

Farnham Town Running Club

Weekly Club Runs - Wednesday 7pm

Group Distances and Maximum Paces

Group	Average Distance (miles)	Maximum Pace (mins/miles)	Maximum Pace (mins/kms)	Estimated Parkrun Time
Pink	3 - 4	14:30	9:00	45 minutes
Purple	4 - 5	13:00	7:42	35 minutes
Blue	5 - 6	12:00	7:30	32 - 35 minutes
Teal	6 - 7	11:00	6:54	30 - 32 minutes
Green	5 - 7	10:00	6:15	28 - 30 minutes
Yellow	7 - 8	09:00	5:37	25 - 28 minutes
Orange	7 - 9	08:00	5:00	22 - 25 minutes
Red	7 - 9	07:30	4:41	20 - 22 minutes
Silver	8 - 10	<07:00	<4:21	<20 minutes

Each group will have a Run Leader and a rear runner assigned.

All runners must stay behind the Run Leader who will set the pace accordingly.

The Run Leader will make stops to ensure all the group is okay and that nobody is left far behind.

If you find the pace either too fast or too slow please move up or down a group the following week.