

## SWINTON RUNNING CLUB EVENTS

### Swinton Running Club organizes two races

#### WORSLEY WOODS 5 MILE TRAIL RACE

This race new in 2019 as a replacement for the popular Swinton 5.25 Mile Road Race which had to be cancelled due to concerns over runners safety at several major road junctions.

The event takes place in Worsley Woods and is run along the trails of the loop line and beyond.

#### CITY OF SALFORD 5.25 MILE WOMEN'S RUN

The club has traditionally always had a strong women's section and a commitment to encourage women's running. As a demonstration of this, the club joined together with the City of Salford to host a 5.25 mile run. We first held this event in 1991 and encouraged by the warm reception to the event from all those taking part we have continued with the event ever since.

The course as been accurately measured by British Athletics Federation (BAF) at 5.25 miles.



## KEEPING IN TOUCH

*Swinton Running Club organizes a number of social events throughout the year, ranging from discos, quiz nights, meals out at local restaurants and weekends away, as well as an annual presentation dinner.*

*The club has its own Facebook group and twitter pages to allow members to keep in touch with what is happening at the Club.*

*All the latest news and results are available on the club website:*

***[www.swintonrunningclub.org.uk](http://www.swintonrunningclub.org.uk)***

## INTERESTED IN FINDING OUT MORE ?

Contact:

### Membership enquiries

Adam Pickup, Membership Secretary

Email: [membership@swintonrunningclub.org.uk](mailto:membership@swintonrunningclub.org.uk)

### General enquiries:

Will be answered by a member of our Committee

Email: [info@swintonrunningclub.org.uk](mailto:info@swintonrunningclub.org.uk)

# Swinton Running Club

Established 1976



**Club Running Times**  
**Mondays and Wednesday 19:30**

**Club Location**  
**Swinton Football Club**  
**off Barton Road**  
**Swinton**  
**M27 5LJ**

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



**Swinton Running Club** is proud of its friendliness and welcomes newcomers to come down and meet us for a run, to see if we meet your expectations.

We meet at 7:30pm on Mondays and Wednesday at Swinton Football Club.

The club can provide you with the opportunity to train and compete at whatever level you choose. We are affiliated with England Athletics for Road, Fell and Cross Country running. We have members from fun runners up to International level - all enjoying taking part in a sport that provides the chance for everyone to find the event that suits them best. We regularly compete in local races at all age and ability levels.

Some members just come down to the club to run and don't want to enter races, but prefer to train with like minded people and enjoy the social side of being with a club.



## TRAINING WITH SWINTON RUNNING CLUB

We can be found at Swinton Football Club every Wednesday evening at 7:30 pm for a 7:40 pm start. Our regular Wednesday runs range from approximately 3 miles up to almost 9 miles. There are groups of varying ability and we make sure that no-one is left behind.

On Mondays we have sessions at both the Club and a Track Session at Cleavely Athletic Track, Blantyre Street, Winton, Eccles. The Track Sessions start at 7:30 pm.

In the winter months the Track Session alternates with a Hill Session at the club.

Details of the Track and Hill Sessions can be found on our Club website, twitter and our Facebook page.

We run regular Beginners courses for people just starting running or coming back from injury



## RACING WITH SWINTON RUNNING CLUB

Swinton Running Club members regularly compete in local races, as well as the Central Lancashire Grand Prix Series and our own Club Championship.

Dates and the latest updates for the Central Lancashire Grand Prix Series and the Club Championships can be found on the Club website

The club also competes in the Manchester Area Cross Country series and both Northern and National Cross Country events.

Dates and latest news for the Cross Country events can be found on the Club website.

Runners of all standards are encouraged to take part in the events. The races are a great team event, and great training.

A large number of your members are also ardent parkrunners and can be seen all over the country on a Saturday, adding to their list of events.

More details [www.parkrun.com](http://www.parkrun.com)

Members regularly compete in both half marathons and marathons both locally and abroad too.