



## Frequently Asked Questions

### **Is Clapham Pioneers still going?**

Yes the club is going strong. We get about 40 - 60 people each Tuesday night. For up to the minute information check out our [Facebook page](#) or ask to become a member of our [Facebook Group](#).

### **Do you meet more than once a week?**

Tuesday is the only official club night. However many of our members have made friends with other runners in the local area and often arrange to run together on non-club nights.

### **Do I have to be a member to come along?**

No, non-members are welcome. We simply ask you pay £1 on the night.

### **Are beginners welcome at the club?**

We do not specifically cater for complete beginners. Whilst we have a wide range of abilities, most people who come to the club can run 3 miles or more, which is approximately once round Clapham Common.

### **Do I have to be a fast runner to come along?**

No, we welcome runners of all abilities. Some runners can do 6-minute miles, others run at about 10 or 11 minute per mile pace. As a guideline, most runners can run around Clapham Common in about 30 minutes or quicker.

### **Do you have front and back markers?**

No, but if you are new and not familiar with the routes, we will buddy you up with someone so you are fully looked after. We also have maps of the routes available. If you haven't already, sign up for the newsletter, which contains details of the runs each week. You can do this via the form on the [homepage](#) of our website.

### **How do I become a member?**

You simply need to fill out a members form, email it back to us and transfer your £30 annual membership fee.

All of the details including the benefits of becoming a member are on the [membership page](#) of the Clapham Pioneers website.

### **Do you organise races?**

About 4 times a year we try and encourage strong Pioneers representation at key races, including a half marathon, a 10k and a team event. The details are contained on our [website](#), with the very latest news on our [Facebook races page](#).