



Welcome to Nailsea Running Club. We welcome runners of all abilities and ages to run with us. We meet Tuesday and Thursday evenings running at 7pm from the Nailsea and Backwell Rugby Club and Sunday mornings at 8.30am.

Tuesday night we have a track session with club coach Paul House or a one-hour run. Thursday night is a one-hour run. During the summer months as light permits we run off-road routes and/or around the lanes and during the winter we run around the street-lit roads. The Sunday runs are a longer 1½-hour off-road run, summer or winter.

The distance of our run depends on your speed, we operate a segmented running system where the faster runners will turn around at pre-determined points and run back past the slowest runner to re-join the run, this way no runner is ever left behind and every runner should get the chance to run at the front. A basic one-hour run should cover about 5 miles with faster runners covering 6+ miles. Tuesdays and Thursdays we return to the Rugby Club where hot showers and refreshments are available. We pride ourselves on being one of the friendliest and sociable clubs in the South West where everyone is welcome regardless of their ability, so join us after the runs for a drink, a chat, plan which races to enter or just listen to stories from our 'silverbacks' about when they used to run...

A committee of volunteers headed by our club Chairman runs the club. This committee is open to anyone to join at the annual AGM.

We organise three of our own races throughout the year: The Ironwood Challenge, The Nailsea Festival 10K and The Tyntesfield 10k. We ask all members to assist on race day with marshalling etc. Donations from the profits from these races are made to local charities.

Come along and give it a go and if after a couple of weeks you think you'd like to join then go to the link on the club website and fill out the application details (we have a web-based membership system), the cost is £15 (or £30 if you wish to also purchase a club running vest or t-shirt).

Benefits of membership include discounted race entry, 10% discount at Bristol running shops, use of Rugby Club facilities, including free hot showers, changing, parking and use of the bar, entry into NRC in-house league, coaching sessions, various subsidised social events throughout the year. If you're not careful you may even enjoy yourself!

It may sound daunting to some people to join a running club, but we all remember how it felt when we started so we promise to be supportive and never leave you behind. We run together as a club!

For more information find us on Facebook as Nailsea Running Club group or online at: www.nailsearunningclub.org.uk