

# AW

# CLUB DIRECTORY



IN ASSOCIATION WITH  
**Simplyhealth**



**DETAILS OF EVERY UK AFFILIATED CLUB**  
**WHY JOINING A CLUB BRINGS BIG BENEFITS**  
**PLUS THE ELITES WHO LOVE THEIR CLUBS**

# TIME TO CLUB TOGETHER

JO PAVEY perhaps puts it best. "It enriches your life," says the five-time Olympian when asked about being involved with a club throughout her long and varied athletics career.

It's an old truism that you get out of this sport what you put in – and there are so many rewarding aspects to putting yourself right at the heart of athletics.

The gateway to opportunity, inspiration and improvement lies, of course, through the club system, which

is still what makes the athletics world go round in this country.

If you're not involved with a club yet, or are perhaps assessing your options, this Club Directory contains listings of every single one affiliated in the UK at the time of going to press.

We've included contact details too so what are you waiting for? Perhaps it's time to join the club and see where it takes you.

**Euan Crumley, Editorial Director**



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DAVID HEWITSON

# 5 REASONS TO JOIN A CLUB

From meeting new people to improving your performance or even taking on a volunteer role, it's a good idea to get involved

## MAKE NEW FRIENDS AND TRAINING PARTNERS

Training on your own is a difficult thing to do but, by joining an athletics club, you will suddenly be surrounded by like-minded individuals sharing similar goals.

Not only will you be presented with the opportunity to widen your social circle – you'll hear many elite athletes regularly make reference to the strong, lifelong friendships they made as youngsters at their clubs – but also the chance to bounce training ideas and racing plans off a

support network ready to help you every step of the way.

## VARY YOUR TRAINING

Most athletics clubs will have coaches available – and they are there to help you improve, whatever your chosen discipline might be.

Becoming a member will open up a whole new world of training possibilities that would previously have been untapped.

## STEP THINGS UP

It is a simple fact of human nature

– you will tend to willingly push yourself harder in a group training session or environment than you would on your own.

Consistent training is the path to improvement and the quality of your runs, jumps or throws will undoubtedly increase by joining an athletics club.

Should you be looking to get more competitive, then a race or event setting is where those improvements will really start to show themselves. It's also true that, with fellow club members

supporting your journey, you will want to impress – and perhaps start to achieve things you never previously thought possible.

## WIDEN YOUR RACING HORIZONS

As well as the road racing options open to anyone willing to lace up a pair of running shoes, joining an athletics club will give you the chance to compete in track and field disciplines, as well as cross country and team relay events.

## WIDEN YOUR SKILLSET AND VOLUNTEER

You don't just have to get involved when it comes to paying your subs and joining in with sessions – athletics clubs all have a wide variety of volunteer roles which need to be filled.

Whether you would like to try your hand at being a treasurer, organise club events, become a media manager or even take the first steps in becoming a coach, you can contribute in a number of ways to the future of athletics.



PEKELS

# WHAT DOES IT TAKE TO BE UNSTOPPABLE?

Fitness cover from Simplyhealth can keep you on track

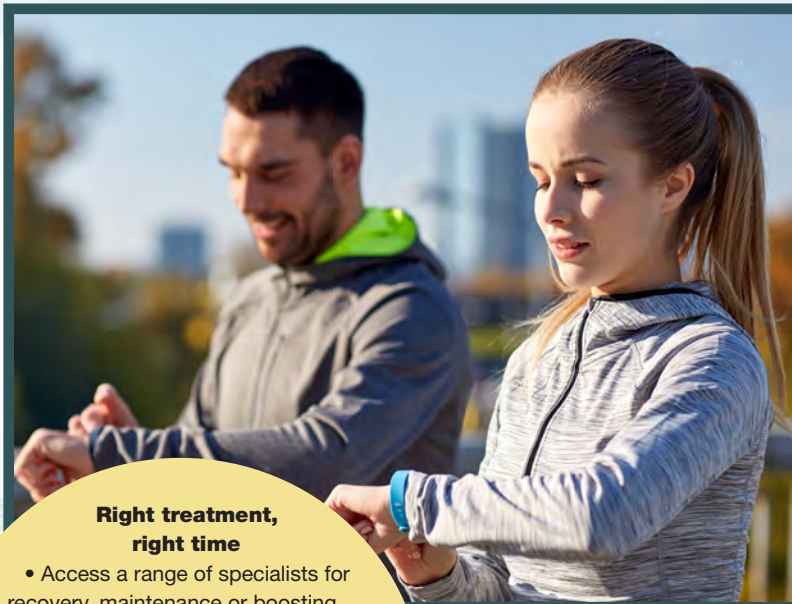
**C**lub athletes know better than most just how important it is to look after themselves when it comes to achieving their goals.

Fitness is a balancing act – where working towards those targets means listening to your body, paying attention to any warning signs and investing in the right treatment at the right time.

That's why Simplyhealth created Active Plan: monthly fitness cover to keep you at your peak – so you can stay motivated, train harder and achieve more.

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athleticsweekly or  
call 0330 102 5462

(Mon to Fri: 9am to 8pm, Sat: 9am to 2pm)

# CLUBS IN ENGLAND

## REGION: EAST

### BEDFORDSHIRE

**Amphill & Flitwick Flyers RC**  
affrunningclub.org.uk  
**Bedford & County AC**  
bedfordandcountyac.org.uk  
**Bedford Harriers AC**  
bedfordharriers.co.uk  
**Biggleswade AC**  
biggleswadeac.org.uk  
**Boxfit Tri**  
boxfit.org.uk  
**Dunstable RRC**  
dunstableroadrunners.org  
**Leighton Buzzard Athletic Club**  
leightonbuzzardac.co.uk  
**Leighton Buzzard Triathlon Club**  
lbtri.uk  
**Leighton Fun Runners**  
leightonfunrunners.org.uk

### LUTON ATHLETIC CLUB

– Friendly track and field club  
– Takes part in senior and junior leagues on the track and Chiltern league cross country  
– Fully certified track covering all disciplines  
– Good coaches and national level officials  
[lutonac.co.uk](http://lutonac.co.uk)



**Redway Runners**  
redwayrunners.com  
**RSPB Staff Association RC**  
onerace.com/club/1070/RSPB-Staff-Association-RC  
**Stopsley Striders**  
stopsleystriders.org.uk

### CAMBRIDGESHIRE

**AM Activ Race Team**  
amactiv.co.uk  
**Bodmode Running Club**  
bodmoderunningclub.co.uk  
**BRJ Run and Tri Club**  
brjrunandtri.org  
**Bushfield Joggers**  
bushfieldjoggers.co.uk  
**Cambourne Women Runners**  
Facebook: @cambournewomenrunners

## AFFILIATED TO



**Cambridge & Coleridge AC**  
cambridgeandcoleridge.org.uk  
**Cambridge Runners**  
cambridgerunning.org  
**Cambridge Triathlon Club**  
cambridgetriathlonclub.com  
**Cambridge University AC**  
cuac.org.uk  
**Cambridge University Hare and Hounds Club**  
cuhh.soc.srcl.net  
**Ely Runners**  
elyrunners.co.uk  
**Ely Tri Club**  
elytriclub.co.uk

**Eye Community Runners**  
eyerunners.co.uk  
**Fen Edge Runners**  
fenedge.runners.org.uk  
**Helpston Harriers AC**  
helpstonharriers.com  
**Histon & Impington Runners**  
Facebook: @hisandimpsrunners  
**Huntingdonshire AC**  
huntsac.org.uk  
**Longstanton Limpers**  
Facebook: @longstantonlimpers  
**March AC**  
marchac.co.uk  
**Meridian Tri Club**  
meridiantriclub.co.uk  
**Muddy Mucky Munkeys**  
englandathletics.org  
**Nene Valley Harriers**  
nvh.org  
**Newmarket Cycling & Triathlon Club**  
newmarketcyclingtriathlon.co.uk  
**Peterborough AC**  
peterborough-ac.org.uk  
**Ramsey Road Runners**  
ramseyroadrunners.org.uk  
**Sawtry Walk to Run**  
sawtrywalktorun.co.uk  
**St Neots Riverside Runners**  
riverside-runners.com

**Thomas Cook RRC**  
englandathletics.org  
**Thorney RC**  
thorneyrunningclub.co.uk  
**Werrington Joggers**  
werringtonjoggers.co.uk  
**Whittlesey Triathlon Club**  
witri-club.co.uk  
**Yaxley Runners & Joggers**  
yaxleyrunners.org.uk

### ESSEX

**Barking Road Runners**  
barkingroadrunners.org.uk  
**Basildon AC**  
basildonathleticsclub.com  
**Benfleet RC**  
benfleetrunningclub.com  
**Billericay Striders**  
billericaystriders.com  
**Bishops Stortford RC**  
bsrc.org.uk  
**Boxted Runners**  
boxtedrunners.co.uk  
**Braintree & District AC**  
braintreeanddistrictac.co.uk  
**Brentwood Running Club**  
brentwoodrunningclub.org.uk  
**Browning Fellowship Fun Runners**  
englandathletics.org  
**Castle Point Joggers**  
castlepointjoggers.co.uk  
**Chelmsford AC**  
chelmsfordathleticsclub.hitsports.com  
**Colchester & Tending AC**  
cat-ac.co.uk  
**Colchester Harriers AC**  
colchesterharriers.co.uk  
**Dagenham 88 Runners**  
dagenham88runners.com  
**Dengie 100 Runners**  
d100.co.uk  
**East Essex Triathlon Club**  
east-essex-tri-club.co.uk  
**East London Runners**  
eastlondonrunners.org.uk  
**Eastern Masters AC**  
evac.org.uk  
**Essex Police AC**  
englandathletics.org  
**Grange Farm & Dunmow Runners**  
grangefarmdunmowrunners.co.uk

**Great Bentley Running Club**  
gbrc.co.uk  
**Halstead RRC**  
halsteadroadrunners.co.uk  
**Harlow AC**  
harlowac.co.uk  
**Harlow RC**  
thehrc.org.uk  
**Harold Wood Running Club**  
haroldwoodrunning.club  
**Harwich Runners**  
harwichrunners.co.uk  
**Haveing '90 Joggers**  
h90j.org.uk  
**Haveing AC**  
haveing-mayesbrook.org  
**Hockley Trail Runners**  
hockleytrailrunners.co.uk  
**Ilford AC**  
ilfordathleticclub.co.uk  
**Jogging Made Easy**  
joggingmadeeasy.co.uk  
**Kingswood Running Club**  
clubkingswood.co.uk/classes/running-club  
**Leigh on Sea Striders**  
losstriders.org  
**Little Baddow Ridge Runners**  
littlebaddowridgerunners.org.uk  
**Loughton AC**  
loughtonac.org.uk  
**Mid Essex Casuals**  
midessexcasuals.org.uk  
**Orion Harriers**  
orionharriers.com  
**Phoenix Striders**  
phoenixstriders.org.uk  
**Pitsea RC**  
pitsearunningclub.org.uk  
**RED (Rochford Endurance & Distance) Runners**  
Twitter: @RedRunners\_  
**Rochford Running Club**  
rochfordrunningclub.org.uk  
**Running Colchester**  
facebook.com/groups/runningcolchester  
**Saffron Striders**  
saffronstriders.org.uk  
**South Woodham RC**  
Facebook: @woodhamrunners  
**Southend On Sea AC**  
southend-on-sea-athletic-club.co.uk  
**Southern Counties Veterans AC**  
scvac.org.uk  
**Springfield Striders RC**  
springfieldstriders.org.uk

**Thurrock Harriers**  
thurrockharriersac.com  
**Tiptree Road Runners**  
tiptreeroadrunners.com  
**Tri Sport Epping**  
trisporteppping.co.uk  
**Walden Tri**  
waldentri.co.uk  
**Witham RC**  
withamrc.org.uk  
**Woodford Green AC with Essex Ladies**  
wgel.org.uk

### HERTFORDSHIRE

**Barnet & District AC**  
barnetadac.com  
**Broxbourne Runners**  
broxbournerunners.wordpress.com  
**Dacorum & Tring AC**  
dacorumandtringac.org.uk  
**Fairlands Valley Spartans**  
fvspartans.org.uk  
**Gade Valley Harriers**  
gadevalleyharriers.co.uk  
**Garden City Runners**  
gardencityrunners.org.uk  
**Harpندن Arrows**  
harpندنarrows.co.uk  
**Herts Phoenix AC**  
hertsphoenix.com  
**JP Morgan RC**  
englandathletics.org  
**North Herts Road Runners**  
nhrr.org.uk  
**Oh Ladies Running Club**  
ohladies.co.uk  
**Royston Runners**  
roystonrunners.co.uk  
**St Albans AC**  
stalbins-athletics.org.uk  
**St Albans Striders**  
stalbinsstriders.com  
**Stevenage & North Herts AC**  
snhac.org.uk  
**Team Trident**  
teamtrident.club  
**The HAWCS**  
thehawcs.co.uk  
**Tring RC**  
tringrunningclub.org.uk  
**Ware Joggers**  
ware-joggers.co.uk  
**Watford Harriers**  
watfordharriers.org.uk  
**Watford Joggers**  
watfordjoggers.org.uk

**Watford Running Sisters**  
watfordrunningsisters.org.uk  
**Wheathampstead Warriors**  
wheathampsteadwarriors.wordpress.com

### NORFOLK

**Attleborough Athletics Academy**  
attleboroughathletics.co.uk  
**Bure Valley Harriers**  
burevalleyharriers.com  
**Coltishall Jaguars RC**  
coltishalljaguars.co.uk  
**Dereham Runners & AC**  
derehamrunners.co.uk  
**Diss and District AC**  
dissanddistrictathleticsclub.co.uk  
**Fenland Running Club**  
fenlandrunningclub.co.uk  
**Great Yarmouth & District AC**  
gydac.co.uk  
**Great Yarmouth Road Runners**  
gyrr.co.uk  
**Harling Athletic Club**  
harlingac.com  
**Norfolk Gazelles AC**  
norfolkgazelles.co.uk  
**Norfolk Harriers RC**  
northnorfolkharriers.co.uk  
**North Norfolk Beach Runners**  
nnbr.co.uk  
**North Norfolk Harriers Athletics Club**  
theharriers.com  
**Norwich Road Runners**  
norwichroadrunners.com  
**Reephams Runners**  
reephamsrunners.co.uk  
**Runners-Next-the-Sea**  
rnst.co.uk  
**Ryston Runners**  
rystonrunners.org.uk  
**Thetford AC**  
thetford-ac.co.uk  
**Three Counties Running Club**  
threecountiesrc.org  
**Tri-Anglia Triathlon Club**  
tri-anglia.co.uk  
**West Norfolk AC**  
westnorfolkac.co.uk  
**Wymondham AC**  
wymondhamac.org.uk

