

#runandtalk Organised Runs

Information for England Athletics Clubs and RunTogether Groups

Organising a #runandtalk run

- #runandtalk organised runs can only be organised an England Athletics affiliated club or RunTogether/Run England Group. They **MUST** be led by a UKA qualified leader or coach. Other people can organise their own runs (a group of friends, colleagues, family members etc) they just won't be listed on the event page list of organised runs for the general public to join.
- Runs can be a regular club or group run or something additional to your usual activity.
- Runs must take place between Saturday 8th October and Friday 14th October (World Mental Health Day is on Monday 10th October)
- Runs must be at least 1 mile long but otherwise can be any distance of your choice.
- Runs can include routes with various distances (e.g. a 1 mile run and a 5 mile run).
- Runs can include walking, jogging and/or running.
- We encourage organised runs to include a social element afterwards so runners can keep on talking and to let new runners know more about your club/group and encourage them to run regularly.
- Clubs/groups can specify age restrictions of their choice but the minimum age must be 12 years (accompanied by a parent or guardian) or 16 years (unaccompanied).
- Organised runs should be open to anyone including people that are not a member of your club or group. **They should be suitable for all abilities to take part including new runners.**
- To organise a run simply register the information here:
<https://www.surveymonkey.co.uk/r/runandtalk>
- Organised runs can be registered from 6th September until 7th October. Registered runs will be promoted [here](#) via the event Facebook page from **Friday 23rd September**.

Promotion

- Registered organised runs will be provided with a template promotional poster and template press release to promote their runs (optional).
- Please use #runandtalk on social media when promoting your run(s).

To register a run please visit <https://www.surveymonkey.co.uk/r/runandtalk>