



MOJO Running

Contact person

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Club address

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Main activity

We are a ladies only running group. A friendly supportive environment to support women's running journeys from learning to run all the way up to marathons. UK Athletics accredited coaches with over 15 years coaching experience.

Who is welcome or qualified to join?

Beginners

Experienced

Over 55's

Women only

What is the route for a new starter?

Free taster session

How can new members engage and try?

Please contact us via the email above, our website or our social media to chat about your running journey so far. We can advise you which of our runs might suit you best and help you to love lacing up your trainers!

Costs

Your first run is free then PAYG for each run there isn't an annual membership fee or minimum attendance required, just come when suits.....runs cost £10

We offer.....

We offer support for runners who just want to run for fun alongside those training for races. A friendly supportive environment not only helping you improve your fitness and running technique in a fun environment but also exploring our beautiful local area....every run is different and you'll find hidden parts of Sevenoaks you never knew existed!

What do new members need to bring?

Fill in our medical form Running trainers Running attire appropriate for the season We provide the jelly babies ;-)

What do new members gain in the first 8-12 weeks

Learn basics safely
Confidence
Improvement in fitness/conditioning
Improvement in mobility/balance
New friends
New skills
A pathway to joining a team

What is the club trying to achieve?

A gain in beginner participation
Supporting local health & wellbeing
Increased participation by girls and women
Strengthening volunteering/coaching

Community

Our runs often finish at local cafes for a post run coffee and we have many evening socials such as Xmas parties, 80's discos, cinema trips, pub drinks and theatre nights....we also organise an overseas 'run' trip once a year, this year we are going to Rome!