

SENIORS (18+)



We meet on Tuesdays and Thursdays to run at differing paces and distances, between 5-8 miles, depending on ability; during lighter evenings we participate in off-road runs and use road routes in the winter months. As well as the club runs, on most Tuesdays, we have an interval training session to help improve pace and stamina. For further information on routes, meeting point & times, see the [SENIORS TRAINING](#) page.

In addition, on Wednesdays we have a social 'pub run' which is off road and starts at a different venue (often a pub!) each week. Members are encouraged to suggest/lead routes if they can. Please ask for the start point if you'd like to join us.

We are a friendly, sociable club and welcome new runners. We encourage everyone to take part in training, social runs, internal competitions such as the Club Championship, Handicap and parkrun Grand Prix which are aimed at all abilities.

Email skiptonacseniors@gmail.com for further information about Senior running.