

**\*\*Update - New Club Training Procedures\*\***

Hi All,

To navigate through the current high numbers of Covid-19 within the community, the Club Committee has decided to limit the numbers of runners attending weekly training sessions. **This is effective from Monday 14th December 2020 onwards.**

Details as follows:

**Monday**

- **C25K progression Group** - 6:00pm - (*this Group will run until end of Jan-21*).
  - **Group 1** - 6:45pm - meet at 6:30pm for start at 6:45pm.
  - **Group 2** - 7:05pm - meet at 6:50pm for start at 7:05pm.

Notes:

- Group 1 & 2 will run the same route.
- Group 1 please aim to start at 6:45pm to avoid high numbers at the LC.

**Wednesday**

- **Group 1** - 6:45pm - meet at 6:30pm for start at 6:45pm
- **Group 2** - 7:05pm - meet at 6:50pm for start at 7:05pm

Notes:

- Different interval sessions will be advised to each group at alternative locations.

**Guidance**

- All groups will be capped at maximum of 20 (*this is subject to ongoing review*).
  - Please use **Spond** to confirm attendance in a Group.
  - If you then have to make a change please update Spond.
  - if you are not able to make training please decline on Spond.
- Both Groups will try to offer different pacing option but this may be reduced due to smaller group sizes.
  - Please message either the Club Captains; Dave J; or Michael if you need any guidance on the best weekly Group to join.
  - Please can we just ask for your help to help ensure we don't have anyone running on their own.
- New members will be advised by the committee which group to join on case-by-case basis.
- C25K Graduates should seek guidance from Run Leaders / Michael on best group to join.

We appreciate this is not ideal and we will seek to revert back to normal operating procedures as soon as it is safe to do so.

Thanks for your support and understanding, if you have any questions please reach out to one of the Committee Members or myself.

Best regards,

Dave J  
Club Chairman