### SUFFOLK

**Beccles & Bungay Harriers**  
becclesandbungayharriers.org.uk  
**Beccles Triathlon Club**  
becclestriclub.com

**Bildeston Bounders AC**  
englandathletics.org

**Brandon Fern Hoppers**  
bfh.org.uk

**Bungay Black Dog RC**  
bungayblackdogrunningclub.co.uk

**Capel Cheetahs**  
capelcheetahs.co.uk

**City Of Norwich AC**  
conac.org.uk

**Felixstowe RRC**  
frr.org.uk

**Framlingham Flyers**  
framflyers.org.uk

**Hadleigh Hares AC**  
hadleighhares.co.uk

**Haverhill Running Club**  
haverhillrunningclub.com

**Ipswich Harriers**  
ipswich-harriers.co.uk

**Ipswich Jaffa RC**  
ipswichjaffa.org.uk

**Ipswich Triathlon Club**  
ipswich-tri.org

**Lowestoft Road Runners**  
lowestoftroadrunners.co.uk

**Newmarket Joggers**  
newmarketjoggers.co.uk

**Orwell Panthers AC**  
orwellpanthers.co.uk

**Red Lodge Running Club**  
redlodgerunners.co.uk

**Saint Edmund Pacers**  
pacers.org.uk

**Saxmundham Sports Running & Fitness Club**  
thesaxons.org.uk

**Stowmarket Striders RC**  
stowmarketstriders.org.uk

**Sudbury Joggers**  
sudburyjoggers.org.uk

**Suffolk Trail Runners**  
suffolktrailrunners.org.uk

**TRISudbury**  
trisudbury.com

**Waveney Valley AC**  
waveneyvalley.org

**West Suffolk AC**  
westsuffolkac.com

**Woodbridge Shufflers RC**  
woodbridgeshufflers.org.uk

**EAST MIDLANDS**

**DERBYSHIRE**  
**Amber Valley and Erewash Athletic Club**  
aveac.org.uk

**Ashbourne Running Club**  
ashbournerrunningclub.org.uk

**Belper Harriers**  
belperharriers.wordpress.com

**Belper Ten Twenty Triathlon Club**  
belpertentwenty.wordpress.com

**Buxton AC**  
buxtonac.org.uk

**Chesapeake Road Runners**  
chesapeakeroadrunnersderby.co.uk

**Chesterfield & District AC**  
chesterfieldac.co.uk

**Clowne Road Runners Club**  
clowneroadrunners.org

**Derby Athletic Club**  
derbyathletic.club

**Derby Triathlon Club**  
derbytriathlonclub.co.uk

**Derbyshire Dynamos**  
derbyshiredynamos.co.uk

**Derwent Runners (Derby)**  
derwentrunners.co.uk

**Glossopdale Harriers**  
glossopdaleharriers.wordpress.com

**Goyt Valley Striders**  
goytvalleystriders.org.uk

**Heanor Running Club**  
heanorrunningclub.com

**High Peak Athletic Club**  
highpeakac.com

**HUUB Sports Academy**  
huubdesign.com/pages/huub-academy

**Ilkeston Running Club**  
ilkestonrunningclub.co.uk

**Matlock Athletic Club**  
matlockac.org.uk

**Mickleover Running Club**  
mickleoverrunningclub.co.uk

**Milltown Milers**  
milltownmilers.simplesite.com

**North Derbyshire RC**  
northderbyshirerc.jimdo.com

**Pennine Fell Runners**  
penninefellrunners.co.uk

**Ripley Running Club**  
ripleyrunningclub.com

**Rolls Royce Harriers**  
rollsroyceharriers.com

**Shelton Striders**  
sheltonstriders.org.uk

**Sinfin Running Club**  
sinfinrunningclub.org

**Smalley Road Runners**  
smalleyroadrunners.co.uk

**South Derbyshire Road Runners**  
sdr.co.uk

**Start2Jog**

start2jog.co.uk

**Team Derby Runner**  
teamderbyrunner.co.uk

**Thunder Runners**  
thunderrunners.co.uk

**Tideswell Running Club**  
tideswellrunningclub.co.uk

**UKnetrunner.co.UK**  
uknetrunner.co.uk

**Wilne Runners**  
runners.wilne.co.uk

**Wingerworth Wobblers**  
wingerworthwobblers.co.uk

**LEICESTERSHIRE**

**Barrow Runners**  
barrowrunners.co.uk

**Beaumont RC**  
beaumontrc.co.uk

**Birstall RC**  
birstallrc.org.uk

**Charnwood AC**  
charnwoodac.co.uk

**Coalville Triathlon Club**  
coalvilletriathlon.org

**Desford Striders**  
desfordstriders.co.uk

**Fleckney & Kibworth Athletics Club**  
fleckneyandkibworthrunners.co.uk

**Harborough AC**  
harboroughac.co.uk

**Hermitage Harriers**  
hermitage-harriers.co.uk

**Hinckley Running Club**  
hinckleyrunningclub.com

**Huncote Harriers**  
huncoteharriersac.org.uk

**Ivanhoe Robins Junior Athletics Club**  
ivanhoerobins.weebly.com

**Ivanhoe Runners**  
ivanhoerunners.co.uk

**Leicester Coritanian AC**  
leicestercoritanian.org.uk

**Leicester Triathlon Club**  
leicestertriathlonclub.co.uk

**Leicester Walking Club**  
leicesterwalkingclub.org.uk

**Loughborough Students AC**  
loughboroughsport.com/au-athletics

**Owls AC**  
owlsac.org.uk

**Poplar Running Club**  
poplar-rc.co.uk

**Race Hub**  
racehub.co.uk

**Roadhoggs Leicester AC**  
roadhoggs.org.uk

**Rutland Athletic Club**  
lrsport.org/directory/rutland-athletic-club

**Rutland Running & Triathlon Club**  
rutlandrunandtri.co.uk

**Saffron Athletics Club**  
saffronac.co.uk

**Shepshed Running Club**  
shepshedrc.org.uk

**Stilton Striders**  
stiltonstriders.co.uk

**Team Anstey Amblers and Runners**  
teamanstey.co.uk

**University of Leicester Running & Athletics Club**  
uolathletics.wix.com/uolrac

**West End Runners**  
westendrunners.co.uk

**Wigston Phoenix RC**  
wigstonphoenixrc.co.uk

**Wreake & Soar Valley**  
wreakeandsoarvalleyathletics.club

**Wreake Runners**  
wreakerunners.co.uk

**Wymeswold RC**  
wymeswold.com/organisations-and-businesses/running-club

**LINCOLNSHIRE**

**Belvoir Triathlon Club**  
belvoirtriathlon.co.uk

**Boston & District AC**  
bostonanddistrict.com

**Boston Triathlon Club**  
bostontriathlon.co.uk

**Bourne Town Harriers**  
bournetownharriers.org

**Caistor Running Club**  
caistorrunningclub.com

**Gainsborough & Morton Striders**  
gainsboroughrunningclub.co.uk

**Grantham AC**  
granthamac.com

**Grantham Running Club**  
granthamrunningclub.co.uk

**Halmer Harriers**  
halmerharriers.co.uk

**Hurricane Striders**  
hurricanesports.co.uk

**Lakeside Lincoln Running Club**  
lakesidelincolnrunningclub.wordpress.com

**Lincoln & District Runners**  
lincolnidistrictrunners.co.uk

**Lincoln Wellington Athletic Club**  
lwac.org.uk

**Lincs Ladies Running Club**  
facebook.com/groups/LincsLadiesRunningFitness

**Lincsqad**  
lincsqad.co.uk

**Louth AC**  
louth-ac.org.uk

**Louth Triathlon Club**  
louthtriathlon.co.uk

**Mablethorpe Running Club**  
mablethorperunningclub.org.uk

**Skegness & District Running Club**  
sadr.co.uk

**Skegness Coasters**  
skegnesscoasters.org.uk

**Skegness Triathlon Club**  
skegnesstri.co.uk

**Sleaford Striders AC**  
sleafordstriders.org

**Sleaford Town Runners**  
sleafordtownrunners.co.uk

**Stamford Striders**  
stamfordstriders.org

**Tri3 Sleaford Triathlon Club**  
tri3sleaford.co.uk

**University of Lincoln Athletics & Cross Country Club**  
lwac.org.uk

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englandathletics.org  
**Witham Runners (Lincolnshire)**  
withamrunners.co.uk

**NORTHAMPTONSHIRE**

**Brackley and District RC**  
brackleyrunningclub.co.uk  
**Corby AC**  
corbyac.co.uk  
**Daventry AAC**  
daventryaac.com  
**Daventry Road Runners**  
daventryroadrunners.co.uk  
**Desborough & Rothwell Running Club**  
dandrrc.weebly.com/  
**Desborough RAPID Running Club**  
desboroughrapidrunningclub.epageuk.com  
**Higham Harriers**  
highamharriers.co.uk  
**Human Energy AC**  
humanenergy.co.uk  
**Kettering Town Harriers**  
ktharriers.com  
**Northampton Road Runners**  
northamptonroadrunners.co.uk  
**Northants Police Athletic Section**  
policesportuk.com  
**Notts Women Runners**  
nottswr.com  
**PACTRAC**  
pactrac.co.uk  
**Rugby & Northampton AC**  
randnac.org  
**She Can... Run Kettering Ladies**  
shecandoit.co.uk  
**Silson AC**  
silsonjoggers.org.uk  
**Team Balancise RC**  
englandathletics.org  
**Team East Haddon**  
teameasthaddon.wix.com/  
runningclub  
**Wellingborough & District AC**  
wdac.org.uk  
**Wootton Road Runners**  
woottonroadrunners.co.uk

**NOTTINGHAMSHIRE**

**Absolute Tri**  
absolutetri.com  
**Beeston AC**  
beestonac.com  
**David Lloyd West Bridgford Runners**  
davidlloyd.co.uk/clubs/

nottingham-west-bridgford  
**Erewash Valley FC**  
evrc.co.uk  
**Formula One Circuit Crew**  
formulaonecc.co.uk  
**Holme Pierrepont RC**  
hprcrun.co.uk  
**Kimberley & District Striders**  
kadsrunning.com  
**Long Eaton Running Club**  
longeatonrunningclub.com  
**Mansfield Harriers**  
mansfieldharriers.co.uk  
**Newark AC**  
newarkac.co.uk  
**Newark Striders Running Club**  
newarkstriders.co.uk  
**Notfast RC**  
notfastrunningclub.co.uk  
**Notts AC**  
nottzac.co.uk  
**Redhill Road Runners**  
redhillroadrunners.com  
**Retford AC**  
retfordac.co.uk  
**Run Local**  
runlocal.co.uk  
**Rushcliffe AC**  
rushcliffeac.co.uk  
**Southwell Running Club**  
southwellrunningclub.org  
**Sutton in Ashfield Harriers & AC**  
sutton-in-ashfield-harriers.com  
**Team Balanced Performance**  
balancedperformance.org.uk  
**University of Nottingham AC**  
uonathletics.co.uk  
**Woodthorpe Huffers & Puffers**  
woodthorpehuffersandpuffer.co.uk  
**Workshop Harriers**  
worksopharriers.co.uk

**LONDON****GREATER LONDON**

**Be Fit Today Track Academy**  
befittodaytrackacademy.co.uk  
**Thamesmead Running Club**  
groups.runtogether.co.uk/  
thamesmead

**KENT**

**Ashford & District RRC**  
ashforddistrictrrc.co.uk  
**Ashford AC**  
ashfordac.org.uk  
**Ashford Striders RC**  
ashfordstriders.uk

**Ashford Triathlon Club**  
ashfordtriclub.co.uk  
**Beckenham Running Club**  
beckenhamrunning.co.uk  
**Bexley AC**  
bexleyac.co.uk  
**Blackheath and Bromley Harriers Athletic Club**  
bandbhac.org.uk  
**Bromley Veterans AC**  
bromleyvetsac.org.uk  
**Cambridge Harriers**  
cambridgeharriers.co.uk  
**Canterbury Harriers**  
canterburyharriers.org  
**Central Park Athletics**  
centralparkathletics.co.uk  
**Coastal Striders**  
coastalstriders.com  
**Crystal Palace Triathletes**  
crystalpalace-tri.co.uk  
**Dartford Harriers AC**  
dartfordharriersac.co.uk  
**Dartford Road Runners**  
dartfordroadrunners.co.uk  
**Deal Tri Club**  
dealtri.co.uk  
**Dover Roadrunners AC**  
doverroadrunners.co.uk  
**Eynsford RC**  
groups.runtogether.co.uk/  
EynsfordRunningClub  
**Faversham Running Club**  
favershamrunningclub.co.uk  
**Folkestone RC**  
folkestonerunningclub.co.uk  
**Gravesend Road Runners**  
gravesendroadrunners.co.uk  
**Harvel Hash House Harriers**  
harvelhashhouseharriers.com  
**Hawkinge Hurricanes Running Club**  
hawkingehurricanes.com  
**Invicta East Kent AC**  
invictaeastkentac.org.uk  
**Istead & Ifield Harriers**  
isteadandifield.org.uk  
**Jelly Legs Running Club**  
jelly-legs.co.uk  
**Kent AC**  
kentac.org.uk  
**Kent Police AC**  
kent.police.uk  
**Larkfield Athletics Club**  
larkfieldac.co.uk  
**Maidstone Harriers**  
maidstoneharriers.co.uk  
**Medway and Maidstone AC**  
mandmac.org

**Medway Phoenix**  
medwayphoenix.co.uk  
**Medway Tri**  
medwaytri.com  
**Newington Community Sports Club**  
Facebook: Newington  
Community Sports Club  
**Paddock Wood AC**  
paddockwoodac.co.uk  
**Petts Wood Runners**  
pettswoodrunners.org  
**Plumstead Runners**  
plumsteadrunners.co.uk  
**Ravens School Runners**  
englandathletics.org  
**Rebel Runners Medway**  
rebelrunnersmedway.co.uk  
**Sandwich Running Club**  
englandathletics.org  
**Sevenoaks AC**  
7oaks-ac.org.uk  
**Sittingbourne Striders**  
sittingbournestriders.co.uk  
**SLGR**  
soletsgorrunning.co.uk  
**South Kent Harriers**  
southkentharriers.com

**Swale Combined AC**  
swalecombinedac.co.uk  
**Swale Tri Club**  
swaletriclub.co.uk  
**Swanley & District AC**  
swanleyanddistrictac.org  
**Swanscombe Strollers Road Running Club**  
englandathletics.org  
**Thanet AC**  
thanetac.co.uk  
**Thanet Roadrunners AC**  
thanetroadrunners.org.uk  
**Tonbridge AC**  
tonbridgeac.co.uk  
**Tunbridge Wells Harriers**  
twharriers.org.uk  
**Vigo Runners**  
vigorunners.co.uk  
**Weald Tri Club**  
wealdtriclub.co.uk  
**Zero to Hero Runners**  
zerotoherorunners.co.uk  
**LONDON**  
**100 Marathon Club**  
100marathonclub.org.uk

**Bannister AC**  
englandathletics.org  
**Barnes Runners**  
barnesrunners.org  
**BBC Running Club**  
bbcclub.com/connect/running  
**Clapham Pioneers**  
claphampioneers.co.uk  
**Clapham Runners**  
claphamrunners.com  
**Comets Road Running Club**  
englandathletics.org  
**Crystal Palace Fun Runners**  
crystalpalacefunrunners.co.uk  
**Dulwich Park Runners**  
dulwichparkrunners.co.uk  
**Dulwich Runners AC**  
dulwichrunners.org.uk  
**Ealing Half Marathon Legacy Club**  
englandathletics.org  
**East End Road Runners**  
eerr.org.uk/east-end-road-runners  
**Eton Manor AC**  
eton-manor.com  
**Fulham Running Club**  
fulhamrunningclub.org.uk  
**Full Potential**  
fullpotential.co.uk

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**Gmax TrackStars AC**  
gmaxtrackstars.com  
**GoodGym Race Team**  
goodgym.org/race-team  
**Greenwich Tritons Triathlon Club**  
greenwichtritons.org.uk  
**Imperial College Union Cross-Country and AC**  
union.ic.ac.uk/acc/crosscountry  
**King's College London Athletics and Cross Country Club**  
kclsu.org/organisation/6911/  
**Lauriston Runners Club**  
englandathletics.org  
**London City Athletics Club**  
londoncityac.org  
**Maccabi London Harriers**  
mlbrowleylane.org/  
maccabi-london-harriers  
**New Eltham Joggers**  
nejrunningclub.co.uk  
**Newham & Essex Beagles AC**  
newhamandessexbeagles.co.uk  
**Orpington Road Runners**  
orprunners.com  
**QBE Running Club**  
englandathletics.org  
**Ranelagh Harriers**  
ranelagh-harriers.com  
**Ravens City of London Running Club**  
ravensrunnerslondon.org.uk  
**Run Fast**  
run-fast.net  
**Runhead AC**  
facebook.com/groups/runhead  
**RunThrough**  
runthrough.co.uk  
**S Factor Academy**  
sfactoracademy.co.uk  
**Team Hounslow Athletic Club**  
teammounslow.co.uk

