

NEW UNOFFICIAL STAFF RUN CLUB

RUN

MOST
ROUTES
BETWEEN
4-9KM

EVERY
TUESDAY
FROM
3RD JUNE
5:30PM
STARTING @
THE STEPS



THIS IS AN UNOFFICIAL GROUP NOT AFFILIATED
WITH, SPONSORED BY, OR ENDORSED BY UOL. IT IS
LED BY THE ORGANISERS IN THEIR PERSONAL - NOT
OFFICIAL - CAPACITIES.



FAQS

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Disclaimer:

This is an unofficial group not affiliated with, sponsored by, or endorsed by UoL. You should always be aware of your surroundings when running and you participate completely voluntarily and at your own risk. By joining the group you agree that neither UoL nor any organisers of the group are liable for any injury, accident, death, other ailment or incidents that may occur during these activities or as a result of participation in the group. All participants are encouraged to consult a medical professional before engaging in any physical activity.

How quick will we run?

At first, we will aim to run around 6:30min/km (about a 30-35-minute 5K), but the more people who join us the more likely we are to fall into different pace groups - both faster and slower.

How far will we run?

It will change every week but most runs will be between 4-9KM. We will post the route in the WhatsApp group in advance.

Not ready to join but want to start running?

Let Molly know, and she'll happily accompany you on a few runs to build your confidence.



FAQS

I'm not a fast runner, can I still join?

Absolutely. We aim to run at around 6:30min/km, but if we have enough people we can split off into different pace groups.

Is there an instructor or leader?

It's an informal group, so there is no coaching or training involved.

Is there a cost?

No - it's completely free.

How can I join?

[Click here](#) or scan the QR code below to join our WhatsApp group.



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FAQS

What do I need to bring?

Your running kit, any medications you may need and a light-hearted spirit are essential. There are showers back at Senate House. You'll need to sign [this waiver](#) before running with us.

Questions?

Contact Molly Faries - molly.faries@london.ac.uk or 07709 851 937. The organisers of this club are acting in a personal - not an official - capacity.

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