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, supporand feedback

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!

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

South East Volunteer Group Of The Year 2021!

photo credit: David Hartley

Running Sessions

Day	Name of group	Where	When
Monday	Monday Movers!	The Bowlers Arms	9:30am
Monday	Monday Motivators	Northcroft	5:45pm
Monday	Chieveley Rec Runners	Cheiveley Rec Ground	6:30pm
Tuesday	Racecourse Runners	Nuffield Car Park	7:30pm
Wednesday	College Runners (2 session, 1 up to 5km, 1 session longer route)	Two Watermills Car Park	6:00pm
Thursday	Wash Common Warriors*	The Bowlers Arms (spring/summer) Wash Common Memorial (from Beg Oct)	6:15pm
Thursday	BK Runners	Burger King Car Park	06:00pm
Saturday	The Wanderers (Session of technique and running)	Northcroft	09:00am
Occasional Sunday	Trailblazers	Wash Common Memorial	10:00am
Occasional Sunday	Sunday Social	Cheiveley Rec Ground	9.30am

*Please note this is a 5+ mile session.

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:
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Or visit us on Facebook:
www.facebook.com/groups/
WestBerkshireRunTogether