**THAMES HARE AND HOUNDS**  
– Oldest cross-country club in the world. Celebrated 150th season in 2017-18  
– Based on Wimbledon Common  
– Compete in senior and veteran cross-country and road racing  
– Compete in Division 1 of Surrey Cross-Country League  
[thameshareandhounds.org.uk](http://thameshareandhounds.org.uk)



**The Outrunners**  
groups.runtogether.co.uk/  
TheOutrunners

**Track Academy**  
trackacademy.co.uk  
**Veterans AC**  
vetsac.org.uk  
**Wimbledon Windmilers**  
windmilers.org.uk  
**Windrush Triathlon Club**  
windrushtri.co.uk

#### MIDDLESEX

**23 Mile Club**  
englandathletics.org  
**Defra AC**  
englandathletics.org  
**Ealing Eagles Running Club**  
ealingeagles.com  
**Ealing Southall & Middlesex AC**  
esm.org.uk  
**Edmonton RC**  
edmontonrc.co.uk  
**Enfield and Haringey A C**  
enfieldandharingeyac.co.uk  
**Haringey Jogging Club**  
haringeysportsdevelopment.co.uk  
**Harrow AC**  
harrowac.co.uk  
**Hayes & Harlington Road Runners**  
hraodrunners.com  
**Highgate Harriers**  
highgateharriers.org.uk  
**Hillingdon AC**  
hillingdonac.co.uk

#### SERPENTINE RC

– London-based club for juniors through to masters  
– Friendly, welcoming environment  
– Members of all standards from social joggers to internationals  
– Road running, athletics and triathlon club. Trail and ultra sections available too  
– Range of training sessions  
[serpentine.org.uk](http://serpentine.org.uk)



**London Fronrunners**  
londonfronrunners.org  
**London Heathside**  
londonheathside.org.uk  
**Metropolitan Police AC**  
policesportuk.com  
**Metros RC**  
metros.org.uk  
**Mornington Chasers**  
chaser.me.uk  
**Queen's Park Harriers**  
queensparkharriers.org.uk

**SHAEF Shifters Running Club**  
shaefshifters.co.uk  
**Shaftesbury Barnet Harriers**  
sbharriers.co.uk  
**St Mary's Richmond AC**  
smrac.org.uk  
**Sudbury Court Running Club**  
sudburycourt.org.uk  
**Thames Valley Harriers**  
thamesvalleyharriers.com

#### THE STRAGGLERS RUNNING CLUB

– Kingston-based, we're organisers of the Green Belt Relay and Wedding Day 7K  
– We put socialising and friendship alongside training and competition in road, cross-country and relay  
– We welcome runners of all abilities and ages  
[stragglers.org](http://stragglers.org)



**Trent Park Running Club**  
trentparkrc.org  
**Tri London**  
trilondon.com  
**Victoria Park Harriers and Tower Hamlets AC**  
vpthac.org.uk  
**West 4 Harriers**  
west4harriers.com

#### NORTH EAST

##### COUNTY DURHAM

**Aurora Harriers**  
auroraharriers.weebly.com  
**Aycliffe Running Club**  
ayclifferrunningclub.org.uk  
**Birtley AC**  
birtleyac.co.uk  
**Blackhill Bounders**  
blackhillbounders.com  
**Chester Le Street & Dist AC**  
chesterlestreetac.com  
**Crook & Dist Sports AC**  
crookac.co.uk  
**Derwent Valley Running Club**  
derwentvalleyrunningclub.co.uk  
**Derwent Valley Trail Runners**  
derwentvalleytrailrunners.co.uk  
**Derwentside AC**  
derwentside-ac.co.uk  
**Durham City Harriers & AC**  
durhamcityharriers.org.uk  
**Durham Fell Runners**  
durhamfellrunners.org.uk

**Elvet Striders**  
elvet-striders.uk  
**Evenwood Road Runners**  
evenwoodroadrunners.co.uk  
**Hartlepool Youth Athletics Club**  
hartlepoolathletics.com  
**Houghton Harriers & AC**  
houghtonharriers.org  
**Hunwick Harriers**  
hunwickharriers.co.uk  
**Orchard Eagles Running Club**  
orchardeaglesrunningclub.co.uk  
**Phoenix Flyers AC**  
phoenixflyersac.co.uk  
**Run Peterlee**  
runpeterlee.co.uk  
**Sedgefield Harriers**  
sedgefieldharriers.co.uk  
**Shildon Running & AC**  
shildonrunning.co.uk  
**Teesdale AC**  
teesdaleac.com

##### NORTHUMBERLAND

**Allen Valley Striders**  
allenvalleystriders.co.uk  
**Alnwick Harriers**  
alnwickharriers.co.uk  
**Ashington Hirst Running Club**  
ashingtonhirstrunningclub.co.uk  
**Blyth Running Club**  
blythrunningclub.org.uk  
**Concordia Runners & Pedallers**  
Facebook: Concordia Runners and Pedallers  
**Morpeth Harriers & AC**  
morpethharriers.com  
**Norham Running Club**  
norhamrc.co.uk  
**Northumberland Fell Runners**  
northumberlandfellrunners.co.uk  
**Prudhoe Plodders Running Club**  
groups.runtogether.co.uk/  
PrudhoePlodders  
**Saltwell Harriers**  
saltwellharriers.org.uk  
**Stocksfield Striders**  
stocksfieldstriders.btck.co.uk  
**Tweed Striders**  
tweedstriders.org  
**Tynedale Harriers & AC**  
tynedaleharriers.com  
**Wooler R C**  
woolerrunningclub.com

##### TEES VALLEY

**Billingham Marsh House Harriers & AC**

marsh-house.org  
**Darlington H & AC**  
darlingtonharriers.co.uk  
**Darlington Triathlon Club**  
darlingtontri.com  
**Hartlepool Burn Road Harriers**  
hartlepoolburnroad.co.uk  
**Middlesbrough & Cleveland Harriers**  
middlesbroughclevelandharriers.co.uk  
**Middlesbrough Athletic Club (Mandale)**  
middlesbroughac.org.uk  
**New Marske Harriers Club**  
new-marske-harriers.co.uk  
**North York Moors AC**  
nym.ac  
**Quakers Running Club**  
quakers.run  
**Redcar Race Walking Club**  
redcarracewalkingclub.com  
**Redcar Running Club**  
redcarrunningclub.co.uk  
**Stockton Striders AC**  
stocktonstridersac.org.uk

##### TYNE AND WEAR

**Blaydon Harriers & AC**  
blaydonharrier.org.uk  
**Claremont Road Runners**  
claremontroadrunners.co.uk  
**Elswick Harriers**  
elswickharriers.org.uk  
**Gateshead Harriers & AC**  
gatesheadharriers.com  
**Gosforth Harriers & AC**  
gosforth-harriers.org  
**Heaton Harriers & AC**  
heatonharriers.org.uk  
**Jarrow & Hebburn AC**  
jhac.org.uk  
**Jesmond Joggers**  
jesmondjoggersrc.  
wordpress.com  
**Low Fell RC**  
lowfellrunningclub.co.uk  
**Newcastle Fronrunners**  
newcastlefronrunners.co.uk  
**Newcastle University AC**  
societies.ncl.ac.uk/nuaxc  
**North East Veterans AC**  
northeastveteransathleticsclub.  
weebly.com  
**North Shields Polytechnic Club**  
nspoly.co.uk  
**Ponteland Runners**  
pontelandrunners.org.uk  
**Red Kite Runners**  
redkiterunners.co.uk

**Ryton Triathlon Club**  
ryton-tri.com  
**South Shields Harriers & AC**  
southshieldsarriers.co.uk  
**Sun City Tri**  
suncitytri.co.uk  
**Sunderland Harriers & AC**  
sunderlandharriers.org.uk  
**Sunderland Strollers**  
sunderlandstrollers.co.uk  
**Team Coco**  
coco.org.uk  
**Tyne & Wear Fire and Rescue Service**  
englandathletics.org  
**Tyne Bridge Harriers**  
tynebridgeharriers.com  
**Wallsend Harriers & AC**  
wallsendharriers.org  
**Washington Running Club**  
washingtonrc.co.uk  
**Wearside Triathlon Club**  
Facebook: @WearsideTriathlon

#### NORTH WEST

##### CHESHIRE

**Boalloy Running Club**  
Facebook: Boalloy Running Club Congleton  
**Cheshire Hash House Harriers**  
cheshirehash.co.uk  
**Cheshire Hill Racers**  
cheshirehillracers.org.uk  
**Chester Road Runners**  
chesterroadrunners.org.uk  
**Chester Triathlon Club**  
chestertri.org.uk  
**Congleton Harriers**  
congleton-harriers.co.uk  
**Crewe and Nantwich AC**  
creweandnantwichac.org.uk  
**Delamere Spartans**  
delamerespartans.org.uk  
**Ellesmere Port RC**  
ellesmereportrunningclub.org.uk  
**Halton & Frodsham Harriers**  
hfh.org.uk  
**Handforth, Wilmslow Alderley**  
hwaclub.wix.com/  
wilmslow-athletics  
**Helsby Running Club**  
helsbyrunningclub.org.uk  
**Knutsford Harriers & Athletics Club**  
knutsfordharriers.co.uk  
**Knutsford Tri Club**  
knutsfordtriclub.co.uk



**Lymm Runners**

lymmrunners.org.uk

**Macclesfield Harriers & AC**

macclesfield-harriers.co.uk

**Northwich Running Club**

northwichrunningclub.com

**Razzers' Runners**

razzers.wordpress.com

**Sandbach Striders**

sandbachstriders.co.uk

**South Cheshire Harriers**

southcheshireharriers.org.uk

**Spectrum Striders**

spectrumstriders.org.uk

**Styal Running Club**

styalrunningclub.co.uk

**Tattenhall Runners**

tattenhallrunners.com

**Vale Royal AC**

valeroyalathleticclub.co.uk

**Warrington A C**

warringtonathleticclub.org

**Warrington Road Runners**

warringtonroadrunners.co.uk

**Warrington Running Club**

warringtonrunningclub.co.uk

**West Cheshire Athletic Club**

westcheshire.co.uk

**Widnes Running Club**

widnesrunningclub.com

**Widnes Wasps Ladies R C**

widneswasps.co.uk

**Wilmslow Running Club**

wilmslowrunningclub.org

**Wilmslow Striders**

wilmslowstriders.co.uk

**CUMBRIA****Ambleside AC**

amblesideac.org.uk

**Barrow & Furness Striders AC**

barrowstriders.com

**Black Combe Runners**

bcrunners.org.uk

**Blengdale Runners Athletic Club**

blengdalerunners.co.uk

**BodyFit Cumbria Running Club**

bodyfitcumbria.co.uk

**Border Harriers & AC**

borderharriers.co.uk

**Borrowdale Fell Runners**

borrowdalefellrunners.co.uk

**Carlisle Aspatria AC**

caac.co.uk

**Carlisle Tri Club**

carlisle-tri.co.uk

**Copeland AC**

copelandac.co.uk

**Cumberland AC**

cumberland-ac.weebly.com

**Cumberland Fell Runners**

c-f-r.org.uk

**Dallam Running Club**

dallamrunningclub.com

**Derwent AC Cocker mouth**

derwentac.com

**DH Runners**

dhrunners.org

**Eden Runners**

edenrunners.co.uk

**Ellenborough AC**

ellenboroughac.org.uk

**Glaxo Hoad Hill Harriers**

hoadhilharriers.co.uk

**Helm Hill Runners**

helmhill.co.uk

**Howgill Harriers**

howgillharriers.co.uk

**Jogging Pals**

joggingpals.co.uk

**Kendal Amateur Athletic Club**

kendalac.co.uk

**Keswick AC**

keswickac.org.uk

**Leven Valley AC**

goactiveincumbria.com

**Millom Striders**

Facebook: @millomstriders

**Netherhall AC**

Facebook: Netherall AC

**Northern Fells Running Club**

northernfellsrc.org.uk

**Seaton Athletic Club**

seatonac.co.uk

**Sedbergh School****Running Club**

Twitter: @SedbrghRunning

**St Bees Triers**

triers.co.uk

**Tri-Lakeland**

tri-lakeland.co.uk

**Walney Wind Cheetahs**

walneywindcheetahs.wordpress.com

**GREATER MANCHESTER****Altrincham & District Athletic****Club Limited**

Facebook: @AltrinchamAC

**Astley & Tyldesley Road Runners**

astleyrunners.co.uk

**Barton AC**

bartonac.co.uk

**Belle Vue Racers**

bellevueracers.com

**Blackley North Manchester AC**

gmaa.org.uk/clubs

**Bolton Triathlon Club**

boltontri.com

**Bolton United Harriers & AC**

boltonunitedharriers.co.uk

**Bramhall Runners**

bramhallrunners.co.uk

**Burnden Road Runners**

burndenroadrunners.co.uk

**Bury Athletic Club**

buryac.co.uk

**Chorlton Runners**

chorltonrunners.com

**Dragons Running Club (Sale)**

Facebook: @DragonsRunning

ClubSale

**East Cheshire Harriers**

eastcheshireharriers.co.uk

**Horwich R M I Harriers**

horwichrmiharriers.co.uk

**Hyde Village Striders**

hydevillagestriders.org.uk

**LABC Runners**

groups.runtogether.co.uk/

LABCRunners

**Lancashire Walking Club**

lancswalkingclub.com

**Leigh Harriers & AC**

leighharriers.org

**Lostock AC**

lostockac.co.uk

**Manchester Frontrunners**

manchesterfrontrunners.org

**Manchester Harriers & AC**

manchesterharriers.co.uk

**Manchester Metropolitan****University**

theunionmmu.org/groups/

athletics-1459

**Manchester Road****Runners**

manchesterrunners.com

**Manchester Triathlon Club**

manchestertriathlonclub.org.uk

**Manchester YMCA Harriers**

manyharrier.co.uk

**Marple Runners**

marplerunners.com

**Middleton Harriers AC**

middletonharriers.jimdo.com

**Mile Shy Club**

milesclub.com

**Oldham & Royton H & AC**

oldhamroytonharriers.co.uk

**Prestwich AC**

prestwichac.co.uk

**Quays Running Club**

Facebook: @QuaysRunning

**Radcliffe AC**

radcliffe.ac.org.uk

**Rochdale Harriers & AC**

rochdaleharriers.co.uk

**Royton Road Runners**

roytonroadrunners.co.uk

**Saddleworth Runners Club**

saddleworth-runners.co.uk

**SALE HARRIERS  
MANCHESTER**

– Welcomes all abilities  
and every age group  
– Large club based at three  
sites Crossford Bridge (Sale),  
Wythenshawe Park and Sportcity  
– Full track and field training  
in every discipline  
[saleharriersmanchester.com](http://saleharriersmanchester.com)

**Salford Harriers & AC**

salfordharriers.co.uk

**Salford Metropolitan AC**

salfordmetac.co.uk

**STOCKPORT HARRIERS**

– Track and field, road,  
cross country, fell running  
and wheelchair racing  
– Training groups in all disciplines  
from beginners to international  
– YDL LAG divisional champions  
and senior men's national road  
relay champions in 2018  
[stockportharriers.co.uk](http://stockportharriers.co.uk)

