

Castle Point Joggers F.A.Q.s

What nights do you meet – *Mon, Tue, and Thurs*

How much is it to join – *Membership starts from only £15 a year*

How fast do I need to be - *There is no minimum requirement as long as you manage a couple of miles without stopping you'll be fine*

How far do you run – *It ranges from 3 – 6 miles during the week with longer runs on a Sunday*

Do I need any special kit – *No not really just a good pair of running shoes and a sports bra for the ladies*

Is there parking, toilets, etc. – *There is free parking, toilets and secure storage at the old fire station*

Do you train at any other times – *Please check the training page on our website for full details*

Anything else apart from running – *Lots of our members take part in triathlons and often go out on cycle rides. We have lots of social events too, including BBQs, Quiz nights, etc.*

Do I need to compete – *Not at all some of our members race every week, some never compete. Its up to you*

Can I try it out to see if it's for me – *Of course you are welcome to come along for a few weeks to see if it's for you. No obligation at all.*

Do you still run in the winter – *Yep all year round unless it's too dangerous, icy or snowy*

What does affiliated mean – *This is basically a competition licence which will cost an extra £13 but will save you money if you take part in races. It is optional.*

I belong to another club already can I still join (Second Claim) *Yes not a problem. We have lots of second claim members who take part in cross country races for us (as long as your first claim club is not in the same event)*

What benefits will I get by becoming a member – *lots, too many to list here. Please see the separate document*