



Fun on the Run Since 1987

[www.sandhurstjoggers.org.uk](http://www.sandhurstjoggers.org.uk)

### Welcome to Sandhurst Joggers

**Sandhurst Joggers** is a medium-sized club that accepts runners of all abilities.

We have over 300 members from County runners to occasional joggers who enjoy the friendship, advice and support the club and its members provide.

With training sessions on most days of the week and an enjoyable and friendly social scene, we're sure you'll find Sandhurst Joggers the friendliest club around.

### Where and When we Meet

Day	Place	Time
Sunday	The Look-Out	8.55 am
Monday	Frogmore	7.25 pm
Tuesday	Sandhurst Memorial Car Park	6.25 pm
Wednesday	Frogmore	7.25 pm
Thursday	Frogmore	6.25 pm
Friday	Bracknell AC Track	6.55 pm

Club membership fees cover the use of the shower facilities provided by Frogmore Leisure Centre when we meet there. The Look-Out has a snack bar open on Sunday mornings.

**Meeting Point Directions**  
Can be found on the website

### Training Sessions

The distance and pace we train at will vary depending on the night of the week. The following will give you an idea of where and when you can run with the club:

#### Sunday 8:55 am (The Look-Out):

Sunday's run is the long run of the week from The Look-Out in Bracknell. The club splits into groups of similar pace and these groups will stay together as much as possible. The aim of this session is to do a long steady run, normally in the region of 1½ hours. During the build-up to the London Marathon the distance of these runs will increase up to 20 miles. However, the route has cut-off points to allow shorter runs if required. Coffee is available after the run.

**Typical Distance: 5-15 miles**

#### Monday 7:25pm (Frogmore):

Our Monday evening run is a 'Club Run' along a known route. Everyone runs at their own pace, but faster runners are asked to loop back to re-join the group at the back. This allows you to train hard if you want to or just take it steady and stay with the group making new friends. There is also a hill session at this time. We have pub runs once a month.

**Typical Distance: 5-6 miles**

#### Tuesday 6:25pm (Sandhurst):

**Novice group** - If you can run/jog 4-5 miles in around 1 hour then this group will suit you. This is a club run where you are encouraged to loop.

**Beginners group** - This is a new group helping you take your first steps into running. The aim is to ease you from walking to running without causing undue stress. Please contact the Membership Secretary to discuss your needs. Once a month this group meets at an alternative local "awayrun" meeting point.

**Typical Distance: 5-6 miles**

#### Wednesday 7:25pm (Frogmore):

Wednesday's run tends to be a longer run which people use as a faster training session. The club members divide into similarly paced groups. If you are not sure who to run with ask a member who will point you in the right direction. We try to make sure that no-one runs on their own, or is left behind.

**Typical Distance: 7-10 miles**

#### Thursday 6:25pm (Frogmore):

Thursday's run is intended for an intermediate group and is led by a volunteer. The distance and speed of the run will be dependent on who turns up.

**Typical Distance: 5-6 miles**

#### Friday 6.55pm Track Sessions (Bracknell Sports Centre):

The club has experienced coaches who set the track sessions to your needs. All levels are catered for and encouraged at these sessions. The club stresses that the track is not just for the faster runners, but all club members who strive to improve their pace and style. In the winter months the club pays for the Track to be floodlit.

There is a small charge (approx £1.50) for the use of the Track, which is payable to the coaches at the session.

**Typical Distance: As far and fast as you want**

### Awayday and Pub Runs

During the summer, the club arranges away day runs that allow its members to meet up somewhere different and run in varying surroundings.

These runs normally start and finish in the pub so that post run you can eat, drink and socialise with your fellow runners and friends.

More Overleaf

## Contacts

### Chairman:

Jenny Gray 07881 783773

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### Vice Chairman:

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### Club Secretary:

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### Membership/Beginners:

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### Events:

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### X-Country:

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### General Members (Mon/Wed):

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### General Members (Tues):

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### Treasurer:

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### Social Secretary:

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### Publicity /Webmaster:

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### Kit: Up & Running, Camberley

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### Yateley 10k Series:

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### Handicap Series:

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## Handicap

The club handicap run is held around Broadmoor on the second Wednesday of every month.

This is a 5.25 mile two-lap run where the aim is to better your time each month - this is a race against yourself and no-one else. The person who improves their handicap time by the greatest margin wins the Handicap Cup for that month. Points are awarded on how you compare on your previous time. These points are collated onto a yearly handicap league.

A novice handicap of 2.5 miles over one lap is also run.

## Races

As well as organising the well-established Yateley 10k Grand Prix Series. Sandhurst Joggers, both as members and in teams, enter many races in both the UK and the world from 5k races to Marathons.

During the summer the club participates in relay events around the region entering teams of all standards.

The club will welcome your participation in all events as a Sandhurst Jogger, but you don't have to race if you don't want to!

The Club nominates Championship races throughout the year and prizes are awarded at the end of the year to those running them.

## Cross-Country

If you fancy a real challenge and don't mind getting more than a bit muddy, then join us for the Thames Valley section of the Today's Runner X-Country League between November and March.

It is an excellent team event and the more club members involved the better. For your efforts, coffee and sandwiches normally follow these races. Some of the team will often go to a local pub afterwards for refreshments.

## Club Website

The club website has club news, details of races, social events, training sessions, running tips, together with articles (such as race reports) written by club members.

## The London Marathon

As well as having many members who run, we provide coach transport for runners and spectators to the event. The club also provides support and marshals for the event.

## Club Kit

The club kit comprises printed red vests, crop tops and T-shirts. Orders can be made via the website or you can purchase, by card or cash, these items from Tracey Oliver at Up&Running in Camberley.

## Discounts

Sandhurst Joggers affiliates to both ARC and England Athletics. This means you do not need to pay the £2 levy for any ARC affiliated race.

Club members get up to 10% discount at running stores such as Up&Running and Sweatshop.

Winter X-Country's and Summer relays are club sponsored.

## Social

We organise Social Events throughout the year, aiming for at least one event per month, as well as an end-of-year Dinner Dance in March each year when club awards are presented.

## Finally

We hope this gives you an introduction to the club and what we do. Our aim is *'to provide a friendly and enjoyable club that caters for all levels of runners'*. Please contact any Committee Member if you have a query and we'll try to help.