**Stockport Tri Club**

stockporttriclub.co.uk

**Swinton Running Club**

swintonrunningclub.org.uk

**Trafford Athletic Club**

traffordac.co.uk

**University of Manchester****Athletics & Cross Country Club**

umacc.com

**Vegetarian Cycling & AC**

vegetariancac.org

**Wigan & District H & AC**

wiganharriers.org.uk

**Wigan Phoenix**

wiganphoenix.org.uk

**Winston Runners**

winstonrunners.com

**ISLE OF MAN****Isle Of Man****Veterans AC**

iomvac.co.uk

**Manx Fell Runners**

manxfellrunners.org

**Manx Harriers**

manxharriers.com

**Manx Tri-Club**

manxtriclub.com

**Northern (Isle of Man) AC**

naciom.org

**Western Athletic Club**

(Isle of Man)

westernac.org

**LANCASHIRE****Accrington Road Runners**

accrington-road-runners.co.uk

**Barlick Fell Runners**

barlickfellrunners.org.uk

**Bentham Beagles Running Club**

benthambeagles.co.uk

**Blackburn Harriers & AC**

blackburnharriers.co.uk

**Blackburn Road Runners**

blackburnroadrunners.net

**Blackpool Wyre & Fylde AC**

bwfac.co.uk

**Bowland Fell Runners**

bowlandfellrunners.org.uk

**Burnley AC**

burnleyac.co.uk

**Central Lancs Running****and Triathlon Club (CLAN)**

centrallancs.co.uk

**Chorley Athletic and Triathlon Club**

chorley-athletic-and-triathlon.org

**Clayton-le-Moors Harriers**

claytonlemoors.org.uk

**Darwen Dashers RC**

dashers.org.uk

**Darwen Running Group**

darwenrunninggroup.co.uk

**Freck and Warton Running Club**

groups.runtogether.co.uk/

FreckandWartonRunners

**Fylde Coast Runners**

fyldecoastrunners.com

**Garstang Running Club**

garstangrc.co.uk

**Holcombe Harriers**

holcombegarriers.com

**Hyndburn AC**

hyndburnac.co.uk

**Lancashire Constabulary AC**

policessport.net

**Lancashire Fire & Rescue****Service & AA**

lancsfireandrescue.org.uk

**Lancaster & Morecambe AC**

lancasterathletics.co.uk

**Lancaster Runners**

lancaster-race-series.co.uk

**Lancaster University****Running and Athletics Club**

lancastersu.co.uk/groups/

lancaster-university-running-club

**Lions Running Community**

groups.runtogether.co.uk/

Lionsrunningcommunity

**Lytham St Annes RR Club**

lythamrunners.org.uk

**Mossley AFC Running Club**

mossleyhillrunning.org.uk

**Newburgh Nomads RC**

newburghsportsclub.com

**North Bolton Runners**

Facebook: @RunNorthBolton

**Northern Masters AC**

NVAC.co.uk

**Parbold Pink Panthers**

parboldpinkpanthers.co.uk

**Pendle Athletic Club**

pendleac.org.uk

**Preston Harriers**

prestonharriers.net

**Ramsbottom Running Club**

ramsbottomrunningclub.co.uk

**Red Rose Road Runners**

redroseroadrunners.org

**Ribble Valley Harriers**

ribblevalleyathleticclub.co.uk

**Riversway Road Runners**

Facebook: Riversway

Road Runners

**Rochdale Tri Club**

rochdaletriclub.com

**Rossendale Harriers & AC**

rossendaleharriers.co.uk

**Skelmersdale Boundary Harriers**

skemboundaryharriers.co.uk

**South Ribble Runners**

southribblerunners.net

**Thornton Cleveleys****Running Club**

run-tcrc.co.uk

**Time2Run Events**

time2runevents.co.uk

**Trawden Athletic Club**

**BTR Road Runners**  
btrliverpool.com

**Challenge Disability Sports Club**  
parasport.org.uk/find-a-club/detail/  
challenge-disability-sports-club

**Isabella Rose Foundation – IRF – Team Isabella Running Club**  
teamisabella.club

**Kirkby AC**  
englandathletics.org

**Kirkby Milers AC**  
kirkbymilers.co.uk

**Knowsley Harriers**  
knowsleyharriers.co.uk

**Liverpool Harriers & AC**  
liverpoolharriers.co.uk

**Liverpool Pembroke and Sefton H AC**  
lps-athletics.co.uk

**Liverpool Running Bugs**  
Facebook: @liverpoolrunningbugs

**Liverpool Running Club**  
liverpoolrunningclub.com

**Mersey Tri**  
merseytri.org.uk

**Merseyside Fire & Rescue Service Running Club**  
merseyfire.gov.uk

**Mossley Hill AC**  
mossleyhillrunning.org.uk

**Penny Lane Striders**  
pennylanestridders.club

**Pensby Runners**  
pensbyrunners.co.uk

**Run Sandymoor**  
runsandymoor.uk

**Shop Direct Running Club**  
englandathletics.org

**Southport Waterloo AC**  
sw-ac.co.uk

**St Helens Striders**  
sthelensstridders.com

**St Helens Sutton AC**  
st-helens-sutton.ac.co.uk

**St Helens Tri**  
sthelensstri.org.uk

**Sunlight Runners**  
englandathletics.org

**UTS Running Club**  
theuts.co.uk

**Village RR**  
villageroadrunners.com

**Wallasey Athletic Club**  
wallaseyathleticclub.co.uk

**WESPA Fire Athletics**  
wespa.uk

**Wirral AC**  
wirralac.co.uk

**Wirral Vikings/Racing Team**  
merseyracingteam.com

## SOUTH EAST

**BERKSHIRE**

**Bracknell AC**  
bracknellac.com

**Bracknell Forest Runners**  
forestrunners.org.uk

**Compton Harriers RC**  
comptonharriers.org.uk

**Cookham Running Club**  
cookhamrunningclub.com

**Datchet Dashers**  
datchetdashers.com

**Farnham Common Joggers & Wheelers Sports Club (JAWS)**  
jawsgo.com

**Hungerford Hares RC**  
hungerfordhares.co.uk

**Maidenhead AC**  
maidenheadac.org

**Newbury AC**  
newburyac.org.uk

**Reading AC**  
readingac.com

**Reading Joggers**  
readingjoggers.org

**Reading Roadrunners**  
readingroadrunners.org

**Road Runners Club**  
roadrunnersclub.org.uk

**Sandhurst Joggers**  
sandhurstjoggers.org.uk

**Slough Junior AC**  
sjac.uk.com

**Team Kennet Triathlon & AC Thames Valley Triathletes**  
teamkennet.com

**Wargrave Runners**  
wargraverunners.org.uk

**Wellington College**  
wellingtoncollege.org.uk

## WINDSOR SLOUGH ETON & HOUNSLOW AC

– Over 500 members with teams competing at the topmost levels

– Superb facilities at the Thames Valley Athletics Centre Eton

– Produces international athletes

[wseh.info](http://wseh.info)



**BUCKINGHAMSHIRE**

**Bearbrook Running Club**  
bearbrookrunningclub.co.uk

**British Wheelchair Athletics Association**  
bwaa.co.uk

**Buckingham & Stowe RC**  
buckandstowerc.co.uk

**Burnham Joggers**  
burnhamjoggers.co.uk

**Chiltern District Schools Athletics Association**  
englandathletics.org

**Chiltern Harriers AC**  
chiltern-harriers.org.uk

**Finch Coasters**  
finchcoasters.org.uk

**Handy Cross Runners**  
handycrossrunners.co.uk

**Hazlemere Runners**  
groups.runtogether.co.uk/  
HazlemereRunners

**Marlow Striders**  
marlowstriders.co.uk

**Marshall Milton Keynes AC**  
mkac.org.uk

**Milton Keynes Distance Project**  
mkdistanceproject.co.uk

**MK Lakeside Runners**  
mklr.org.uk

**Olney Runners AC**  
olneyrunners.org.uk

**On the Run Aylesbury**  
ontherun.me.uk

**Purple Patch Runners**  
purplepatchrunning.com

**Shenley Striders**  
shenleystriders.co.uk

**Vale Of Aylesbury AC**  
voaac.org.uk

**Vegan Runners UK**  
veganrunners.org.uk

**Verco Joggers**  
englandathletics.org

**Wycombe Phoenix Harriers & AC**  
wycombephoenix.org.uk

## EAST SUSSEX

**Brighton Triathlon Club**  
brightontri.org

**Meads Runners**  
meadsrunners.co.uk

**Tri Tempo Eastbourne**  
tritempo.co.uk

## HAMPSHIRE

**Aldershot Farnham & District**  
afd.org.uk

**Alton Runners**  
altonrunners.co.uk

**Andover AC**  
andover-athletic.co.uk

**Basingstoke & Mid Hants AC**  
bmhac.co.uk

**Blackwater Valley Runners**  
bvrnners.org.uk

**Bramley Trail Runners**  
comerunning.co.uk

**Chapel Tristars**  
Junior Triathlon Club  
chapeltri.org

**Chineham Park Running Club**  
chinehamparkrunningclub.com

**City Of Portsmouth AC**  
portsmouthathletic.co.uk

**Clanfield Joggers**  
clanfieldjoggers.co.uk

**Cove Joggers**  
covejoggers.co.uk

**Denmead Striders**  
denmeadstriders.co.uk

**Eastleigh RC**  
eastleighrunningclub.org.uk

**Fareham Crusaders Running Club**  
farehamcrusaders.co.uk

**Farnham Runners**  
farnham-runners.org.uk

**Farnham Triathlon Club**  
farnhamtri.org

**Fleet & Crookham AC**  
fleetandcrookhamac.org.uk

**Gosport Road Runners**  
gosportroadrunners.org.uk

**Guernsey AC**  
guernseyathletics.org.gg

**Halterworth Harriers**  
halterworthharriers.org.uk

**Hardley Runners**  
hardleyrunners.co.uk

**Hart Road Runners**  
hartroadrunners.co.uk

**Hatch Warren Runners**  
hwrnners.co.uk

**Havant AC**  
havantac.co.uk

**Hedge End Running Club**  
hedgeendrunningclub.com

**Hook Runners**  
hookrunners.com

**Isle Of Wight AC**  
iwac.cjb.net/

**Isle Of Wight RR AC**  
isleofwightroadrunners.co.uk

**Itchen Spitfires Running Club**  
itchenspitfiresrc.co.uk

**Jersey Spartan AC**  
jerseyspartan.com

**Liss Runners**  
liss-runners.org.uk

**Lordshill Road Runners**  
lordshillroadrunners.org.uk

**Lymington Athletes**  
lymingtonathletes.co.uk

**Lymington Triathlon Club**  
lymingtontriathlonclub.com

**Meon Valley Runners**  
meonvalleyrunners.co.uk

**Netley Abbey Runners**  
netleyabbeyrunners.com

**New Forest Junior AC**  
newforestjuniors.co.uk

**New Forest Runners**  
newforestrunners.com

**OS Runners**  
osrunners.uk

**Overton Harriers & AC**  
overtonharriers.org.uk

**Portsmouth Joggers**  
pjc.org.uk

**Portsmouth Triathletes**  
PortsmouthTriathletes.co.uk

**Romsey Road Runners**  
romseyroadrunners.co.uk

**Royal Engineers RC**  
armyengineer.co.uk/sport/running

**Royal Navy Athletics Club**  
royalnavy.mod.uk

**Ryde Harriers**  
rydeharriers.co.uk

**Sarnia Walking Club**  
sarnia.wordpress.com/  
Saxmundham Sports

**Sherfield Park Runners**  
sherfieldparkrunners.org.uk

**Solent Running Sisters**  
srs.org.uk

**Southampton Athletic Club**  
southamptonathleticclub.co.uk

**Southampton Triathlon Club**  
southamptontriclub.co.uk

**Southampton University Athletics & Cross Country Club**  
accs.susu.org

**Stubbington Green Runners**  
stubbingtongreenrunners.net

**Tadley Runners**  
tadleyrunners.co.uk

**Totton RC**  
tottonrunningclub.co.uk

**University of Portsmouth Athletics Club**  
membership.upsu.net/group/  
athletics-club

**Victory AC**  
victoryac.org.uk

**Wessex Road Runners**  
englandathletics.org

**West Wight Road Runners**  
wwrr.blogspot.com

**Wight Tri**  
wighttri.org.uk

**Winchester & District AC**  
wadac.org.uk

## ISLE OF WIGHT

**Team Spy**  
teamspy.co.uk

## OXFORDSHIRE

**Abingdon AC**  
abingdonac.org.uk

**Adderbury Running Club**  
adderburyrunningclub.info

**Alchester Running Club**  
alchester-runningclub.co.uk

**Banbury Harriers AC**  
banburyharriers.org

**Benson Striders**  
benonstriders.weebly.com

**Bicester AC**  
bicesterac.co.uk

**Bicester Triathlon Club**  
bicestertri.co.uk

**Cherwell Runners & Joggers**  
cherwellrunners.co.uk

**Didcot Runners**  
didcotrunners.org.uk

**Eynsham Road Runners**  
eynshamroadrunners.org.uk

**Great Milton Athletics Club**  
great-milton.co.uk/activities/  
athletics-club

**Harwell Harriers**  
groups.runtogether.co.uk/  
HarwellHarriers

**Headington RR**  
hrr.org.uk

**Hook Norton Harriers**  
hooknortonharriers.org.uk

**Kidlington Running Club**  
kidlingtonrunning.org.uk

**Longworth Runners**  
hintonwaldrist.net/groups/runners

**North Cotswold Tri & Run**  
britishtriathlon.org/clubs/  
north-cotswold-tri

**Oxford Brookes Running & AC**  
brookes.ac.uk/Brookes-Sport/Clubs-  
teams.../Running-and-athletics

**Oxford City AC**  
oxfordcityac.com

**Oxford Tri**  
oxfordtri.co.uk  
**Oxford University AC**  
ouac.org  
**Radley Athletic Club**  
radleyathleticsclub.co.uk  
**Thame Runners**  
thamerunners.co.uk  
**White Horse Harriers**  
whitehorseharriers.org  
**Witney Road Runners**  
witneyroadrunners.co.uk  
**Woodstock Harriers AC**  
woodstockharriers.com

**SURREY**

**26.2 Road Runners Club**  
26point2.co.uk  
**Achilles Club**  
achilles.org  
**Air Products Flyers**  
apflyers.weebly.com  
**Belgrave Harriers**  
belgraveharriers.co.uk  
**British Airways AC**  
barunner.org.uk  
**Camberley & District AC**  
camberleyathletics.org.uk  
**Clapham Chasers**  
claphamchasers.co.uk  
**Collingwood AC**  
collingwoodac.org.uk  
**Croydon Harriers**  
croydonharriers.com  
**Cruisers RC**  
cruisersrc.co.uk  
**Dorking & Mole Valley AC**  
dmvac.org.uk  
**Elmbridge RRC**  
elmbridgeroadrunners.co.uk  
**Epsom & Ewell Harriers**  
eandeharriers.co.uk  
**Epsom Allsorts**  
epsomallsorts.org.uk  
**Epsom Oddballs RC**  
epsomoddballs.org/home.php  
**Gordonians Running Club**  
the-gordonians.org/#thegordonians  
**Guildford & Godalming AC**  
ggac.co.uk  
**Haslemere Border AC**  
hbac.co.uk  
**Hercules Wimbledon AC**  
herculeswimbledonac.org.uk  
**Herne Hill Harriers**  
hernehillharriers.org  
**Holland Sports AC**  
hollandsportsac.org.uk

