

WELCOME PACK

carnrunners.co.uk
hello@carnrunners.co.uk



WELCOME TO CARN RUNNERS

We're thrilled to welcome you to Carn Runners! Whether you're a complete beginner or an experienced runner, our friendly and supportive club has a place for you.



GETTING STARTED

Club night is every Wednesday at 6:30 PM at Camborne Cricket Club, North Roskear Road, Camborne, TR14 8PS

Join up to four club nights for free to see if it's the right fit for you.

If you are ready to become a member, sign up on our website: carnrunners.co.uk

WHAT YOU WILL GET AS A MEMBER

- **Weekly group runs**

In addition to our main club night, we also provide runs on Mondays, Fridays & weekends.

- **England Athletics Affiliation**
- **Race discounts**
- **Club T-shirt**
- **Discount on drinks at the club**
- **Access to our private Facebook group and WhatsApp groups**
- **Social events throughout the year bringing members together**
- **Opportunities to win places in events like the London Marathon and local races**



RUN GROUPS EXPLAINED

MONDAY - Speak to Jeanette/Steve

Tehidy Woods Run/South Wheal Frances (may not be every week). All speed groups are welcome 6pm start. Join the WhatsApp group <https://chat.whatsapp.com/Kq441SJSEJY6PjfnKswv5j>

Winter (on clock change) Meet at Morrisons Pool, ready to run at 6pm.

WEDNESDAY

Camborne Cricket Club. Arrive at 6.30pm to run at 6.45pm. Varying distances and speed from run/walk upwards depending on aims and abilities—drinks after if you wish. Speed groups include run/walk, 11-12 minute mile, 9:30-10:30 minute mile, 8:30 - 9:30 minute mile.

FRIDAY - Speak to Dennis

Meet at Maen Karne, Upton Towans, TR27 5BL. Meet ready to run at 6pm. 4-5 miles, undulating but at an easy pace, and it will accommodate all abilities.

Winter (on clock change) Meet at Morrisons Pool. ready to run at 5:30pm. Steady, relaxed pace 11-12 minute mile.

WEEKEND - Speak to Dawn

Weekend runs vary in place, distance, and speed. They are organised in our private WhatsApp group. Once a member, you can see the organised weekend social runs and join if you wish. Join the WhatsApp group <https://chat.whatsapp.com/BY8tdXtJr37CZmS7H1cDIA>

CORNWALL RUNNING RACES

Cornish Grand Prix (GP) Series

The Cornish Grand Prix is a popular road running series made up of selected races across Cornwall. Runners earn points based on their finishing positions in each race, and these points contribute to individual and club league tables. It's a great way to challenge yourself, track your progress, and represent Carn Runners. Many of our members take part, and it's always a fun and supportive atmosphere. <https://www.carnrunners.co.uk/cornwall-grand-prix/>

Multi-Terrain Race Series (MTRS)

The MTRS is a separate series of off-road races featuring trails, hills, mud, and stunning Cornish scenery! Like the Grand Prix, points are awarded and tracked across the series. It's perfect if you enjoy more varied terrain and want to mix up your running.

Both series are friendly and inclusive, and you don't need to be fast to take part—just enthusiastic. We also keep track of how our club members are doing in both series with internal club tables shared throughout the season. <https://www.carnrunners.co.uk/cornwall-mtrs-series/>

You can find and enter these races at <https://cornwallrunning.co.uk>

NEED HELP? MEET THE COMMITTEE



Olivia



Dawn



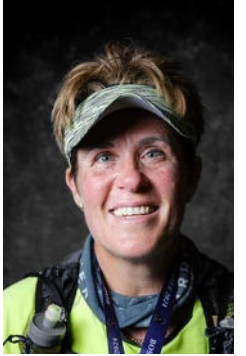
Steve



Janet R



Kat



Marlene



Janet W



Rachel



Gavin



Dennis



Mark

Our dedicated committee members are passionate volunteers committed to fostering a supportive and dynamic running community. They oversee club operations, organise events, and ensure a welcoming environment for runners of all levels.

Feel free to speak to any of our committee members if you have questions.