

Message from the Chairman

Darren Holloway



Ilkeston Running Club was formed many years ago at a time when running was going through a boom period. The eighties saw many local running clubs being formed and the club was born out of an interest within the local community for its members to get out and enjoy running with other like minded people. Some members wanted to race to see how well they could do and others just wanted to run to stay in shape and keep fit.

The club has seen many changes over the years. Recently we have moved from our old club meeting place at the Albion Leisure Centre to the new Rutland Sports Park. This provides us with a very good base to run from.

The Rutland Sports Park has good parking facilities and a purpose built running track. We meet on Tuesday's and Thursday nights just before 7.00pm inside the main building at reception.

Summer Runs see the club heading out into the countryside taking in such places as Shipley Country Park, Mapperley, Dale Abbey, and other areas utilising the vast amount of trails that we are so lucky to have dotted around us. As the dark nights come and winter sets in we move onto the pavements and run under streetlights and await the lighter nights to return.

There are many different standards of runner here at the club and we cater for everyone. For the runner who wants to just socialise with other runners and finds that joining a club and running with others provides the motivation to keep training to the more competitive runner who wants to test themselves at races.

We have an excellent ladies group within the club and many of our women have been at the club for many years.

All newcomers to the club are made to feel very welcome and we always make sure no runners are left alone and are grouped with other runners of a similar standard.

The benefits of joining our club are many. The social aspect of running with other people from the community means that you will make many new friends and benefit from the wealth of experience that our members have. There are many free races that can be entered upon becoming a member and a chance to wear the famous white vest with the red strip around it.

You will be entitled to discounts at local Running stores.

If you're thinking about joining please come along and give it a try.

For further information about becoming a member I can be contacted at any time

My contact number is 07970 715963

Or via email at Darren@holloway41.wanadoo.co.uk