



Guildford and Godalming AC

Road & Cross Country Running Group

Introduction

GGAC has an active road and cross country running group for anyone over the age of 18 who is interested in running. We have a very wide range of abilities, from people who run for fitness to those racing week in – week out. We're all inclusive so no matter how fast you run, or how far, you're very welcome to join us. Although we like to run, we also get together for regular trips and social events as well.

Training

We train regularly twice a week, on a Tuesday and Wednesday evening. There's also less formal training on a Sunday when members get together for longer runs around the Guildford countryside. Please contact one of us for details if you're interested in Sunday runs. Otherwise, feel free to just turn up to any one of our training runs to join in or just for a chat.

When?	Every Tuesday – 7pm	Every Wednesday – 7pm
Where?	At the end of the 100m straight on the athletics track at the Spectrum	Opposite the Spectrum vehicle entrance on the Stoke Park side of the road. Look out for the runners in illuminus GGAC t-shirts!
What?	We do an interval session either on the track or in Stoke Park. This involves short quick repetitions and some recoveries. It can be tough but if you're hoping to improve your fitness, maybe get a PB in the next race, then it's well worth it. It's generally recommended that you're used to running a couple of times a week before introducing intervals.	This is a steady run of about 5 miles but we've got routes to suit everyone. In the winter we have a couple of regular road routes and in the summer we try and get out into the countryside.
Who?	Anyone who wants to improve their running!!	Everyone!!

Contact us for the latest training schedules.

NEW!! – From September, the first Wednesday of the month will be a club run where we'll run together in a couple of groups. This is perfect for new joiners and will allow you get to know some of our regular members and find people of a similar pace to train with.

Racing

Not everyone likes to race, but for those that are interested there's plenty of events on locally and further a field.

Cross country – GGAC has both a Mens and Womens team in the Surrey cross country league. These are races of about 5 miles, held on 4 Saturdays throughout the winter months. Our cross country runners also take part in the county, region and national championships.

Road – GGAC also takes part in the Surrey road league. These are a set of 6 races through the summer months, ranging in distance from 5km to a ½ marathon.

Relays – If you'd rather not race on your own, then why not join a team! GGAC runs in various relays throughout the year.

Racing cont.

GGAC Races – We also organise a couple of races! This includes the Hogs Back Road Race, an 8 mile road run near Guildford that's held in early December. We organise cross country fixtures now and again and finally, there's the Stoke Park 5km time trial which is held on the first Saturday of the month.

Of course, lots of our members run other races, from weekly 5km time trials to the London Marathon; from local races to races on the other side of the world and from fast flat 10kms to gruelling fell races!

Joining

If you're interested in joining then do pop down to a training session or two first to see if it suits you. Once you've been down a couple of times, we can get the registration forms for you or you can contact our membership secretary through the web site. There's a flat membership fee for the year which gets you discounted entry for most races and free entry for relay and cross country races. There's an additional track pass if you train with us on a Tuesday but if you don't think you'll get value from this then you can pay per session.

Contact

If you've got any more questions then do pop down to a training session or the time trial and chat to us. Alternatively, send us an email or call –

Adam
adamstirk@gmail.com
07793 942645

Marc
seniorggac@gmail.com
07900 912645

We have a couple of email lists to which we send information on up and coming races and training sessions. Drop Adam an email to adamstirk@gmail.com if you want to be on any of the following email lists:

- Tuesday Training Group
- Wednesday Training Group
- Sunday Run Group
- GGAC Road Running – Fixtures and Results

www.ggac.co.uk