



Oaks Blokes (running and walking)

Name of main contact person

David Palmer

Club address

Hollybush Recreation ground

Email

david@oaksblokes.co.uk

Main activity

Social running from slow to medium fast speeds. Plus, we have a walking group for brisk walking. We focus on beginners, non-runners and unfit men. Our sister club SLJ runs ladies' versions

Who is welcome or qualified to join?

Beginners

Experienced

Over 55's

Men only

What is the route for a new starter?

Free taster session

How can new members engage and try?

Free taster session whenever you want. All details on the Oaks Blokes website or message/WhatsApp David.

Costs

Annual membership £35. Run tokens £5

What do new members need to bring?

Running shoes - most running is off road on footpaths through the beautiful local countryside. In winter it is best to have off road or grippy trainers.

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

Confidence
Improvement in fitness/conditioning
Improvement in mobility/balance
New friends

What is your club trying to achieve?

A gain in beginner participation
Supporting local health & wellbeing
Keeping costs accessible

Community

The club is very social and most runs finish at a cafe with long chats over coffee etc