

RR pace-based running groups

Group 1 & 2

Distance: 5K

Pace: 7:00/km or 11:15/mile and over

Guidance if unsure: The minimum requirement for this group is that you can run 5km continuously without walking. This group will not run any faster than 7:00/km. These two groups will run together with a run leader and back marker. The route will include run back points to keep the group together.

Group 3-8 leaders will lead their group at the advertised pace, the group should run as a pack and regroup before and after road crossings. The distance range given is based on runs varying 40-60minutes in duration. Please look out for each other- if a runner is struggling or injured inform your run leader. Finally, and most important of all, have fun!

Group 3

Distance range: 6-9K

Pace: 6:30/km or 10:30/mile

Guidance if unsure: On this run you will pass through the 5K mark in 32:30. To comfortably join this group you should be happy racing a 30min 5K.

Group 4

Distance range: 6.5-10K

Pace: 6:00/km or 9:40/mile

Guidance if unsure: On this run you will pass through the 5K mark in 30:00. To comfortably join this group you should be happy racing 27:30 for 5K.

Group 5

Distance: 7-11K

Pace: 5:30/km or 8:50/mile

Guidance if unsure: On this run you will pass through the 5K mark in 27:30. To comfortably join this group you should be happy racing a ~50min 10K.

Group 6

Distance: 8-12K

Pace: 5:00/km or 8:00/mile

Guidance if unsure: On this run you will pass through the 5K mark in 25:00. To comfortably join this group you should be happy racing a ~45min 10K.

Group 7

Distance: 9-13K

Pace: 4:30/km or 7:15/mile

Guidance if unsure: On this run you will pass through the 5K mark in 22:30. To comfortably join this group you should be happy racing a ~40min 10K.

Group 8

Distance: 10-15K

Pace: 4:00/km or 6:25/mile

If there is sufficient interest a run group at this pace may be established.