

FAQs

I'd like to come along and give it a try; can I just turn up?

Absolutely! Just come along and give us a try. Have a look at our training schedule to see which run you might like to join in with -

<https://www.littledownharriers.co.uk/sessions-g-sheet/>

How fast do I have to be / how far do I have to be able to run to join?

- To join the general Club sessions, we advise that you are able to run 5 miles comfortably at around 11 minutes per mile.
- The Couch to 5k group is suitable for complete beginners to running.
- The improvers group is for people who can run 5k (3 miles) at any pace and would like to progress to being able to run 10k (6 miles approx.)

Where do you meet and what time are the runs?

We meet for our main Club runs on Tuesday and Thursday evenings for a 7pm start. Runs start from the Littledown Centre, Chaseside, Bournemouth BH7 7DX and we meet in the corridor downstairs by the swimming pool changing rooms. There is no need to sign in at the centre, just head straight downstairs.

Is parking free at the Littledown Centre?

Yes, parking is free. (And lockers take £1 coins, which are refunded!)

Do I have to start in the beginners group?

Not at all - if you are able to run 5 miles at approx 11 minutes per mile pace, then you will be able to join in with the main sessions so feel free to come along and join us!

How long do the sessions take?

It all depends on the distance of the run you wish to join in with, but most groups are back at the centre between 8pm-8.30pm.

What should I wear for the runs?

Comfortable clothes to run in and suitable trainers. In the summer, please bring a bottle of water and in winter please wear high-vis clothing and a head torch is also recommended. If you have any important medication, such as an inhaler, please also ensure you have that with you too.

How much does membership cost?

New runners can come along and try us out for free for a maximum of 6 sessions, after which membership will be due. There are a range of membership options offering affiliation with England Athletics if you are interested in racing, too. Membership starts from £20 for the year.

I'm a new member, where do I collect my Club vest from?

If you choose to include England Athletics affiliation then your membership fee will include a Club vest. Once you have paid, you can collect your vest on a Club night from the Memberships Secretary who will be around before most runs and in the bar afterwards.