

# West Berkshire Run Together



## About us

We are all very friendly, welcoming, and supportive.

- Suitable for total beginners
- Fun activities in parklands and open spaces
- Challenge yourselves and set new goals
- Qualified Run Leaders and Coaches offer advice, support

## Who can get involved?

Our Running sessions are fully inclusive and are for all from age 12 years old. We currently have regular runners in their 60's and 70's!

## South East Volunteer Group Of The Year 2021!



photo credit: David Hartley



I didn't believe I could run when I started 6 months ago, I'm overweight and had never run ever! I suffer from chronic depression and generalised anxiety and I have found running with the group is having a positive impact on not only my motivation but also my mental health well-being.

**Female runner, Newbury**

# Running Sessions

Day	Name of group	Where	When
Monday	Monday Motivators	Northcroft	5:30pm
Monday	Chieveley Rec Runners	Chiveley Recreation Ground	6:30pm
Tuesday	Racecourse Runners	Nuffield Car Park	7:45pm
Wednesday	College Runners (2 sessions: one route up to 5km and one longer route)	Newbury College	6:00pm
Thursday	Wash Common Warriors ( 1 session, 5 miles or more)	Wash Common Memorial	6:00pm
Thursday	BK Runners	Burger King Car Park	6:00pm
Saturday	Willows (Session of technique and running)	Northcroft	09:00am
Occasional Sunday	Trailblazers	Wash Common Memorial	09:00am

Those sessions with no distance specified are suitable for both beginners and those able to run 5k. Our very experienced Run Leaders will guide and support you to achieve your goals.

All sessions are free to join but we do ask that you register with Run Together first here: <https://groups.runtogether.co.uk/runtogetherwestberks>, you will then be able to sign onto a session.

For more information contact:  
[Sue.Bennett1@westberks.gov.uk](mailto:Sue.Bennett1@westberks.gov.uk)

Or visit us on Facebook:  
[www.facebook.com/groups/WestBerkshireRunTogether](http://www.facebook.com/groups/WestBerkshireRunTogether)

