

## Tuesday Club Run Briefing

### **To take place at 7.10pm prior to any of the run groups setting off at 7.15pm**

- Tonights routes are:
  - 10km – route name – indicate if there are any known issues on the route.
  - 5km – route name – indicate if there are any known issues on the route.
  
- Tonights backmarkers are:
  - 10km –name backmarker
  - 5km – name backmarker
  
- Please make sure you know who is in your running pace group.
  
- Tonights run IS NOT a race it is a training run.
  
- Groups will be set off at 2-minute intervals – this is to ensure that the majority of runners return at about the same time and that we do not have large groups taking up pavement space and causing issues for other users.
  
- All members of each pace group should ensure they stay at the pace they have indicated and should stay together – do not leave anyone behind, especially important where the route course changes direction.
  
- If you find the pace is too quick, then you can regroup into a slower paced group as you meet/pass them on route – please make sure your original pace group is aware you are doing this.
  
- Please ensure that if anyone has a fall or medical issue during the run that this is reported to one of the welfare officers (if present) or a club committee member as these need to be recorded. If the matter is an emergency please call 999 at the time and report as soon as is possible.
  
- Enjoy your run – set off 5k group and backmarker group at 7.15pm then remainder at 2-minute intervals.

