Siobhan.

To come up at any other time, a runner really needs to be able to do about 3 miles without stopping and can then be slotted into one of the groups.

All groups are mixed sex.

We have runners racing all distances from 5 km to ultra marathons.

Minimum age for road running is 18 years old.

Our ultras runners are not training at present, but are open to suggestions if anyone wants to come up for a chat.

Total beginners groups mid year can be arranged, if enough interest. Or check the Run England website:  
<http://www.runengland.org/groups.asp?section=93>

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