**Horley Harriers Running Club**  
horleyharriers.co.uk  
**Kingston AC And Poly Harriers**  
kingstonandpoly.org  
**Lingfield RC**  
lingfieldrunningclub.co.uk  
**London Harriers**  
englandathletics.org  
**Mole Valley Runners**  
groups.runtogether.co.uk/  
MoleValleyRunners  
**Oxted Runners**  
oxtedrunners.org.uk  
**Redhill District Royal Mail**  
Facebook: Redhill District  
Royal Mail Running Club  
**Reigate Priory AC**  
rpac.org.uk  
**Runnymede Runners**  
runnymederunners.com  
**Sri Chinmoy Marathon Team**  
uk.srichinmoyraces.org  
**St John's Running Club**  
groups.runtogether.co.uk/  
StJohnsRunningClub/Runs  
**Stock Exchange AC**  
stockexchangeac.org  
**Striders Of Croydon**  
stridersofcroydon.org.uk  
**Surrey Walking Club**  
surreywalkingclub.org.uk  
**Sutton & District AC**  
suttondistrictac.co.uk  
**Sutton Runners**  
suttonrunners.org  
**Tadworth AC**  
tadworthac.org.uk  
**Tri Surrey**  
**Triathlon Club**  
trisurrey.com  
**Walton AC**  
waltonac.co.uk  
**Waverley Harriers**  
waverleyharriers.co.uk  
**Weir Archer Academy**  
weir-archer-academy.com  
**Windle Valley Runners**  
windlevalley.com  
**Woking AC**  
wokingac.com  
**Young Athletes Club**  
young-athletes.co.uk

**SUSSEX**

**Arena 80 AC**  
arena80.co.uk  
**Arunners RC**  
arunners.co.uk

**Bexhill Runners & Triathletes**  
bexhillrunnerstriathletes.co.uk  
**Bodyworks XTC Tri Store**  
thetristore.com  
**Bognor & Chichester AC**  
englandathletics.org  
**Bognor Regis Tone Zone Runners**  
tonezonerunners.org  
**Brighton & Hove AC**  
brightonandhovecity-ac.com  
**Brighton & Hove Women's Running Club**  
bhwrac.org  
**Brighton Phoenix**  
brightonphoenix.org.uk  
**Burgess Hill Runners**  
bhrunners.co.uk  
**Chichester Runners & AC**  
chichester-runners.org.uk  
**Crawley AC**  
crawleyac.org.uk  
**Crawley Saints & Sinners Running Club**  
crawleysaintsandssinnersrun.co.uk  
**Crowborough Runners**  
crowboroughrunners.org.uk  
**East Grinstead & District AC**  
eg-ac.co.uk  
**East Grinstead Triathlon Club**  
egtri.com  
**Eastbourne Rovers AC**  
eastbournroversac.co.uk  
**Fittleworth Flyers**  
fittleworthflyers.org.uk  
**Goring RRC**  
goring-roadrunners.org.uk  
**Hailsham Harriers**  
hailsham-harriers.org.uk  
**Hastings AC**  
hastingsathleticclub.co.uk  
**Hastings Runners**  
hastingsrunners.org.uk  
**Haywards Heath Harriers**  
haywardsheathharriers.co.uk  
**Heathfield RRC**  
heathfieldroadrunners.com  
**Henfield Joggers**  
henfieldjoggers.co.uk  
**Horsham Blue Star Harriers**  
horshambluestarharriers.org.uk  
**Horsham Joggers**  
horshamjoggers.co.uk  
**Lancing Eagles RC**  
lancingeagles.co.uk  
**Lewes AC**  
lewesac.co.uk  
**Mel's Milers Jogging Club**  
melsmilers.co.uk

**Mid Sussex Triathlon Club**  
midsussextriclub.com  
**Midhurst Milers**  
midhurst-milers.co.uk  
**Polegate Plodders**  
polegateplodders.wixsite.com/  
polegate-plodders  
**Portslade Hedgehoppers**  
hedgehoppers.wordpress.com  
**Rotary Road Runners**  
bognorregisbeach.co.uk/clubs/  
running/rotary-road-runners  
**Seaford Striders RC**  
seafordstriders.org.uk  
**Steyning AC**  
steyningac.co.uk  
**Tuff Fitty Triathlon Club**  
tuff-fitty.co.uk  
**Uckfield Runners**  
uckfieldrunners.org.uk  
**Wadhurst Runners**  
wadhurstrunners.co.uk  
**Worthing & District Harriers**  
worthingharriers.com  
**Worthing Running Sisters**  
worthingrunningsisters.org.uk  
**Worthing Striders**  
information@worthingstriders.co.uk

**WEST SUSSEX**

**Crawley Run Crew**  
crawleyruncrew.co.uk  
**Run Academy Worthing**  
runacademy.co.uk  
**Team Synergy**  
teamsynergyrc.co.uk

**SOUTH WEST****AVON**

**Active Soul UK**  
activesouluk.co.uk  
**Bitton Road Runners**  
bittonroadrunners.co.uk  
**Bristol and West AC**  
bristolandwestac.org.uk  
**Clevedon AC**  
clevedonac.co.uk  
**Emersons Green Running Club**  
emersonsgreenrunningclub.co.uk  
**Great Western Runners**  
greatwesternrunners.org.uk  
**Hogweed Trotters**  
hogweedtrotters.co.uk/index.asp  
**Kingswood Triathlon Club**  
clubkingswood.co.uk/classes/  
running-club

**North Somerset AC**  
nsac.org.uk  
**Portishead RC**  
portisheadrunningclub.com  
**Sole Sisters (North Bristol)**  
solesistersrc.com  
**Somer AC**  
somerac.org.uk  
**Southville Running Club**  
southvillerunningclub.co.uk  
**Team Bath Athletic Club**  
teambathac.org  
**Thornbury RC**  
thornburyrunningclub.co.uk  
**Westbury Harriers**  
westburyharriers.co.uk  
**Weston Athletic Club**  
westonac.co.uk  
**Yate & District AC**  
yateac.co.uk

**CORNWALL**

**Bodmin Road Runners**  
bodminroadrunners.com  
**Bodmin Women's RC**  
bodminwomensrunningclub.co.uk  
**Bude Rats (Run and Tri)**  
buderats.co.uk  
**Carn Runners**  
carnrunners.co.uk  
**Cornwall AC**  
cornwallac.org  
**East Cornwall Harriers**  
eastcornwallharriers.com  
**Falmouth RRC**  
falmouthroadrunners.co.uk  
**Hayle Runners**  
haylerunners.org.uk  
**Instinctive Sports**  
instinctivesports.co.uk  
**JP Fitness Cornwall**  
jpfitness.co.uk  
**Launceston Road Runners**  
launcestonroadrunners.co.uk  
**Looe Pioneers Running Club**  
looe pioneers.co.uk  
**Mile High**  
englandathletics.org  
**Moorhaven RC**  
englandathletics  
**Mounts Bay Harriers**  
mountsbayharriers.co.uk  
**MudCrew Running**  
mudcrew.co.uk  
**Newquay & Par AC**  
newquayandparac.co.uk  
**Newquay Road Runners**  
newquayroadrunners.co.uk

**PB Running Club**  
pbrc.webmate.me  
**St Austell Running Club**  
staustellrunningclub.co.uk  
**St Petroc's Dragons**  
**Triathlon Club Bodmin**  
bodmintriathletes.co.uk  
**Tamar Trotters**  
tamartrotters.co.uk  
**Tri Logic Cornwall**  
tri-logiccornwall.co.uk  
**Truro Running Club**  
trurorunningclub.org.uk

**DEVON**

**Axe Valley Runners**  
axevalleyrunners.org.uk  
**Bere Alston Trekkers**  
berealstontrekkers.co.uk  
**Bideford AAC**  
bidefordaac.co.uk  
**Brixham Harriers**  
brixhamharriers.co.uk  
**City Of Plymouth AC**  
plymouthac.co.uk  
**Crediton Running Network**  
Facebook: Crediton  
Running Network  
**Dartmouth AAC**  
dartmouthathletics.co.uk  
**Dawlish Coasters**  
dawlishcoasters.co.uk  
**DSFRS Running Club**  
dsfrs-running-club.org.uk  
**Erme Valley Harriers**  
ermevalleyharriers.co.uk  
**Excelsior Athletic Development Club**  
excelsiorgroup.co.uk/page/  
running-club  
**Exeter College Running Club**  
groups.runtogether.co.uk/  
ExeterCollegeRunningClub  
**Exeter Harriers**  
exeterharriers.org.uk  
**Exeter University Athletic Club**  
exeteruniversityac.co.uk  
**Exmouth Harriers**  
exmouth-harriers.co.uk  
**Exmouth Running Belles**  
exmouthrunningbelles.co.uk  
**Fit 2 Run**  
fit2rundevon.co.uk  
**Haldon Trail Runners**  
haldontrailrunners.org.uk  
**Honiton RC**  
honitonrc.com

