



## Who are the Longstanton Limpers?

We're a friendly club based in Longstanton and Northstowe, run by runners for runners, and we want to get as many people active and enjoying running as we can. We've been around for a few years now and we've grown in numbers recently to the point we are now an officially affiliated England Athletics running club. That's quite an achievement for our growing community.

### "But I'm not good enough to join a running club..."

We disagree! Whatever level of runner you might be, there'll be someone else in the group who's the same as you. Once a week we have a social run; no one gets lost or gets left behind and it's actually a chance to have a good chat. You may have heard us coming down the High Street on a Monday night...

You might want to improve your running a little (most of us do) and that's where the support of a running club can really help - in giving the incentive to get out of the door, run with people similar to you and get advice from qualified leaders.

### "I don't run..."

One thing we're really proud of is our success in taking beginners, sometimes sceptical of their ability, through a gentle Couch to 5k programme. Over the course of 10 weeks



they progressively run a little, walk a little to the point where they can run continuously for 5km. It's hugely rewarding for beginners and for leaders alike.

### "I can't justify club membership fees"

The Limpers are different in this respect.

Our Couch to 5k courses are entirely free, as is the Monday social run.

We do offer paid membership at two levels: core membership is £12 a year and we now offer affiliation membership for £27 a year. That compares favourably with other clubs, as we aim to be as inclusive as we can.

Paid members get a number of benefits including discounted race entries, access to improvers training programmes and the membership fees cover the club costs on leader training so they know their stuff. Members can also purchase one of our lovely purple shirts.

### Getting in touch...

If that sounds interesting, why not

Find us on  The Longstanton Limpers

 [longstantonlimpers@gmail.com](mailto:longstantonlimpers@gmail.com)