



*a pace for everyone!*

## **A very warm welcome to Budleigh Runners!**

We are a friendly running club, formed in October 2019. Since that inaugural run from Lime Kiln, we have grown into a passionate and enthusiastic club full of our fantastic members and our brilliant run leaders and committee. All have a passion for exploring the outdoors and creating an inclusive running group to support anyone with a desire to start or continue their running journey.

We try to have something for everyone, from beginners to more advanced runners; anyone from ultra-runners to those wishing to take it a little easier. We all support each other to get out there and increase our health, fitness and sense of well-being whilst having loads of fun, and to achieve our goals! Our main club night on Monday evenings offers a 5k run with a range of groups organised around pace and a popular Run/Walk group.

We meet at various locations in and around Budleigh where we can explore and enjoy our stunning area of Outstanding Natural Beauty.

### **Regular Club Runs**

Our regular club runs are led by experienced run leaders. Running in small groups at differing paces, you can be assured that no one ever runs alone or gets left behind.

Mondays 6pm	5k and Run/Walk groups
Wednesdays 6pm	10k Run (Meet at Public Hall)
Friday 9.30am	5k Social Run followed by coffee at Welsey's (Methodist Church)
Sundays 9am	5km trail run on Woodbury Common

### **Additional Runs**

At regular intervals or on an ad hoc basis we have additional trail and road runs. These are communicated via our weekly newsletter which is emailed to all members. You are very welcome to join us for three runs before joining Budleigh Runners. All that we ask is that you email us so we can take your name, phone number and emergency contact details in advance, so that the run leader knows to expect you and can keep you safe. Email us with the subject "Trial Run" to get started.

### **Communication**

Do contact us for more information!

Email: [budleighrunners@gmail.com](mailto:budleighrunners@gmail.com)

Website: [budleighrunners.co.uk](http://budleighrunners.co.uk)

Facebook: 'Budleigh Runners!'

We will endeavour to reply to any emails within 48 hours.



*a pace for everyone!*

## Members Newsletter

Emailed weekly: this is an update on everything to do with the Club, from the meet details, to club kit and with a reflective and motivational piece of writing to set you up for the week.

**Budleigh Runners are a Charitable Incorporated Organisation (CIO) affiliated and insured with the Association of Running Clubs.**