

Welcome to Stadium Runners - Login and check the NEWS page too

Contributed by Lee Grant
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Stadium Runners is Huddersfield's fastest growing running club. The Club, which affiliated to UK Athletics in 2005 is based at the Stadium Health & Fitness Club at the Galpharm Stadium in Huddersfield.

Running with a group can be more fun than simply training on your own. Making running more social can help provide the motivation to run further and/or faster. Stadium Runners provide an opportunity to train with a friendly group of runners of similar ability to yourself over a wide variety of local routes.

Please 'read more' about us [Download PDF - Membership form](#)

Where and when do the Stadium Runners meet?

Stadium Runners meet at and run from the Stadium Health & Fitness Club every Monday and Thursday evening. The training runs are designed to cater for runners of differing abilities.

On a Monday evening we meet at 6.30pm for a quick briefing and warm-up followed by a run. There are a range of training groups, one that runs at a steady pace for 4-5 miles, one running slight quicker for 5-6 miles, both these groups are accompanied by a trainer and include short recovery breaks. The third group is faster, covering 7-8 miles and is usually self-guided.

Thursday runs also start at 6.30pm and tend to be a little longer with three groups (steady, medium and fast) running for about 90 minutes. These sessions may include some more challenging training methods and terrain, providing an opportunity to improve strength and endurance as a basis for more competitive running.

Its a good chance to get to know your fellow members and get the full benefit of being in a Club.

Where do you run?

We always try to provide as much variety as possible in the routes, we rarely run the same route twice, although there are a number of favourites classic runs! During the summer months runs include sections of footpath, bridleway, canal towpath and other off-road traffic free routes. In the winter runs follow well lit roads for safety reasons.

Thats great but I'm worried I'll be left behind...

Selecting the most suitable group enables you to run with those of a similar ability, whilst providing an appropriate challenge. Whatever the group, no one gets left behind, as those at the front wait at pre-arranged points or run back to join the group. If you are able to run for about 30 minutes continuously, either outside of on a treadmill then you should have no problem joining the Monday session. If you are not yet at a point where you can run for 30 minutes please contact Saul (details below) who will be pleased to discuss how you might improve your running fitness.

I fancy having a go at a race, does the club compete?

Many Stadium Runners also enjoy competing in events ranging from local 10K road races to multi-terrain events, fell races, triathlon, relays and marathons. Whatever the event the club enjoys a reputation for loudly supporting each and every one of its members across the finish line.

Stadium Runners hold two season long competitions based on a selection of named events. These competitions, The Club Championship and the Grand Prix. Additionally Stadium Runners also organise a number of themed runs, fun events, handicap races and social occasions for members throughout the year.

I'm not really competitive and just wish to run for fitness...

No problem, there is no pressure or expectation on members to take part in events. Some runners attend the club simply to maintain their fitness or enjoy the opportunity to meet some new people and have a bit of a chat, either on the run, or in the pub afterwards.

How much does it cost?

Members of the Stadium Health & Fitness Club can take part in the Monday and Thursday runs free of charge while visitors may 'Pay and Play', currently £2.40 per visit. Simply pay at the main Health Club reception who will show you where we meet.

Formal membership of the club costs £12 per year and entitles members to reduced race entry fees, discounts at local businesses, and the opportunity to take part in the Club Championship and Challenge. Members are also able to wear the club's red and white vest at events.

How do I find out more?

If you have any further questions about Stadium Runners please call Saul on 07840892151 or email saul@stadiumrunners.co.uk

How to find the Stadium Health & Fitness Club