We welcome everyone from beginners to seasoned marathon runners. Nothing beats the endorphin rush after a run and the joy of meeting like minded people with a common interest. So what's stopping you… come and join the fun!

Those who are new to running will find themselves in good company at their local run club. Many clubs offer a few different pace groups to make sure every member has the opportunity to run with someone. As a beginner, running clubs can also help you stay consistent with your training.

One of the unparalleled advantages of joining a running club lies in the access to dedicated coached sessions. It's not just about running together; it's about running with purpose, under the guidance of a qualified coach who becomes your beacon of expertise,

Running with a group, both large or small, can be a very effective training tool. Having some running buddies can help increase your motivation (you’re less likely to bail on a run when you’re planning to meet people!), and it can make running a social experience. [Studies show](https://www.tandfonline.com/doi/full/10.1080/02614367.2019.1698647) that runners who are part of a group or a club feel supported both during and outside of the run, and participants also report creating meaningful friendships within the larger running group.