

Thinking of joining a running club?

Frequently Asked Questions (FAQs)

Joining a running club is a great way to improve your fitness, meet new people, and stay motivated. But not all clubs are the same, so here's a few questions that may help guide your choice of running club.

Are the coaches or leaders qualified?

Qualified leaders are trained to deliver safe, inclusive, and effective sessions. They can support you throughout your running journey by helping you feel comfortable and tailoring sessions to suit your ability. Look out for qualifications such as LiRF (Leadership in Running Fitness) and CiRF (Coach in Running Fitness), which are accredited by England Athletics.

Is the club insured?

Clubs affiliated with England Athletics (or another official body) and LiRF/CiRF leaders are covered by public liability insurance. These running groups follow key safety protocols such as risk assessments and collecting emergency contact (I.C.E) details, to ensure the safety of members and the ongoing validity of their insurance.

How much does it cost to join a running club?

Running clubs vary widely in cost, some are free or donation-based whilst others charge an annual membership or session fees. Many clubs will let you try a session or two before committing so, always ask about trial periods or taster sessions to meet the group and see how the sessions feel.

When and where do they train?

Make sure the club's training days, times, and locations work for your schedule and are easy for you to get to. Consistency and convenience can make a big difference in helping you achieve with your running goals.

Do they offer what you're looking for?

Running clubs vary widely in the type of sessions they offer. Some focus on beginners or Couch to 5K programmes, while others cater to social runners, competitive athletes, trail runners, or even juniors and specific age groups. Many clubs also offer run/walk sessions, which are ideal for those building up their fitness or returning to running after a break. That's why it's important to find out whether a club aligns with your goals and matches your current pace, so you feel comfortable and supported from the start. You should also consider whether you prefer the dynamic of a smaller, more intimate group or the energy of a larger one.

Key tip:

Don't feel pressured to join the first club you come across – each club has its own personality. Some are relaxed and social, while others may be more structured or focused on performance. It's absolutely fine to get in touch with a few clubs and try them out before making your decision.

How to find a local club

- If you are looking for an affiliated athletics club, you can use the club finder:
[Find a Club - England Athletics](#)
- If you are looking for a social and community-based running club, you can use the RunTogether group finder:
[Find Running Groups & Clubs Near Me | RunTogether](#)

Enjoy it! Running with others can be one of the most rewarding parts of your journey.