**Ilfracombe Running Club**  
ilfracomberunningclub.co.uk

**Newton Abbot AC**  
naac.org.uk

**North Devon AC**  
northdevonac.org

**North Devon RRC**  
northdevonroadrunners.com

**Okehampton RC**  
okehamptonrunningclub.com

**Plymouth Coasters**  
plymouthcoasters.co.uk

**Plymouth Harriers**  
plymouthharriers.org

**Plymouth Musketeers Running Club**  
plymouthmusketeers.org.uk

**Plymouth Striders**  
plymouthstriders.co.uk

**Plymstock Road Runners**  
plymstockroadrunners.co.uk

**Riviera Racers**  
rivieraracers.co.uk

**Sidmouth Running Club**  
sidmouthrunningclub.co.uk

**South Devon AC**  
sdac.org.uk

**South Molton Strugglers**  
southmoltonstrugglers.co.uk

**South West Athletics Club**  
sw-athletics-academy.co.uk

**South West Road Runners**  
swrr.co.uk

**South West Veterans AC**  
southwestvets.co.uk

**Storm Plymouth**  
stormplymouth.teamapp.com

**Tavistock AC**  
tavistockathletics.co.uk

**Tavistock Run Project**  
Facebook: Tavistock Run Project

**Teignbridge Trotters**  
teignbridgetrotters.co.uk

**Tiverton Harriers**  
tivertonharriers.org

**Torbay AAC**  
torbayaac.co.uk

**Torbay Tri Club**  
torbaytri.co.uk

**Torrington AAC**  
torringtonaac.org

**Women on the Run**  
womenontherun.co.uk

## DORSET

**Bournemouth AC**  
bournemouthathleticclub.co.uk

**Bournemouth Joggers**  
bournemouthjoggers.co.uk

**Bridport Runners**  
bridport-runners.co.uk

**Christchurch Runners**  
christchurch-runners.org.uk

**Dorchester AC**  
dorchesterathletics.com

**Dorchester RIOT**  
dorchester.runriot.uk

**Dorset Doodlers RC**  
dorsetdoodlers.org

**Dorset Police Sports & Social Club (Athletics Section)**  
run.isport.com/running-teams

**Dorset Sole Sisters**  
dorsetsolesisters.com

**Egdon Heath Harriers**  
egdonheathharriers.com

**Gillingham Trotters**  
gillinghamtrotters.talktalk.net

**Hamworthy Harriers**  
theharriers.co.uk

**Littledown Harriers**  
littledownharriers.co.uk

**Lonely Goat RC**  
lonelygoatrc.com

**Lytchett Manor Striders**  
lytchettmanorstriders.org

**Maiden Newton Runners**  
maidennewtonrunners.wix.com

**Motcombe Runners**  
motcomberunners.com

**North Dorset Triathlon Club**  
northdorsettri.org.uk

**Poole AC**  
pooleac.co.uk

**Poole Runners**  
poolerunners.com

**Purbeck Runners**  
purbeckrunners.co.uk

**Royal Manor of Portland AC**  
rmpac.co.uk

**runblandford**  
runblandford.uk

**Westbourne R C**  
westbournerc.com

**Weymouth St Pauls Harriers**  
wsphandac.co.uk

**Wimborne AC**  
wimborneac.co.uk

**Zoom Tri Club**  
zoomtri.com

## GLOUCESTERSHIRE

**Almost Athletes**  
almostathletes.co.uk

**Angels RC**  
angelsrunningclub.org.uk

**Bourton Roadrunners Club**  
bourtonroadrunners.co.uk

**Cheltenham and County Harriers**  
cheltenhamharriers.co.uk

**Cirencester AC**  
cirencester\_ac.org.uk

**CLC Striders**  
clcstriders-runningclub.co.uk

**Cotswold Allrunners**  
cotswoldallrunners.club

**Dursley Running Club**  
dursleyrunningclub.org.uk

**Forest of Dean AC**  
fodac.org.uk

**Gloucester AC**  
gloucesterac.co.uk

**Newent Runners**  
newentrunkers.com

**Running Somewhere Else**  
runningsomewhereelse.com

**Severn AC**  
severnac.com

**South Glos AC**  
Facebook: South Glos AC

**Stroud & District AC**  
stroudathleticclub.co.uk

**Tetbury Dolphins Running Club**  
groups.runtogether.co.uk/  
TetburyDolphinsRunningClub

**Tewkesbury Allrunners**  
tewkesburyrunners.co.uk

**Tewkesbury Running Club**  
tewkesburyrunningclub.com

## SOMERSET

**1610**  
1610.org.uk

**Burnham On Sea Harriers**  
burnham-on-sea-harriers.com

**Chard RRC**  
chardrunningclub.btck.co.uk

**Cheddar RC**  
cheddarrunningclub.co.uk

**Crewkerne RC**  
crewkernerunning.club

**Frome Running Club**  
fromerunningclub.co.uk

**Fry Club Joggers**  
frysjoggers.btck.co.uk

**Highbridge Ladies Running Club**  
groups.runtogether.co.uk/  
HighbridgeLadiesRunningClub

**Hydrographic Harriers**  
Facebook: Hydro Harriers

**Langport Runners**  
langportrunners.co.uk

**Mendip Athletic Club**  
mendipac.org.uk

**Minehead RC**  
mineheadrunningclub.co.uk

**Minster Milers**  
minstermilers.weebly.com

**Quantock Harriers**  
quantockharriers.co.uk

**Running for Time**  
runningfortime.co.uk

**Running Forever RC**  
runningforeverrunningclub.org.uk

**Shapwick Runners**  
shapwickrunners.co.uk

**Taunton AC**  
tauntonac.org

**Wells City Harriers**  
wellscityharriers.org.uk

**Yeovil Olympiads AC**  
yeovilolympiads.com

**Yeovil Town RRC**  
yeoviltownrrc.com

## WILTSHIRE

**Avon Valley Runners**  
avonvalleyrunners.org.uk

**Calne Running Club**  
calnerunningclub.co.uk

**Calne SMARTT**  
calnesmartt.co.uk

**Chippenham Harriers**  
chippenhamharriers.co.uk

**City Of Salisbury AC & RC**  
salisbury-arc.org

**Corsham Running Club**  
corshamrunningclub.co.uk

**Devizes Running Club**  
devizesrunningclub.co.uk

**Highworth RC**  
highworthrunningclub.co.uk

**Independent Intelligent Fitness**  
englandathletics.org

**Lavington Athletics**  
lavingtonathletics.com

**Marlborough & District Junior AC**  
madja.co.uk

**Marlborough Running Club**  
marlboroughrunningclub.org.uk

**Pewsey Vale RC**  
pewseyvalerunningclub.org

**Royal Wootton Bassett Hounds RC**  
royalwoottonbassetthounds.co.uk

**Shrewton Running Club**  
shrewtonrunning.club

**Slinn Allstars**  
slinnallstars.co.uk

**St Mary's Sports Centre Running & Triathlon**  
runningandtriathlon.co.uk/running

**Swindon Harriers**  
swindonharriers.com

**Swindon Striders**  
swindonstriders95.wixsite.com/  
swindonstriders

**Team Devizes – Moonrakers AC**  
teamdevizes.org

**Tidworth & Bulford AC**  
tidworthandbulfordathleticsclub.  
godaddysites.com

## WEST MIDLANDS

### HEREFORDSHIRE

**Croft Ambrey RC**  
croftambreyrunningclub.co.uk

**Hereford & County AC**  
herefordcountyathletics.co.uk

**Hereford Couriers**  
herefordcouriers.com

**Ledbury & District Harriers**  
ledburyharriers.org.uk

**Wye Valley Runners**  
wyevalleyrunners.co.uk

### SHROPSHIRE

**Bridgnorth AC**  
bridgnorthathleticclub.org

**Bridgnorth Running Club**  
bridgnorthrunningclub.weebly.com

**Hartshill Runners**  
groups.runtogether.co.uk/  
HartshillRunners

**Lawley Running Club**  
lawleyrunningclub.co.uk

**Ludlow Runners**  
ludlowrunners.org

**Market Drayton RC**  
marketdraytonrunningclub.org

**Newport and District RC**  
newportrunningclub.co.uk

**Oswestry Olympians**  
oswestryolympians.com

**Shrewsbury AC**  
shrewsburyac.org.uk

**Shropshire Shufflers**  
shropshire-shufflers.org

**SYTRI (Shrewsbury Triathlon)**  
sytri.org.uk

**Telford AC**  
telfordathleticclub.co.uk

**Telford Harriers**  
telfordharriers.co.uk

**Trismart**  
trismart.org.uk

**Wenlock Olympians**  
wenlockolympians.org.uk

**Whitchurch Triathlon Club**  
whitchurchtriathlon.co.uk

**Whitchurch Whippets**  
whitchurchwhippets.co.uk

**Wrekin College Triathlon Club**  
wrekincollegetri.co.uk

**Wrekin Road Runners**  
wrekinroadrunners.net

### STAFFORDSHIRE

**Biddulph RC**  
biddulphrunningclub.co.uk

**Blythe Bridge RC**  
blythebridgerunningclub.co.uk

**Burntwood Triathlon Club**  
burntwoodtriathlon.co.uk

**Burton AC**  
burtonac.co.uk

**Cannock & Stafford AC**  
csathletics.com

**Chase Harriers**  
chaseharriers.org

**Cheadle RC**  
cheadlerunningclub.com

**City of Stoke AC**  
stokeac.org.uk

**Hatton Darts**  
hattondarts.co.uk

**JCB Lakeside Club**  
jcb-lakeside-club.co.uk

**Keele University Athletics & Cross Country**  
keelesu.com/activities/society/  
crosscountry

**Lichfield Running Club**  
lichfield-running-club.co.uk

**Michelin AC**  
stokemac.michelin.co.uk

**Mow Cop Runners**  
mowcoprunner.com

**Newcastle (Staffs) Tri Club**  
newcastletriathlon.co.uk

**Newcastle Staffs AC**  
newcastlestaffsac.org.uk

**North Staffs RR Association**  
nsrra.org.uk

**Peel Road Runners**  
peelroadrunners.co.uk

**Potters Trotters**  
potters-trotters.weebly.com

**RC Running Club**  
englandathletics.org

**Rising Brook Runners**  
risingbrookrunners.com

**Stafford Harriers**  
staffordharriers.org

**Stafford Triathlon Club**  
staffordtri.net  
**Staffs Moorlands AC**  
staffsmoorlands-ac.co.uk  
**Stoke F.I.T**  
stokefit.co.uk  
**Stone Master Marathoners**  
stoneMM.com  
**Tamworth AC**  
tamworthac.co.uk  
**Tipton Harriers**  
tiptonharriers.co.uk  
**Trentham RC**  
trenthamrunningclub.co.uk  
**Uttoxeter Road Runners**  
uttoxeterroadrunners.club  
**Washlands Women Runners**  
washlandswomenrunners.co.uk

**WARWICKSHIRE**

**Aldridge RC**  
aldrigderunningclub.co.uk  
**Amazing Feet Running Club**  
amazingfeet.co.uk  
**Badgers**  
badgersbaddesley.com  
**Balsall Common Run Club**  
balsallcommonrunclub.co.uk  
**Bermuda Striders**  
bubbles.org.uk/bermuda  
**Birchfield Harriers**  
birchfieldharriers.net  
**Centurion RC**  
centurionrc.org.uk  
**Cleobury Mortimer Running Club**  
runcleobury.org  
**Coventry Godiva Harriers**  
coventry-godiva-harriers.org.uk  
**Coventry Triathletes**  
covtri.co.uk  
**Eliot Ladies at Ambleside**  
Facebook: Eliot Ladies  
Running Club  
**Kenilworth Runners**  
kenilworthrunners.co.uk  
**Knowle & Dorridge RC**  
knowleanddorridgeclub.org.uk  
**Leamington Athletics Academy**  
leamingtonathletics.co.uk  
**Leamington Cycling and Athletic Club**  
leamingtoncyclingandathletics.org  
**Massey Ferguson RC**  
masseyrunners.co.uk  
**McCarkiss Endurance Project**  
mccarkissenduranceproject.co.uk  
**Northbrook Athletic Club**  
northbrookac.org.uk

**Nuneaton Harriers**  
nuneatonharriers.org.uk  
**Royal Sutton Coldfield Athletic Club**  
rscac.co.uk  
**Rugby Triathlon Club**  
rugbytriathlon.org.uk  
**Run Alcester**  
groups.runtogether.co.uk/RunAlcester  
**Solihull & Small Heath Athletic Club**  
solihullac.co.uk  
**Spa Striders**  
spastriders.co.uk  
**Sphinx AC**  
sphinx.org.uk  
**Stratford Upon Avon AC**  
stratfordac.co.uk  
**University of Warwick**  
warwickathletics.com

**WEST MIDLANDS**

**1485 Triathlon Club**  
1485triclub.com  
**Action Heart Running & Walking Club**  
actionheartrunning.com/  
running-club  
**Barnt Green Chuggers**  
barntgreenchuggers.com  
**Birmingham Running Athletics & Triathlon Club (BRAT)**  
bratclub.co.uk  
**Birmingham Swifts**  
birminghamswifts.co.uk  
**Bournville Harriers**  
bournvilleharriers.org.uk  
**City of Birmingham Striders**  
birminghamstriders.co.uk  
**Cobra Running & Triathlon Club**  
cobrarac.co.uk  
**Dudley Kingswinford RC**  
dkrunningclub.co.uk  
**Halesowen ACC**  
halesowen-athleticclub.co.uk  
**Halesowen Tri**  
halesowentri.org  
**Kingfisher Harriers**  
kingfisherharriers.com  
**Kings Heath RC – The Lions**  
kingsheathrunningclub.org.uk  
**Midland Masters AC**  
midlandmasters.com  
**RAF Athletics**  
raf.mod.uk/rafathletics  
**Redditch Stars**  
redditchstars.co.uk  
**Rugeley Runners**  
rugeleyrunners.org.uk

**Running 4 Women**  
running4women.com  
**Sandwell Valley RC**  
englandathletics.org  
**Sedgley Striders**  
sedgleystriders.co.uk  
**Sneyd Striders**  
sneydstriders.org.uk  
**Sparkhill Harriers**  
sparkhillharriers.co.uk  
**The Yellow Army**  
groups.runtogether.co.uk/  
TheYellowArmy  
**University of Birmingham AC and Cross Country Club**  
ubsportathletic.co.uk  
**Warley Wasps Tri & Running Club**  
warleywasps.wix.com/  
warleywaspsstriathlon  
**Warley Woods Pacers**  
warleywoodspacers.co.uk

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[wolvesandbilstonac.co.uk](http://wolvesandbilstonac.co.uk)



**West Bromwich Harriers**  
wbhac.org.uk  
**WORCESTERSHIRE**  
**TRiKS**  
triks.co.uk  
**Black Country Triathletes**  
blackcountrytriathletes.co.uk  
**Black Pear Joggers**  
blackpearjoggers.org.uk  
**Bromsgrove and Redditch**  
bromsgroveandredditchac.org.uk  
**Droitwich AC**  
droitwichac.co.uk  
**Dudley and Stourbridge Harriers**  
dashac.org.uk  
**Evesham Vale Running Club**  
eveshamvalerunningclub.org.uk  
**Forest Monsters**  
englandathletics.org  
**Kidderminster and Stourport**  
ksac.co.uk  
**Malvern Buzzards Running Club**  
malvernbuzzards.org.uk

**Malvern Joggers**  
malvernjoggers.co.uk  
**Mercia Fell Runners**  
merciafellrunners.org.uk  
**Pershore Plum Plodders**  
persshoreplumplodders.com  
**Stourbridge RC**  
srclub.co.uk  
**UKRunChat Running Club**  
ukrunchat.co.uk/running-clubs  
**Worcester AC**  
worcester-ac.co.uk

**YORKSHIRE & HUMBERSIDE****HUMBERSIDE**

**Barton & District AC**  
barton-district-ac.co.uk  
**Beverley Athletic Club**  
beverleyathleticclub.co.uk  
**Bridlington Road Runners**  
bridlingtonrr.co.uk  
**City of Hull AC**  
cityofhullac.co.uk  
**Cleethorpes and District AC**  
cleethorpesac.co.uk  
**Cleethorpes Triathlon Club**  
cleethorpestriclub.co.uk  
**Driffeld Striders**  
driffeldstriders.co.uk  
**East Hull Harriers & AC**  
easthullharriers.com  
**Fitmums and Friends**  
fitmums.org.uk  
**Goole Viking Striders**  
vikingstriders.co.uk  
**Goole Youth AC**  
gooleyouthac.com  
**Grimsbury Harriers & AC**  
grimsbyharriers.org.uk  
**Hornsea Harriers**  
Facebook: @HornseaHarriers  
**Hull Springhead Harriers**  
englandathletics.org  
**Humber Triathletes**  
humber-triathletes.co.uk  
**Kingston upon Hull AC**  
kingstonuponhullac.co.uk  
**Pocklington Runners**  
pockrunners.com  
**Scunthorpe & District AC**  
scunthorpeathletics.co.uk  
**Selby Striders**  
selbystriders.org.uk  
**West Hull Ladies**  
westhullladies.org.uk

**White City (Hull) RRC**  
whitecityhullrrc.co.uk  
**Winterton Running Club**  
Facebook:  
@www.wintertonrunnersgo  
**Withernsea Harriers**  
withernseaharriers.org  
**Wolds Veteran RC**  
woldsvets.co.uk  
**Yorkshire Wolds Runners**  
yorkshirewoldsrunners.co.uk

**NORTH YORKSHIRE**

**Allerton Junior Athletics Club**  
Facebook: @allertonjuniorathleticsclub  
**Bedale & Aiskew Runners**  
bedaleandaiskewrnners.org.uk  
**City of York AC**  
cityofyorkathleticclub.net  
**Easingwold Running Club**  
easingwoldrunningclub.co.uk  
**Esk Valley Fell Club**  
eskvalleyfellclub.org  
**Fetch Everyone**  
fetcheveryone.com  
**Harrogate Harriers & AC**  
harrogate-harriers.co.uk  
**Knaresborough Striders**  
knaresborough-striders.org.uk  
**Loftus & Whitby AC**  
loftusandwhitbyac.co.uk  
**Nidd Valley Road Runners**  
niddvalleyroadrunners.co.uk  
**North Yorkshire Police AC**  
englandathletics.org  
**Pickering Running Club**  
pickeringrunningclub.co.uk  
**Richmond & Zetland Harriers**  
richmondzetlandharriers.co.uk  
**Ripon Roar**  
englandathletics.org  
**Ripon Runners**  
riponrunners.org.uk  
**Roots Running Club**  
englandathletics.org  
**Scarborough Athletic Club**  
scarboroughac.co.uk  
**Settle Harriers**  
settleharriers.org  
**Skipton AC**  
skiptonac.co.uk  
**Swaledale Runners**  
Facebook: @swaledaleroadrunners  
**Tadcaster Harriers**  
tadcasterharriers.org.uk  
**Thirsk & Sowerby Harriers**  
thirskandsowerbyharriers.co.uk  
**VocaLink Mastercard**

**Running Club**  
vocalinkrunningclub.wordpress.com  
**York Acorn Running Club**  
yorkacornrunningclub.org.uk  
**York Knavesmire Harriers**  
yorkknavesmireharriers.co.uk  
**York Postal Harriers**  
Twitter: @YPHarriers  
**York Triathlon Club**  
yorktriclub.co.uk

**SOUTH YORKSHIRE**

**2 Dash**  
2dash.club  
**Askern & District RC**  
askerndrc.org  
**Barnsley Athletic Club**  
barnsleyac.co.uk  
**Barnsley Harriers**  
barnsleyharriers.org.uk  
**City of Sheffield and Dearne AC**  
sheffieldathletics.co.uk  
**Crystal Peaks Runners**  
crystalpeaks-runners.co.uk  
**Danum Harriers**  
danumharriers.co.uk  
**Dark Peak Fell Runners**  
dpfr.org.uk  
**Doncaster Athletic Club**  
doncasterathleticclub.com  
**Doncaster Triathlon Club**  
Facebook: @DoncasterTriathlonClub  
**Hallamshire Harriers Sheffield**  
hallamshireharriers.co.uk  
**Handsworth Roadhogs**  
handsworthroadhogs.uk  
**Killamarsh Kestrels**  
Facebook: @killamarshkestrels  
**Kimberworth Striders**  
kimberworthstriders.co.uk  
**Kingstone Runners Barnsley**  
kingstonerunners.co.uk  
**Maltby Running Club**  
maltbyrunningclub.wordpress.com  
**Penistone Footpath Runners & Athletic Club**  
pfrac.co.uk  
**Racing TNT**  
racingtnt.team  
**REAL FITNESS RACE TEAM**  
realfitness.org  
**Rother Valley Swallows**  
rothervalleyswallows.com  
**Rotherham Harriers and AC**  
rotherhamharriers.org  
**Sheffield Hallam University Athletics Club**  
Twitter: @SHU\_Athletics

**Sheffield RC**  
sheffieldrunningclub.org.uk  
**Sheffield Triathlon Club**  
sheffieldtriclub.com  
**South Yorkshire Police AC**  
syppsportsandsocialclub.co.uk  
**Steel City Striders RC**  
steelcitystriders.co.uk  
**Team Manvers**  
teammanvers.co.uk  
**Tickhill Running & Athletic Club**  
trac.clubbuzz.co.uk  
**Totley AC**  
totleyac.org.uk  
**University of Sheffield AC**  
shefuniac.co.uk  
**Valley Hill Runners**  
valleyhillrunners.com  
**Wakefield Triathlon Club**  
wakefieldtriclub.co.uk  
**Wombwell Sporting AC**  
wombwellsportingac.weebly.com

**WEST YORKSHIRE****12 in 12**

12in12.uk

**Abbey Runners**  
abbeyrunners.co.uk  
**Ackworth Road Runners**  
ackworthroadrunnersandac.co.uk  
**Airecentre Pacers RC**  
guiseley.co.uk/airecentre-pacers  
**Baildon Runners**  
baildonrunners.co.uk  
**Bingley Harriers & AC**  
bingleyharriers.co.uk  
**Bradford Airedale AC**  
bradfordairedaleac.org.uk  
**Bramley Breezers**  
Facebook: @BramleyBreezers  
**British Library Boston Spa AC**  
englandathletics.org  
**Calder Valley Fell Runners**  
cvfr.co.uk  
**Chapel Allerton Runners**  
chapelallertonrunners.ning.com  
**Crossgates Harriers**  
crossgatesharriers.co.uk  
**Denby Dale Athletics Club**  
denbydaleac.co.uk  
**Dewsbury Road Runners**  
dewsburyroadrunners.co.uk  
**Dragons Running Club (Leeds)**  
dragonsrunning.co.uk  
**Eccleshill Road Runners**  
eccleshillroadrunners.org

