



About St Neots Riverside Runners

We cater for all levels of runner (beginners, experienced, competitive & social) and welcome men and women of all ages.

We also have a Junior section for children aged 8+.

We welcome all runners; the only thing we ask is that you can run/jog three or four miles without stopping.



Thinking about joining?

We know that trying out a new club can feel a bit daunting - don't worry, we've all been there! You'll always run with people of a similar pace, and no one is left behind. If you're unsure which group is right for you, just ask – we'll help!

What to expect from our runs

- Friendly run leaders to guide you
- Supportive groups at all paces
- Routes shared in advance on CMC app

Our weekly session schedule

Please note, for our Monday and Thursday club runs, you must be able to run/jog 3-4 miles without stopping.

Day	Session Type	Time	Meeting Location	Details & Pace Options
Mon	Club Run (approx 4 miles/7km)	Arrive before 6:15pm. Last pace group leaves at 6:30pm. All back by 7:20-7:30pm	Rowing Club car park	Grouped by pace
Tues	Intervals & Speedwork Structured interval sessions to improve speed.	Arrive at 6:30pm. Finish by 7:30pm.	April to September, Priors Park. October to March, Wintringham	Suitable for all abilities.
Thurs	Club Run (approx 6 miles/10km)	Arrive before 6:15pm. Last pace group leaves at 6:30pm. All back by 7:20-7:30pm	Rowing Club car park	Grouped by pace

Autumn and Winter safety: See and be seen

During autumn and winter months, Hi-Vis/ reflective clothing and headtorches/chest lights are mandatory for evening road runs.

What to expect from our Monday and Thursday club runs

For our Monday and Thursday club runs, we split into different pace groups so everyone runs with people at a similar speed, and no one gets left behind. Staggering the start times means that everyone finishes at a similar time.

Overview of our pacing groups and their departure times.

- **Group 1: 18:15:** Approx 11-12+ m/m or 6:50-7:30min/km)
- **Group 2: 18:20:** Approx 10-11 m/m or 6:12-6:50min/km)
- **Group 3: 18:22:** Approx 9.30-10m/m or 5:54-6:13min/km)
- **Group 4: 18:25:** Approx 9-9.30 m/m or 5:36-5:54 min/km)

- **Group 5: 18:27:** Approx 8.30-9 m/m or 5:17-5:36 min/km)
- **Group 6: 18:30:** Sub 8.30m/m or 5:17 min/km)

The route for our Monday and Thursday runs will be available on CMC, our club app. If you connect your watch to the app, you can download the route.



Tuesday speedwork

Speedwork might sound intimidating, but it isn't! There's a warm-up followed by a session usually involving running a few timed intervals, with recovery time in between. You complete the number of reps that you feel you can do. Everyone runs as part of a group, with re-grouping in between. These sessions are held at Priory Park during the lighter/warmer evenings (April - September) and are held at Wintringham (October - March) during the darker evenings.



Come and try us out!

You'd be very welcome to come along, run with us, and find out whether we're the right club for you.

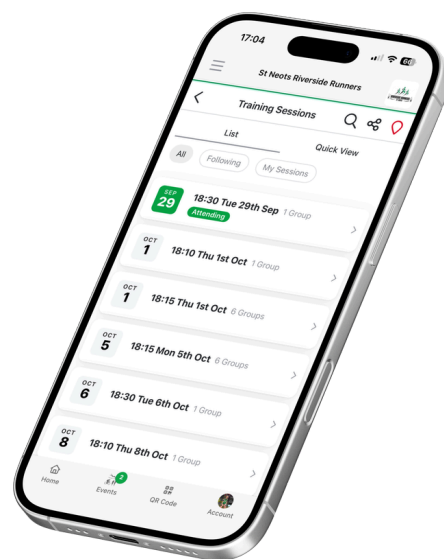
We offer 3 trial runs over a period of 4 weeks before inviting you to pay our membership fee (currently £53 for England Athletics Affiliated, or £30 for Unaffiliated).

Sign up for trial membership

Please [complete this sign-up form](#). It will ask you to insert a club code: **123469f7**. Now download our running club's membership app – *ConnectMyClub* – from either the [App Store](#) or [Google Play](#).

Booking a session from the CMC app

- Go to **Training** > Pick a session (Mon/Tues/Thurs).
- You will now see more information about the run, including the Pacing Groups and the name of the Run Leader.
- Scroll down and find the Pacing Group you want to join. Tap “I’m in” to book your place in that pacing group.
- If you change your mind or are no longer able to join, tap “I’m out” to remove yourself from the session.



Arriving at your trial session

Please arrive in plenty of time, as the Run Leader may be leaving with Group 1. The app is a relatively new feature for our club, so it would be helpful if you could also send an email to membership@riverside-runners.com ahead of your trial session to let us know that you are planning to come. We will then let the Run Leader know to expect you.

Joining after trial membership

As you near the end of your 4 week/3 session trial, you will receive an email inviting you to go ahead and join. If you do wish to join, please click 'Update Membership' at the top of the CMC Welcome screen and complete the application form.

Currently, membership payments are still taken via our website. Once we see your membership form arrive via CMC, we will invite you to pay for membership via our website.

Any questions?

Have a question or need assistance? Don't hesitate to reach out!

- **Membership:** membership@riverside-runners.com
- **General Enquiries:** secretary@riverside-runners.com
- **Welfare Officer:** welfare@riverside-runners.com



We look forward to running with you!

