

M · E · R · C

Multi Ethnic Running Club — bringing communities together, one run at a time.



GET THE APP
IOS & ANDROID

WE ARE MERC.

A friendly community running club for **everyday people** — no fitness tests, no minimum pace, just **turn up and run**. Open to anyone aged **18 and over**.

RUNNING FOR THE REST OF US.

Most running clubs are built for runners who are already fast. MERC isn't. We're a friendly local running club where the only thing you need is a pair of trainers and a willingness to turn up. Every session is led at a pace the whole group can keep, with built-in breaks so nobody gets left behind.

45-MINUTE SESSIONS

Every run is 45 minutes or less, with structured breaks so it fits around real life and any fitness level.

NO MINIMUM PACE

Beginners welcome. Walkers welcome. Returning runners welcome. We move together as a group, every time.

REAL COMMUNITY

Friendly faces, local routes, and a captain who knows your name. Make friends while you get fitter.

Who is MERC for? Anyone aged 18+. Any background. Any ability. Whether you've never run a mile in your life or you just want a sociable weekly run with friendly people, you belong here. **Show up, run with us, feel better.**

£20
PER YEAR

1 Sign up online

Two-minute sign-up at merc-online.co.uk.

2 Download the app

Schedule, captain updates, points & rewards.

3 Turn up & run

Find your local session and run with us.

WWW.MERC-ONLINE.CO.UK

Multi Ethnic Running Club · Open to everyone · 18+

FOLLOW THE JOURNEY

 [@mercrunclub](https://www.instagram.com/mercrunclub)

FIND US ON INSTAGRAM

VICTORY THROUGH DIVERSITY

Community Interest Company · UK Registered
Get the MERC app on iOS & Android