**Farsley Flyers**  
Facebook: @FarsleyFlyers  
**Halifax Harriers & AC**  
halifaxharriers.co.uk  
**Holmfirth Harriers AC**  
holmfirthharriers.com  
**Horsforth Fellandale Club**  
fellandale.com  
**Horsforth Harriers**  
horsforthharriers.co.uk  
**Hyde Park Harriers**  
hydeparkharriers.co.uk  
**Idle AC**  
idleac.co.uk  
**Ilkley Harriers AC**  
ilkleyharriers.co.uk  
**Keighley & Craven AC**  
kcac.co.uk  
**Kippax & District Harriers**  
kippaxharriers.org.uk  
**Kirkstall Harriers**  
kirkstallharriers.org.uk  
**Leeds & Bradford Triathlon Club**  
lbt.org.uk  
**Leeds City Athletic Club**  
leedscityac.co.uk  
**Leeds Frontrunners**  
leedsfrontrunners.wordpress.com  
**Leeds University AC/CC Club**  
luu.org.uk/athletics  
**Lindley Road Runners**  
lindleygroup.org.uk/wordpress/index.php/lindley-road-runners  
**Longwood Harriers AC**  
longwoodhac.org.uk  
**Meltham AC**  
melthamac.com  
**Methley Striders**  
Twitter: @MethleyStriders  
**Morley RC**  
groups.runtogether.co.uk/  
MorleyRunningClub  
**North Leeds Fell Runners**  
nlfr.co.uk

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**Northowram Pumas Running Club**  
northowrampumas.co.uk  
**Otley AC**  
otleyac.org.uk  
**Pontefract AC**  
pontefractathletics.club  
**Pudsey & Bramley AC**  
pudseybramley.com  
**Pudsey Pacers RC**  
pudseypacers.com  
**Pudsey Runners**  
pudseyrunners.co.uk  
**Queensbury Running Club**  
queensburyrc.co.uk  
**Roberttown Road Runners**  
roberttownroadrunners.co.uk  
**Rodillian Runners**  
rodillianrunners.co.uk  
**Rothwell Harriers & AC**  
rothwellharriers.org.uk  
**Roundhay Runners**  
roundhayrunners.co.uk  
**Saltaire Striders**  
saltairestriders.org.uk  
**Skyrac Athletic Club**  
skyrac.co.uk  
**South Leeds Lakers groups.runtogether.co.uk/**  
SouthLeedsLakers  
**South Leeds Sisters**  
southleedssisters.com  
**Sowerby Bridge Snails Running Club**  
sowerbybridgesnails.com  
**Spensorborough & Dist AC**  
spenac.co.uk  
**St Theresa's AC**  
sttheresasac.org.uk  
**Stadium Runners**  
stadiumrunners.co.uk  
**Stainland Lions Running Club**  
slrc.club  
**Todmorden Harriers**  
todharriers.co.uk  
**Valley Striders AC**  
valleystriders.org.uk  
**Wakefield District H & AC**  
wakefield-harriers.co.uk  
**West Yorkshire Police Harriers**  
englandathletics.org  
**Wetherby Runners AC**  
wetherbyrunnersac.co.uk  
**Wharfedale Harriers**  
wharfedaleharriers.co.uk  
**Yorkshire Race Walking Club**  
englandathletics.org

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aberdeenaac.clubbuzz.co.uk

## Airdrie Harriers

airdrieharriers.co.uk

## Annan and District Athletics Club

annananddistrictathleticclub.co.uk

## Anster Haddies

haddies.weebly.com

## Arbroath & District Athletic Club

arbroathathletics.org.uk

## Arbroath Footers

arbroathfooters.com

## Ayr Seaforth Athletic club

ayrseaforth.co.uk

## Ayrodynamic Triathlon Club

ayrodynamic.org.uk

## Banchory Stonehaven Athletic Club

bsac.club

## Beith Harriers

beithharriers.btck.co.uk

## Bellahouston Harriers

bellahoustonharriers.com

## Bellahouston Road Runners

bellahoustonroadrunners.co.uk

## Cairngorm Runners

cairngormrunners.org/joomla

## Caithness Amateur Athletics Club

caithnessaac.wixsite.com/caac

## Calderglen Harriers

calderglenharriers.org.uk

## Cambuslang Harriers

cambuslangharriers.org

## Campbeltown Running Club

campbeltownrunningclub.com

## Carnegie Harriers

carnegie-harriers.co.uk

## Carnethy Hill Racing Club

carnethy.com

## Central Athletic Club

centralathletics.co.uk

## Chirnside Chasers Athletics Club

chirnsidechasers.org.uk

## Clydesdale Harriers

clydesdaleharriers.co.uk

## Corstorphine AAC

caac.org.uk

## Cumbernauld Amateur Athletics Club

cumbernauldaac.org.uk

## Dalbeattie Running Club

dalbeattierunningclub.com

## Deeside Runners

deesiderunners.com

## Deveron Harriers

deveronharriers.org

## Dumbarton AAC

dumbartonaac.com

## Dumfries Harriers

dumfriesharriers.co.uk

## Dumfries Running Club

dumfriesrunningclub.org.uk

## Dunbar Running Club

dunbarrunningclub.com

## Dunblane Runners

dunblaneroadrace.com/

dunblane-runners/

## Dundee Hawkhill Harriers

dundeehawks.co.uk

## Dundee Road Runners

dundeeroadrunners.co.uk

## Dunfermline Track and Field Club

dunfermlinetf.teamapp.com

## East Kilbride Athletics Club

ekac.org.uk

## East Sutherland Athletics Club

eastsutherlandathleticsclub.org

## Edinburgh Athletics Club

edinburghac.org.uk

## Edinburgh Eagles

lothiandisabilitysport.co.uk/

sports-and-clubs/athletics

## Edinburgh Running Network

edinburghrunningnetwork.org.uk

## Edinburgh University

haries.eusu.ed.ac.uk

## Hare & Hounds

haries.eusu.ed.ac.uk

## Elgin AAC

elginaac.clubbuzz.co.uk

## Ellon Amateur Athletics Club

Facebook: Ellon Athletics Club

## Falkirk Victoria Harriers

falkirkvics.org.uk

## Falkland Trail Runners

falklandtrailrunners.org.uk

## Ferranti AAC

scottishathletics.org.uk

## Fife Athletic Club

fifeac.org

## Forfar Road Runners

forfarroadrunners.co.uk

## Forres Harriers

forresharriers.org.uk

## Forth Valley Flyers

fvds.org.uk/our-clubs/

forth-valley-flyers/information

## Fraserburgh Running Club

sites.google.com/site/

fraserburghrunning/home

## Gala Harriers Athletic Club

galaharriers.co.uk

## Garioch Roadrunners

gariochroadrunners.com

## Garscube Harriers

garscubeharriers.org.uk

## Giffnock North AC

giffnocknorth.co.uk

## Girvan Harriers

girvanathleticclub.co.uk

## Glasgow Caledonian

gcstudents.co.uk/groups/

athletics--8

## Glasgow City AC

glasgowathletics.org.uk

## Glasgow Frontrunners

glasgowfrontrunners.org

## Glasgow University

haresandhounds.com

## Hares and Hounds

haresandhounds.com

## Greenock Glenpark Harriers

greenockglenparkharriers.com

## Haddington Running Club

haddingtonrunning.club

## Hamilton and District AC

hamiltonanddistrictathleticsclub.

wordpress.com

## Hamilton Harriers

hamiltonharriers.co.uk

## Harmeny AC

harmenyac.org

## Helensburgh Amateur Athletics Club

helensburghaac.co.uk

## Heriot-Watt University

athletics.club

hw.ac.uk/uk/edinburgh/sports/union/

clubs/athletics.htm

## Highland Hill Runners

highlandhillrunners.org.uk

## Hunters Bog Trotters

huntersbogtrotters.com

## Insch Trail Running Club

inschtrailrunningclub.co.uk

## Inverclyde AC

inverclydeac.co.uk

## Inverness Harriers AAC

invernessharriers.org.uk

## Irvine Running Club

irvinerunningclub.co.uk

## JSK Running Club

Runjks.co.uk/home

## Jura AC

scottishathletics.org.uk

## Keith & District AAC

walkjogrunmoray.org.uk

## Kilbarchan Amateur Athletic Club

kilbarchanaac.org.uk

## Kilmarnock Harrier & Athletic Club

kilmarnockharriers.com

## Kinross Road Runners

kinrossroadrunners.weebly.com

## Kirkintilloch Olympians

kirkintillocholympians.co.uk

## Larkhall YMCA Harriers

larkhallymcaharriers.com

## Lasswade Athletic Club

lasswade-ac.org.uk

## Lauderdale Limpers Running Club

lauderdalelimpers.co.uk

## Law & District AAC

lawaac.co.uk

## Linlithgow Athletic Club

linlithgowac.org.uk

## Livingston Athletic Club

livingstonac.com

## Lochaber Athletic Club

lochaberac.co.uk

## Lomond Hill Runners

lomondhillrunners.co.uk

## Lothian Running Club

lothianrunningclub.co.uk

## Maryhill Harriers

maryhillharriers.com

## Metro Aberdeen Running Club

metroaberdeen.co.uk

## Mid Argyll AC

scottishathletics.org.uk

## Milburn Harriers

milburnharriers.com

## Montrose & District

athletics.club

mdac.org.uk

## Moorfoot Runners

moorfootrunners.blogspot.com

## Moray Road Runners

morayroadrunners.com

## Motherwell AC

motherwellac.com

## Mull Athletic Club

spanglefish.com/mullathleticclub

## Musselburgh & District AC

musselburghac.com

## Nairn Area Amateur

athletic club (NAAAC)

naaac.org.uk

## Nairn Road Runners

nairnroadrunners.co.uk

## Newburgh Dunes Running Club

newburghdunesrunningclub.co.uk

## Nithsdale Athletic Club

nithsdaleac.org.uk

## North Ayrshire Athletics Club

Facebook: NAathleticsclub

## North Highland Harriers

northhighlandharriers.co.uk

## North Uist AAC

scottishathletics.org.uk

## Ochil Hill Runners

ochillhillrunners.org.uk

## Orkney Athletics Club

orkneyathleticclub.co.uk

## Penicuik Harriers

penicuikharriers.org.uk

## Perth Road Runners

perthroadrunners.co.uk

## Perth Strathay Harriers

strathayharriers.co.uk

## Peterhead Athletics Club

peterheadathleticsclub.co.uk

## PH Racing Club

phracingclub.co.uk

## Pitreavie AAC

pitreavie-aac.co.uk

## Portobello Running Club

portobellorunners.co.uk

## Red Star AC

redstarac.org.uk

## Ross County Athletics Club

rosscountyac.com

## Run GMC

scottishathletics.org.uk

## Scotia Race Walking Club

scotiarwc@outlook.com

## Scottish Fire and Rescue Service

Athletics Club

firescotland.gov.uk

## Scottish Prison Service AAC

scottishathletics.org.uk

## Shetland Amateur

Athletics Club

shetlandaac.org.uk

## Shettleston Harriers

shettlestonharriers.org.uk

## Skye & Lochalsh Running Club

spanglefish.com/slrc

## South Uist and Eriskay Amateur Athletics Club

Facebook: South Uist & Eriskay Amateur Athletics Club

## Spey Runners

speyrunners.co.uk

## Springburn Harriers

springburnharriers.co.uk

## Squadra Porcini

elke.prasad@gmail.com

## Sri Chinmoy AC (Scotland)

# CLUBS IN WALES

## 3M Gorseion Road Runners

3mgorseionr.co.uk

## Aberdare Valley AAC

avaac.net

## Abergele Harriers

abergeleharriers.co.uk

## Aberystwyth AC

aberystwythac.co.uk

## Agile Therapy Run

welshathletics.org/clubs/club-list.aspx

## Amman Valley Harriers

ammanvalleyharriers.wordpress.com

## Barry & Vale Harriers AC

barryandvaleharriers.com

## Betsi Runaways

betsirunaways.weebly.com

## Blaenau Gwent AC

blaenaugwentac.com

## Brackla Harriers

bracklaharriers.co.uk

## Brecon AC

breconac.org.uk

## Brecon Triathlon Club

brecontriathlonclub.co.uk

## Bridgend AC

bridgendac.wordpress.com

## Bro Dysynni AC

brodysynniac.co.uk

## Buckley Runners

buckleyrunners.org.uk

## Builth & District

## Running Club

builthanddistrictrunningclub.btck.co.uk

## Cadence Tri

cadencetri.org

## Caerleon Running Club

caerleonrunningclub.co.uk

## Caerphilly Runners

caerphillyrunners.co.uk

## Caldicot Running Club

caldicotrunningclub.com

## Cardiff AAC

cardiffaac.org

## Cardiff Archers

cardiffmet.ac.uk/about/sport/childrens/athletics/Pages/default.aspx

## Cardiff Harlequins

## Running Club

Facebook: Cardiff Harlequins Running Club

## Cardiff Harlequins

## Running Club

Facebook: Cardiff Harlequins Running Club

## Cardiff Harlequins

## Running Club

## Running Club

AFFILIATED TO



## Cardigan Running Club

cardiganrunningclub.org.uk

## Carmarthen Harriers

carmarthenharriers.co.uk

## Celtic Tri

celtictri.co.uk

## Chepstow Harriers

chepstowharriers.org.uk

## Clwb Rhedeg DVT Running Club

Facebook: @dvtcoaching

## Clwb Rhedeg Pontardawe

## Running Club

Twitter: @PontyRunning

## Colwyn Bay AC

colwynbayathletics.org.uk

## Cornelly Striders

cornellystriders.co.uk

## Cwmbran Harriers

cwmbranharriers.com

## Cybi Striders

cybistriders.co.uk

## Deeside AAC

deesideathleticclub.com

## Deestriders Running Club

deestridersrunningclub.net

## Denbigh Harriers Running Club

denbighharriers.com

## Dragons Running Club

dragonsrunning.co.uk

## DSW Para Academy

disabilitysportwales.com

## Ebbw Vale Running Club

ebbwvalerunningclub.co.uk

## Emlyn Runners

welshathletics.org/clubs/club-list

## Eryri Harriers

eryriharriers.org.uk

## Fairwater Runners Cwmbran

fairwater-runners-cwmbran.org.uk

## GOG Triathlon

gogtriathlon.com

## Griffithstown Harriers

griffithstownharriers.co.uk

## Hendre Lake Running Club

welshathletics.org/clubs/club-list

## Hengoed Harriers

hengoedharriers.com

## Islwyn Running Club

islwynrunningclub.org.uk

## Les Croupiers

lescroupiersrunningclub.org.uk

## Llamwyr Llyn Striders

Facebook: Llamwyr Llyn Striders

## Llanelli AC

llanelliathleticclub.moonfruit.com

## Lliswerry runners

lliswerryrunners.org.uk

## Maindy Harriers

runandbecome.com/

cardiff-running-clubs/maindy-harriers

## Maldwyn Harriers

maldwynharriers.org.uk

## Meirionnydd Running Club

run-meirionnydd.co.uk

## Menai Track & Field

menaitrackandfield.org.uk

## Merthyr Running Club

merthyrrunningclub.co.uk/web

## Micky Morris

## Racing Team

Facebook: MMRT

## Mynydd Du

mynydd-du.org.uk

## Neath Harriers

neath-harriersac.moonfruit.com

## Newport Harriers

newportharriers.com

## NWRR

(North Wales Road Running Club)

nwrrc.co.uk

## Ogmore Phoenix Runners

ogmorephoenixrunners.co.uk

## Outdoor Fitness

outdoorfitnessltd.com

## Parc Bryn Bach

## Running Club

pbbrc.run

## Paul Popham Running Club

paulpophamrunningclub.co.uk

## Pegasus Running Club

Facebook: Pegasus

Running Club

## Pembrokeshire Harriers

pembrokeshireharriers.org.uk

## Penarth & Dinas Runners

penarthanddinasrunners.co.uk

## Pencoed Panthers

pencoedpanthers.co.uk

## Penyffordd Run Club

penyfforddruclub.com

## Pontyclun AC

pontyclunathletics.wixsite.com

## Pontyclun Road Runners

pontyclunroadrunners.co.uk

## Pontypridd Roadents AC

pontypriddroadentsac.org.uk

## Pont-y-Pwl &

## District Runners

pontypoolrunners.co.uk

## Porthcawl Runners

porthcawlrunners.com

## Port Talbot Harriers

porttalbotharriers.co.uk

## Prestatyn Running Club

prestatynrunningclub.co.uk

## Refail Runners

Twitter: @RefailRunners

## Rhayader Running Club

rhayaderac.org.uk

## Rhedwyr Hebog Runners

rhedwyrhebog.co.uk/en

## Rhondda AC

welshathletics.org/clubs/club-list

## Rhondda Valley Runners

rhonddavalleyrunners.co.uk

## Rhymney Valley AC

rhymneyvalleyac.co.uk

## Run4All Neath

run4allneath.co.uk

## San Domenico Running Club

sandomenico.uk

## Sarn Helen

sarnhelen.org.uk

## Sospan Road Runners

sospanroadrunners.co.uk

## Spirit of Monmouth

spiritofmonmouth.co.uk

## TROTS

trots.org.uk

## SWANSEA HARRIERS

– UK Athletics Club

of the Year in 2009

and 2014

– Women and men in UK

Athletics League Division One

– Training at Swansea University

– All age groups

[swanseeharriers.co.uk](http://swanseeharriers.co.uk)



