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Runners are invited to meet the experienced competitors who will be acting as pacers to help entrants achieve that elusive personal best when free training sessions begin on Wednesday 1 July.

The pacers are runners from local clubs who have all comfortably achieved the times they are pacing in half marathons during the last 12 months. Fourteen pacers will be leading seven different half marathon target times when the race takes place on Sunday 11 October.

Target times will range from finishing the race in just under one hour, 30 minutes to getting runners around the route in just under three hours, which is the race time limit.

The free training sessions take place fortnightly at Peterborough Embankment Athletics Track on Bishops Road and help prepare runners for race day. The evenings are led by experienced runners and coaches from Peterborough's leading local running clubs and are overseen by fully qualified UK Athletics endurance coaches.

Training starts with a warm-up at 7pm and will last between 30 and 90 minutes depending on ability. The sessions are suitable for people of all levels of fitness and experience with runners split into groups that reflect their ability.

Advice on training programmes will also be available.

[Advance Performance](#)

(<http://www.advanceperformance.co.uk/>), one of the event's long standing sponsors, will be attending the session on 15 July to offer advice on running shoes, injury prevention and nutrition.



Annette Joyce, service director city services and communications at Peterborough City Council, who organise the race, said: "The Perkins Great Eastern Run is a little over three months away, so we should all start to step up our training. We've already had hundreds of runners sign up, many for the first time, so we hope to see a few of you at the training evenings.

"The sessions are free and led by some of the best coaches in the region. Runners always tell us how motivated they feel after taking part in the excellent training we provide."

Tim Cook, chairman of the Greater Peterborough Athletics Network said: "All of our pacers will be attending at least one of the free training sessions right up to the week before the race. They love to talk running and are a friendly bunch but most of all they want to help runners achieve the target time they have set themselves."

"The training sessions are held in a no pressure environment and there is no need to book. People attending will get excellent help and advice from experienced runners and coaches who want to ensure they enjoy the Perkins Great Eastern Run."

The free training sessions (Wednesday's at 7pm) will run on:

- > 1 July
- > 15 July
- > 29 July
- > 12 August
- > 26 August
- > 9 September
- > 23 September
- > 7 October

Visit the [Perkins Great Eastern Run website \(http://www.perkinsgreateasternrun.co.uk\)](http://www.perkinsgreateasternrun.co.uk) for more information about pacers, target times and the free training sessions. Entries to the half marathon and fun run can be made online.

Entries can also be made by post or in person at the [Visitor Information Centre \(http://www.visitpeterborough.com/contact/\)](http://www.visitpeterborough.com/contact/).

Follow the [Perkins Great Eastern Run on facebook \(https://www.facebook.com/ThePerkinsGreatEasternRun\)](https://www.facebook.com/ThePerkinsGreatEasternRun) and twitter [@PerkinsGER \(https://twitter.com/perkinsger\)](https://twitter.com/perkinsger) for the latest developments.