



GUIDE FOR NEW MEMBERS

Communication:-

Information about Kenilworth Runners can be found on our website www.kenilworthrunners.co.uk. This includes details about committee members, weekly race reports, training, coaching, purchasing running kit from our on-line store, club rules, club records and much more. We also have a Kenilworth Runners Members Facebook page and a Kenilworth Runners public Facebook page. General club information and news is also distributed by the Secretary by e-mail.

Training:-

We offer several training options during each week, where you can run with other club members of a similar ability to help you improve or just if you like running with a group. All sessions are led by our qualified Coaches and Running Leaders.

Mondays: 7pm Youth training sessions at Abbey Fields in the summer and Kenilworth Rugby Club "Cowpatch" under floodlights during the winter.

Tuesdays: Run from the Wardens in Glasshouse Lane 7pm start. Off road footpaths 6 to 8 miles during the summer and a 6 or 8 mile road circuit along well-lit roads in the winter. Several leader led groups based on ability. Hi Viz tops required in the winter.

Wednesday: 7pm track sessions at Edmondscote Track Leamington Spa. Speed repetitions 400m to 1000m. Great to improve your base running speed.

Thursdays:- 7pm as Tuesdays with an option for hill training.

Sundays:- 8am long run (8 – 10 – 13 miles) from the Wardens. Different ability groups.

In addition to the above we also have ad-hoc XC training at Abbey Fields on some Saturday mornings and on Wednesday mornings 9.30am from the War Memorial at Abbey Fields members are invited to join the starter running group affectionately named "Arthur's Allsorts" for a 6 mile run across footpaths in the summer and town footpaths in the winter.

Club Races and Social Events

Throughout the year we have several social events and also a club handicap race series on some Thursday evenings where we choose different locations (such as Balsall Common, Barford, Kenilworth Castle etc.) where you will be placed in one of 3 groups A B or C depending on a handicap we allocate to you based on a recent race or parkrun time and we race each other over distances from 4 to 6 miles mainly on road but sometimes off-road. We then retire to a local hostelry where food is provided free by the club. Nothing serious but a good way to meet other Kenilworth Runners.

External races and Parkruns

Whilst members of Kenilworth Runners do not have to take part in external running events during the year and maybe just want to run socially in a group, we would recommend you do enter races to enjoy the comradeship of being in a team and club at such events. Races are a good way of improving your running speed. See following event list:-