

BRAMHAM RUNNERS

Bramham Runners was formed over 10 years ago by a group of like-minded people who enjoy running with others. No formalities, no joining fees and no membership commitments; everyone from Bramham and surrounding villages are welcome to join us. The more the merrier!

Running is a great form of exercise and is a fantastic way to get active, keep fit and stay healthy. Over the last year our club has undergone changes for obvious reasons and so now we have set up a WhatsApp group to share the latest information on our runs. For example, when the rules permit, we still run (socially distanced) on our “normal” run days Tuesday, Friday and Sunday but rather than be prescriptive about time we will share times runners are going out.

In the current lockdown we are allowed to meet up with one other person, and so we use the WhatsApp group to arrange this for those that are interested. We are having to be very flexible at the moment and so the best way to stay in the loop is to join the WhatsApp group. No matter how far or how fast you want to run we always (unless you are really really fast!) have someone else you can run with that can help motivate you.

In that past we have tried to encourage people to enter local events too, including the Bramham Park Major Series, the Bramham Park 10km and more recently Wetherby and Tadcaster Triathlons. So maybe, whilst we can't enter events, you could have a think about new goals for when we can!

If running isn't your thing, there is also a road cycling group who often go out together (when we are able to) – again the WhatsApp group is where we share rides out when rules permit.

If you want to get involved, message Bramham Runners Bramham.Runners@yahoo.co.uk or contact Morag Robertson (07984339907) or Alison Mackie (07725 641000) and we can add you to the group.

When we can offer more organised runs or bike rides we will update this site and communicate via the WhatsApp group.

So why are you waiting – let's get running!