

# SO, YOU'RE INTERESTED IN JOINING BDRC...

## Benefits of joining BDRC:

- Improved safety and security running in groups.
- Support and motivation from like minded individuals with a collective wealth of experience.
- Access to regular social and other events.
- The opportunity to take part in Club Championship, Time Trial & Club Standards.
- Reduced entry fees to many races.
- Affiliation benefits with England Athletics.

## What to expect when you turn up to a session:

You will be met by one of our friendly session leaders and other members of the club. We will go through a group warm up and then we split into different groups depending on abilities and begin our run. We tend to all meet up at the end of the session and do a cool down and some stretches.

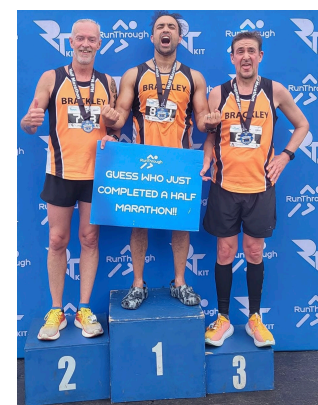


## Who are we?

We are a friendly and enthusiastic running club based in Brackley and open to our surrounding villages. Our club comprises of members from a variety of ages and abilities, from 18 years and over. We meet for runs twice a week on Tuesday and Thursday evenings, normally meeting at 6:50pm at Brackley Leisure Centre (BLC) and aim to start the run at 7pm, typically lasting an hour. However we do sometimes meet elsewhere in Brackley or surrounding areas, so keep an eye on our social media or website for updates on where we will be meeting. We also occasionally have track sessions which are held in Banbury (further information on our website). We hold a variety of sessions including paced runs, hill training to speed work and more. We also offer a gentle pace group (GPG), all we ask is that you are able to run 4 miles at an average pace of around 10-11.30 minutes per mile.



Buckingham Parkrun, January 2025



Draycote Half, July 2024



Christmas Party, 2024

## Joining...

You can try up to 3 club sessions for free before signing up.

Fees- The membership fee of £40 is applicable when you join from 1st April 2025, with the fee decreasing as below thereafter. April-July sign up is £40, August-November is £30 and December-March 2026 is £20 with English Athletics affiliation and £10 without English Athletics affiliation.

## How to contact us:

If you have any questions or would like further information, please don't hesitate to get in touch with us and we'd be happy to help.

Email- [info@brackleyrunningclub.co.uk](mailto:info@brackleyrunningclub.co.uk)

Facebook- <https://www.facebook.com/groups/BADRC/>

*We asked the members of the club what they love about BDRC, let's see what they said...*

“Best decision I ever made!”

“Incredibly supportive and friendly club for runners of all abilities. I came to the club having a few parkruns under my belt and have now run several half marathons and one full!”

“The best group of people for putting the world to rights, eating cake and even going for the odd run with ❤️”

“Great to clear the head after another manic day!!”

“It's been a great way to meet people locally because I'm new to the area, as well as providing structured training that I have dipped in and out of.”

“I've run in a number of races over the last year and the support from others in the club who have finished ahead of me at the finish line has always been so lovely.”

“There's no pressure to be able to run fast or complete lots of marathons, and I've loved the cross country runs and the socials too.”



Post Tusmore run treats, June 2024