## Usk Runners

usk-runners.co.uk

## Village Vipers

village-vipers.webs.com

## Welsh Pole Vault Association

www.wpva.co.uk

## White Rock Runners

whiterockmultisport.co.uk

## Women Running Penarth

womenrunningpenarth.org.uk

## Wrexham AAC

wrexhamac.club

## Ystrad Mynach

## Running Club

Facebook: Ystrad Runners 1



MARK SHEARMAN

# LIVERPOOL



BRITISH ATHLETICS  
CROSS CHALLENGE



# CLUBS IN N. IRELAND

AFFILIATED TO

**1ZERO1**

athleticsni.org

**3 Ways AC**

3waysac.wordpress.com

**Acorns AC**

acornsac.co.uk

**Albertville Harriers**

albertvilleharriers.org

**All Stars Special Olympics Club**

athleticsni.org

**Annadale Striders**

annadalestriders.co.uk

**Armagh AC**

Facebook: Armagh AC

**Ballycastle Runners AC**

ballycastlerunners.com

**Ballydrain Harriers**

ballydrainharriers.co.uk

**Ballygalget AC**

Facebook: Ballygalget

Athletic Club

**Ballymena Runners**

ballymenarunners.org

**Banbridge AC**

Facebook: BanbridgeAC

**Belfast Assoc RC FR**

barfni.co.uk

**Belfast Running Club**

belfastrunningclub.co.uk

**BOLT Running Club**

Twitter: @boltrunningclub

**Burren AC**

burrenathletics.com

**City of Derry AC Spartans**

derry-spartans.com

**City of Lisburn AC**

cityoflisburnac.co.uk

**Club Pulse Runners**

athleticsni.org

**Co Antrim Harriers**

countytrimharriers.co.uk

**Dee Runners**

athleticsni.org

**Derry Track Club**

derrycitytc.com

**Dromore AC**

dromoreac.com

**Dub Running Club**

dubrunners.club

**East Antrim Harriers**

eastantrimharriersac.co.uk

**East Coast AC**

eastcoastathleticclub.co.uk

**East Down AC**

eastdownac.co.uk

**Enniskillen RC**

enniskillenrc.co.uk

**Foyle Valley AC**

foylevalleyac.com

**Glenlough Running Club**

athleticsni.org

**Glens Runners**

Facebook: Glens Runners

**GymTech Health and Fitness**

gym-tech.org.uk/html/RUNNING\_

CLUB.html

**Jog Lisburn Running Club**

joglisburnrunningclub.co.uk

**Jog Moira**

Facebook: Jog Moira

**Kernan Running Club**

kernanrunclub.com

**Kinawley Running Group**

Facebook: Kinawley Running Group

**Knockmany Running Club**

Facebook: Knockmany Running Club

**Lagan Valley AC**

laganvalleyac.co.uk

**Larne AC**

larneac.co.uk

**Loughview AC**

Facebook: Loughview

Athletics Club

**Magherafelt Harriers**

Facebook: Magherafelt Harriers

**Maguiresbridge Running Club**

Facebook: Maguiresbridge

Running Club

**Mallusk Harriers**

malluskharriers.co.uk

**Mid Ulster AC**

midulsterac.co.uk

**Moneyglass and District Runners**

Facebook: Moneyglass and

District Runners

**Monkstown Spartans AC**

Facebook: Monkstown Spartans

**Mourne Runners**

mournerunners.co.uk

**Murlough AC**

murloughac.com

**Newcastle and District AC**

newcastleac.org

**Newry AC**

newryac.blogspot.co.uk

**Newry City Runners**

newrycityrunners.com

**Newtownabbey Racers**

newtownabbeyracers.com

**NI Civil Service AC**

nics-ac.co.uk

**NI Masters Athletic Association**

northernirelandmasters.co.uk

**NI Mountain Running Association**

nimra.org.uk

**NI Veteran Athletics Association**

athleticsni.org/Clubs/Find-A-Club

**North Belfast Harriers**

northbelfastharriers.com

**North Down AC**

northdownac.co.uk

**North Fermanagh Fitness Club**

Facebook: North Fermanagh

Fitness Club

**Omagh Harriers**

omaghharriers.com

**OMG AC**

Facebook: OMG AC

**Orangegrove AC**

orangegroveac.co.uk

**Orchard County AC**

athleticsni.org

**Ormeau Runners**

ormeaurunners.co.uk

**Pace Running Club**

Facebook: Pace Running Club

**Parasport NI**

dsni.co.uk

**PSNI AC**

athleticsni.org

**Queens University AC**

queenssport.com

**Rasharkin Runners**

Facebook: Rasharkin Runners

**Reach Running Club**

Facebook: Reach Running Club

**Regent House**

regenthouse.org.uk

**Rise Running Club**

Facebook: Rise Running Club

**Run Anon**

athleticsni.org

**Saintfield Striders**

saintfieldsportsclub.co.uk

**Scrao Striders**

scraostriders.com

**Seapark AC**

seaparkac.com

**Slieve Gullion Runners**

Facebook: Slieve Gullion

Runners

**Sperrin Harriers**

sperrinharriers.co.uk

**Springwell Running Club**

springwellrunners.co.uk

**St Annes AC**

Facebook: St Annes AC

**St Malachys AC**

Facebook: St Malachys AC

**St Peters**

saintpetersac.com

**Tafelta AC**

Facebook: Tafelta AC

**Termoneeny RC**

termoneenyrc.com

**The Emmetts**

athleticsni.org

**Ulster Schools Association**

ussaa.co.uk

**Ulster University AC**

ulster.ac.uk

**Upper Bann AC**

Facebook: Upper Bann

Athletics Club

**Victoria Park and**

Connswater AC

vpac.com

**Ward Park Runners**

Facebook: Ward Park Runners

**West Belfast Coolers**

Facebook: West Belfast Coolers

**Willowfield Harriers**

willowfieldharriers.co.uk



## Neuff Athletic Equipment Ltd

The source of high quality equipment in all events for competition, training, coaching and officiating since 1966.

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# KIT YOUR CLUB OUT

Ridgeway Textiles leads the way in making bespoke running clothing

**R**IDGEWAY TEXTILES, based in Sutton-in-Ashfield, Notts, have been making bespoke club, charity and corporate kit since 1983 and are now regarded as a leading supplier to that market.

It's hardly surprising, given that owner Andrew Aked joined the company in 1984 and many of the rest of the team have been with the company for many years.

They have developed an excellent understanding of the nature, skills and requirements of the products they make.

## PRODUCTS AND SERVICE

Ridgeway offer a comprehensive range of running products, ranging from singlets and t-shirts to crop tops and shorts, as well being able to complement the above with a complete printing service.

To keep the company at the forefront of the club kit market, significant investment was made in late 2018 for a sublimation printer and press which allows sublimation garments (no minimum order) to be printed then manufactured directly onsite. This gives far more flexibility to the business and potentially quicker turnaround times.

As well as the standard pantone colours available Ridgeway also have the facility to print fluorescent shades if required.

As the garments are made

directly in the factory, the fit/length can be amended as necessary and there are specific male, female and unisex fit patterns. The supply of hoodies & beanie hats with club branding is also available.

Ridgeway work with a wide range of different coloured technical fabrics which are produced locally and offer a wide range of design options, too. In simple terms they can make what any club or team – large or small – requires!

“We have used UK-produced fabrics since we started the business because we are always keen to support UK manufacturing,” says Andrew.

## FLEXIBLE SUPPLY OPTIONS

With short lead times and offering a wide range of sizes, Ridgeway's flexible approach is ideal for the club, charity and corporate markets.

## RONHILL

All garments made by Ridgeway Textiles carry the Ronhill logo following an agreement made over 18 years ago to manufacture under licence.

Ronhill are a leading UK running brand, with over 47 years of heritage. Graham Richards, Ronhill's Brand Director says: “We have built up an excellent relationship with Ridgeway and we are really pleased that a UK manufacturer can be such a key part of the bespoke kit market.”



MARK SHEARMAN



**Contact  
Ronhill Specials  
on 01623 559395**

# WHY I JOINED

We asked some of Britain's best elite athletes how they have benefited from being part of the country's club network

PICTURES BY MARK SHEARMAN



**HAYLEY CARRUTHERS**  
(Birchfield Harriers)

To train hard you have to love what you do. When you run with other like-minded people in a club you are more likely to enjoy yourself, leading to more motivation to train harder and allowing yourself to improve.



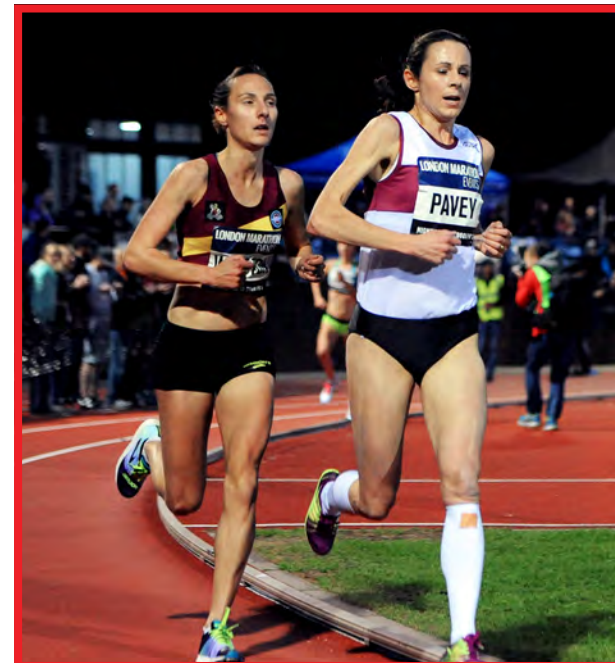
**ROSS MILLINGTON**  
(Stockport Harriers)

Being part of a club gives you a sense of belonging. Athletics clubs should also form the foundation years of any young athlete in this country.



**NIAMH EMERSON**  
(Amber Valley & Erewash AC)

By joining an athletics club you can access good quality coaching, try out new events and meet friends! In my experience my closest friends are from athletics and I met my current coach, David Feeney, when I was 14 years old through my local athletics club, Amber Valley and Erewash AC. It's also a gateway into competitions and the athletics world.



**JO PAVEY**  
(Exeter Harriers)

There are so many different ways that joining an athletics club can benefit you. You can go along and talk to coaches that have got experience and they can set you training that is specific to your event.

More than anything, you're training with other people, that social side of it, the camaraderie.

To have team-mates to cheer on and encourage each other, being part of a team, getting points for a team – it just makes you feel good about yourself and it enriches your life. It's just a brilliant thing to be part of.

I feel so privileged that I've been in athletics from a young age because it has totally made my life so much more exciting than if I hadn't done it and I've really had great experiences and met so many amazing people.

**ROGER BLACK**  
(Team Solent)

When I was a kid, I didn't join an athletics club because I didn't need it. I played a lot of rugby and Sunday league football. I was doing loads of sports, because I never knew I was good enough to go to the Olympics.

I didn't join a club until I was about 18 but, if I hadn't have joined a club, I would never have achieved what I did. The reason to join a club, I think, is to be around other athletes and to be around coaches. The club system is fundamental to this country. If you want to achieve something, be around people who are passionate about it and can help you get there.



**NAOMI OGBETA**  
(Trafford AC)

By joining a club I was able to develop in my event, make new friends and learn to be a team player. Competing for your club is a team opportunity where it is a real joint effort to get points for your team as a whole.

## The initiative which is giving youngsters an opportunity to perform on a big stage

**S**INCE launching five years ago, British Athletics' Club:Connect Relays initiative has gone from strength to strength – and looks set to continue growing in 2019.

Club:Connect aims to recognise and reward the significant contribution made by clubs in supporting athletes through all levels of their athletics journey. Clubs are the foundation of the athletics pyramid and the campaign has continued to develop as the national governing body seeks to offer young track talent the opportunity to compete at high-profile athletics meetings.

Launched at the 2014 Glasgow International Match, Club:Connect offers girls and boys teams from under-13, under-15, under-17 and under-20 age groups the opportunity to compete across 4x200m relays indoors and 4x100m relays outdoors.

Each Club:Connect race sees the victors receive a cheque for £250, with the prize money fed back into their clubs. It is a regular fixture at the IAAF World Indoor Tour and the prestigious Müller Anniversary Games and Müller Grand Prix Birmingham, both of which are legs on the IAAF Diamond League tour, showcasing clubs on the biggest stage using major events.

Now in its sixth year, Club:Connect has seen national records from Shaftesbury Barnet Harriers U15B (44.06) and Guildford and Godalming U20W



(45.75) in the 4x100m respectively.

Club:Connect returns for the 2019 season, with events taking place both at the British Athletics Indoor Championships on February 9-10 and the British Athletics Outdoor Championships on August 24-25.

At these events in Birmingham, points will be on offer for the clubs of all athletes competing. Each finalist athlete can win one to eight points for their club if they finish in the top eight of each event, with the champion female and male teams receiving a cheque of £500 for their respective clubs.

If your club is interested in being part of future Club:Connect relay races wherever possible, please email [clubconnect@britishathletics.org.uk](mailto:clubconnect@britishathletics.org.uk)



Athletes will get to compete at the Arena Birmingham in February while Birchfield Harriers (above) are one of the clubs to have seen success

**"I WOULD STRONGLY RECOMMEND ALL CLUB MANAGERS AND COACHES TO TAKE A LOOK AT THE SEASON'S TWO DOMESTIC DIAMOND LEAGUE EVENTS AND, IF BLESSED WITH A SET OF STRONG SPRINTERS, TARGET QUALIFICATION. IT IS TRULY THE CHANCE OF A LIFETIME!"**  
 – TEAM MANAGER

FOR MORE INFORMATION, VISIT:  
[BRITISHATHLETICS.ORG.UK/GET-INVOLVED/CLUB-CONNECT](http://BRITISHATHLETICS.ORG.UK/GET-INVOLVED/CLUB-CONNECT)



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