Brough Park Running Club

Our Couch to 5K 3rd anniversary, complete with cakes and celebrations, is getting nearer - Saturday the 15th September 2018.

We will be holding an additional, Killer 10K challenge for those hardy enough to take the tough route on, in addition to the regular 5 distances; all commencing at 9am.

The 10K will be held over the same course as it has followed on previous occasions, with marshals at the most strategic points.

There is no separate registration, just the need to declare your intentions to an official before the off.

However, we require 5 or so volunteers to marshal the route; they will be able to set themselves down on a park bench or seat, if they so wish, as they wait for and guide the entrants along the additional loops in the regular course, and wait for the rear-guard to pass that position, after the 3rd lap.

Furthermore, for anyone, especially those entrants that don’t know the route, there will be a guided tour/training session on Thursday 6th, at 6pm. Meet outside the leisure centre, after which a slow paced leader will guide the newbies around, at least the first lap.

Others, who know the route can go ahead and anyone can drop out after a lap or two; feel free to time yourselves.

BPRC

Pic' A quartet of jubilant finishers of a previous 10K.

If they can do it, so could you?