



Guidelines for Running in a Group

1. Respect your Run Leader and other runners.
2. Pay attention to the Run Leader. Please listen while instructions are being given, rather than chatting with other runners.
3. Please remember that your Run Leader has given up their time and probably prioritised your run over theirs.
4. You are responsible for your own safety. Whilst the Run Leader(s) are responsible for the safe operations of the group, you are still responsible for your own safety and the safety of fellow runners.
5. Inform the Run Leader of any illness or injury concerns you have.
6. Wear hi-viz or make sure you are clearly visible to other road users.
7. Carry health and emergency contact info with you.
8. Be alert when crossing roads - be responsible for your own safety, don't assume it is safe to cross because the person in front has - check for yourself.
9. Allow room for other path/road users.
10. Warn other runners around you of impending hazards, pedestrians, dustbins, low hanging branches, potholes, traffic etc.
11. Notify the Run Leader if you are leaving the run for whatever reason (or if that's not possible, inform another member of the group and ask them to let the Run Leader know).
12. Faster runners should loop back at regular intervals or when requested to by the Run Leader. This is a way to keep a group together to ensure that no-one is left behind. Run Leaders are not being awkward, singling anyone out or making you run further.
13. If you are asked to loop to the back of a group, leave a gap of 10-20 metres after the last runner rather than joining right on their heels, then continue to run at your own pace.
14. It is unfair if, rather than looping, you stop and chat then start running again as soon as the last runner reaches you. You will have had a rest whilst they won't - so gaps are likely to increase further.
15. Choose the appropriate group based on your ability. If you find that you are at the front of the group most weeks, consider moving up a group.
16. If you find yourself at the back of the group most weeks, consider a slower paced group.
17. If you choose to run with a group that is slower than your usual pace, do not run at the front of this group, otherwise your pace will dictate the group and make it harder for others in the group.

- 18.If you want to challenge yourself and think you are ready to try a faster group - go for it!
- 19.Look after the other runners within your group, if someone is struggling make sure that they are not left on their own and inform your Run Leader.

Which Group?

1. The approximate distance and pace in the table below are designed as a guide to help you select the most appropriate group to run with. They are not guarantees of pace/distance for each group. We often run on trails, and there will be hills - both will affect the overall pace and distance completed by each group. Pace/distance covered may also vary depending on the Run Leaders who are available.
2. Please consider which approximate pace you are comfortable running at and that you could sustain for an hour.
3. Please also consider the distances likely to be covered by each group. Some routes may be longer than your usual run. For example, if you are capable and comfortable to run at 10-minute miles, but have never run more than 3.1 miles, you may be more comfortable choosing a group running at a slightly slower pace.

Group	Approx Distance Covered in an Hour	Approx Pace
1	9-9.5 miles 15 km	06:30-7 min/mile 4-04:20 min/km
2	8-8.5 miles 12.5-13.5 km	7-07:30 min/mile 04:20-04:40 min/km
3	7-7.5 miles 11.5-12 km	8-08:30 min/mile 5-05:20 min/km
4	6.5 miles 10.5 km	09:30-10 min/mile 05:50-06:20 min/km
5	5.5-6 miles 8.5-9.5 km	10:30-11 min/mile 06:30-7 min/km
6	4.5-5 miles 7-8km	12-13 min/mile 07:30-08:30 min/km
Run, Walk, Recovery	4 miles 6.5 km	15 min/mile 9 min/km