

About Bridport Runners



Bridport Runners is a small and friendly running club catering for all ages and abilities over the age of 17. We are based in Bridport, Dorset, and have been affiliated for about 10 years. We have a wide membership of about 45 runners.

Bridport Runners meet twice a week, Sunday and Wednesday. **Every Sunday we meet at 9.00 am in West Bay at The West Bay Hotel.** After a warm-up session around the harbour we typically run on [one of our three scenic routes](#) for a good 60 to 90 minutes either along the beach to Burton Bradstock/Cogden Beach (depending on the situation at the cliffs) and back along the golf course or up to Thorncombe Beacon along the very hilly Coastal Path. Sometimes we go inland as well and return via Burton Bradstock ("The Ridge"). Shorter options for beginners are always possible on a Sunday run.

On Wednesday evenings the club meets at 6.00 pm at the car park of the Bee's football stadium, opposite the Bridport Leisure Centre. On these intense training sessions, which usually last about an hour and a half, we normally do speed work, intervals and hill repetitions.

We also run a 6 week "From Couch to 5K" beginners programme once or twice a year. We have also recently started another session on a Monday evening which is a wellbeing session for anyone who wants to run and chat on a more informal basis. This group meets at the shelter on St Marys playing field at 6pm for about an hour.

As well as this, groups often meet up spontaneously for a variety of runs in the beautiful surrounding of Bridport. We do in fact run on all terrains, over all distances and around the year. This is why we would encourage every runner, especially in winter time when it gets dark soon and roads/paths might be slippery to wear hi-visibility vests and suitable footwear.

Our membership fee is £30 per annum payable in April of each year. Anyone over 16 and of all abilities is welcome to run with the club. We can do taster sessions for an introduction to the running club and invite visitors to join us for a guided or training run on Wednesdays and Sundays for a small fee of £2. And if you wish to then run regularly or just support the club, you are welcome to join. Membership not only gives you the pleasure to join other runners with different levels of experience but entitles you to enter any UK Athletics run events at the concession rate granted to club members (typically £2 less per event).

Finally, the training is not compulsory – if you just want to turn up for a run, then please do.