

Would you like to know more?

Contact

Claire Ashton Club Chairman
chairman@brjroadrunners.org.uk

Alan Hannibal Club Captain
captain@brjroadrunners.org.uk

Andy Matson Triathlon section
tri@brjroadrunners.org.uk

Alice Noyes Membership Secretary
members@brjroadrunners.org.uk

About the BRJ Road Running and Triathlon Club

Formed in 1988 and affiliated to England Athletics and the British Triathlon Society, the club grows and develops every year. In 2011 the triathlon section was launched and is growing rapidly.

Members range from age 9 to over 70, fast to slow, and beginners to experienced. Whilst most members take part in organised races from 5k to marathons to ultra distances and triathlons of varying distances, there is no compulsion to race. Many join us on club runs to find new routes, make new friends, get fitter and for the sheer enjoyment of running.

BRJ Road Running and Triathlon Club

Huntingdon



www.brjroadrunners.org.uk



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Based in Huntingdon, BRJ Road Runners is a friendly club of around 150 catering for runners and triathletes of all standards

www.brjroadrunners.org.uk

What we offer...

- Regular training sessions for running, cycling and swimming: Training runs 4 evenings a week, swimming twice a week
- January beginner running course: a 10 week course aiming to get non-runners to 5k
- Summer open water swimming: In Hinchinbrooke Country Park Lake
- Active social schedule: BBQs, Christmas parties, quiz nights
- Regular newsletter to share news and achievements
- Charity of the year: Each year we nominate a charity to raise funds for, last year we raised over £5000 for our nominated charity.
- Club Championships: Each year BRJ runs the Club Championships to encourage self development and friendly rivalry. The Championships are scored to take account age and gender.
- Frostbite Friendly League: A winter league between 15 local clubs, consisting of six 5mile races run between October and March. BRJ has competed since its launch in 1988.

There are a variety of membership options, from running only, swimming only , full triathlete, social and junior (under 16).

For more information on any of the above contact Club Chairman, chairman@brjroadrunners.org.uk or Club Captain, captain@brjroadrunners.org.uk. For information on membership contact Membership Secretary members@brjroadrunners.org.uk



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Running

Monday s 7.00pm

Hinchinbrooke Country Park (car park): May to end of August
Huntingdon's One Leisure: September to April
Format – variety of distance runs of up to six miles, effort sessions and runs from different locations.

Tuesdays and Thursdays 7.30pm

Huntingdon's One Leisure
Format – distance runs of up to eight miles and runs from different locations

Tuesdays 7.30pm

Huntingdon's One Leisure
Format – effort sessions

Wednesdays 7.00pm

Huntingdon's One Leisure
Format – steady run of up to six miles

January Beginner Courses

Suitable for you if you've never run before, are returning from injury or a break. A structured course taking you to a 30 minute runner.

Please see the training pages on our website for current meeting points and routes. When meeting at Huntingdon's One Leisure, the address is:

Leo's Funzone
One Leisure
St Peter's Road
Huntingdon
Post code

For more information on any of the above contact Club Chairman, chairman@brjroadrunners.org.uk or Club Captain, captain@brjroadrunners.org.uk

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Triathlon

The sport of Triathlon is rapidly gaining in popularity and we are a small, but fast growing section within the BRJ club. Over the past five years BRJ running club members have been getting involved in triathlons. Club members were competing at national and international level throughout the triathlon distances and by 2010 over 20 members were competing in triathlon events.

As a result we decided to start our own triathlon section and in January 2011 TRI BRJ was launched. Our aim for the club is to promote triathlons and to encourage new members to take part in this fun and exciting sport regardless of age or ability.

Since starting interest has grown and we now have approximately 35 members who are actively competing or training with the view of entering their first race in the near future.

Triathlons combine swimming, cycling and running within one race. It's a sport most people can take part in, you don't have to be 'super fit' or excel at any of the three sports. There are a wide variety of race distances and types of events, from the shorter sprint distance to Ironman, from pool based to open water events and woman only events. This is what makes triathlons so popular.

BRJ offers pool and open water swimming sessions, with guest coaches providing additional tips and advice. Cycling is supported with weekend rides and time trials during the week.

Swimming sessions:

Thursday 8pm Hinchinbrooke School

Friday 6pm Hinchinbrooke Country Park Lakes, open water swim (summer only).

For further information contact Andy Matson
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