

# Connect Here Guide to Running Groups in Edinburgh



Edinburgh **Health and  
Social Care** Partnership



**August 2023**

# CONTENTS

|  |    |
|--|----|
| <b>Index</b>   |    |
| <a href="#">Edinburgh Frontrunners</a>                               | 3  |
| <b>EH3</b>   |    |
| <a href="#">Hunters Bog Trotters</a>                                 | 3  |
| <b>EH4</b>   |    |
| <a href="#">Park Run - Crammond</a>                                  | 4  |
| <b>EH7</b>   |    |
| <a href="#">Good Time Running Club - Easter Road</a>                 | 4  |
| <b>EH8</b>   |    |
| <a href="#">University of Edinburgh Jogscotland Group</a>            | 5  |
| <a href="#">Park Run - Hollyrood Park</a>                            | 5  |
| <b>EH9</b>   |    |
| <a href="#">Edinburgh Runners</a>                                    | 6  |
| <a href="#">PubRun Edinburgh</a>                                     | 6  |
| <b>EH10</b>  |    |
| <a href="#">Carnethy Hill Running Club</a>                           | 7  |
| <b>EH11</b>  |    |
| <a href="#">Corstorphine AAC</a>                                     | 7  |
| <a href="#">Jog Scotland Merchiston</a>                              | 8  |
| <b>EH14</b>  |    |
| <a href="#">Oriam parkrun</a>  | 8  |
| <b>EH15</b>  |    |
| <a href="#">Portobello parkrun</a>                                   | 9  |
| <a href="#">Portobello Running Club</a>                              | 9  |
| <a href="#">Good Time Running Club</a>                               | 10 |
| <b>EH16</b>  |    |
| <a href="#">Edinburgh University Little France Jogscotland Group</a> | 11 |
| <a href="#">Couch to 5K</a>  | 11 |
| <b>EH21</b>  |    |
| <a href="#">Mussleburgh Athletic Club</a>                            | 10 |
| <b>EH22</b>  |    |
| <a href="#">Cani-Sports</a>  | 10 |
| <br>   |    |
| <a href="#">Lothian Running Club</a>                                 | 11 |
| <a href="#">We Run Edinburgh Wednesday</a>                           | 11 |

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Email: [ConnectHereUpdates@nhslothian.scot.nhs.uk](mailto:ConnectHereUpdates@nhslothian.scot.nhs.uk)

### Edinburgh Frontrunners

Edinburgh EH0

Opening Hours: Wednesday: 6.30pm (Royal Commonwealth Pool), Saturday: 9.50am for 10.00am start (Inverleith Park)

E: [edinburgh.frontrunners@gmail.com](mailto:edinburgh.frontrunners@gmail.com)

W: <http://www.edinburghfrontrunners.org>

**Summary:** Edinburgh Frontrunners is a primarily recreational and social running group. They provide a safe and welcoming running club for lesbian, gay, bisexual, transgender, and intersex runners and their straight friends. Membership is open to all, regardless of age, gender identity or expression, sexuality or running ability. See website for meet up details. Two recreational club sessions are held on Wednesday and Saturday.

## EH3 Running

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### Hunters Bog Trotters

Edinburgh EH3 9DX

Opening Hours: Various - See website

E: [secretary@huntersbogtrotters.com](mailto:secretary@huntersbogtrotters.com)

W: <http://www.huntersbogtrotters.com/>

**Summary:** The world-famous Hunters Bog Trotters can be found training every Thursday, 7.00pm. Meet at DVC ("Dick Vet Corner", the corner of the Meadows nearest the old Dick Vet School, now called Summerhall) No need to sign up in advance, just show up. See website for additional details.

### Park Run - Crammond

Cramond Village  
Edinburgh EH4 6NU

Opening Hours: Saturday 9.30am

E: [edinburgh@parkrun.com](mailto:edinburgh@parkrun.com)

W: <https://www.parkrun.org.uk/edinburgh/>

FB: <https://www.facebook.com/edinburghparkrun>

**Summary:** It is a 5km run - it's you against the clock. Please come along and join in whatever your pace! Register beforehand for free.

## EH7 Running

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### Good Time Running Club

Old Eastway Tap  
218 Easter Road  
Edinburgh EH7 5QH

Opening Hours: Thursdays 6:30 for a 6:45 kick off

F: <https://www.facebook.com/groups/1131603900945950/about>

**Summary:** 5K runs held on Mondays and Thursdays. Good time is for ALL runners (and those aspiring to run), they are all about participation, encouragement, support and having a laugh. Plenty space for leaving valuables at the Old Estway Tap and a space will be reserved for socialising afterwards. Occasionally the venue will change and will be announced with enough notice.

### University of Edinburgh Jogscotland Group

Bristo Square  
Edinburgh EH8 9AG

T: 0131 650 8215

Opening Hours: Tuesday and Thursday 12.30pm

W: <http://www.jogscotland.safety.ed.ac.uk/>

**Summary:** Beginners, mixed workplace group but open to anyone.

## EH8 Running

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### Park Run - Hollyrood Park

Queen's Drive  
Edinburgh EH8

Opening Hours: Saturday 9.30am

W: <https://www.parkrun.org.uk/holyrood/>

**Summary:** A free, fun, and friendly weekly 5K community event. Walk, jog, run, volunteer or spectate- it is up to you. It is free but please register before you first come along. See website for details about how to register.

### Edinburgh Runners

Meadows

Melville Drive

Edinburgh EH9 1ND

Opening Hours: Various - See website

W: <https://www.meetup.com/Edinburgh-Runners/>

**Summary:** This is a group of running enthusiasts who like to face the elements and explore the beautiful Edinburgh region in their running shoes. They meet for runs of different levels - some are training for marathons, some just like to jog and socialise, others come for a brief run around the meadows to relax after work. They aim to meet several times a week, using different trails with shorter/longer distances to please everyone.

## EH9 Running

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### PubRun Edinburgh

Meadows

Melville Drive

Edinburgh EH9 1ND

Opening Hours: Various - See website

W: <https://www.meetup.com/PubRun/>

**Summary:** Like keeping active? Keen to meet new people that don't take themselves too seriously? They meet every Sunday evening in the Meadows and every Tuesday evening in Leith. Keep an eye out for other events that'll pop up from time to time, such as charity runs and the BagelRun!

## **EH10 Running**

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[Return to Index](#)

### **Carnethy Hill Running Club**

35 Damhead Holdings  
Pentland Road  
Edinburgh EH10 7EA

Opening Hours: Various - See website

E: [membership@carnethy.com](mailto:membership@carnethy.com)

W: [www.carnethy.com](http://www.carnethy.com)

FB: <https://www.facebook.com/Carnethy/>

**Summary:** Carnethy HRC is a Hill Running Club and a Cycling Club, but much more than that. Carnethy is a group of like minded individuals who enjoy Mountains, Running, Cycling, and generally getting out there and doing stuff.

## **EH11 Running**

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### **Corstorphine AAC**

Saughton Athletics Track  
Stevenson Drive  
Edinburgh EH11 3HB

Opening Hours: Various - See website

E: [secretary@caac.org.uk](mailto:secretary@caac.org.uk)

W: <http://www.caac.org.uk/>

FB: <https://www.facebook.com/CorstorphineAAC>

**Summary:** The club offers athletics coaching for a number of different groups that are roughly based on age but mainly on level of ability. There's a group for all abilities and within all the groups there is opportunity to progress and develop.

### **Jog Scotland Merchiston**

North Merchiston Club  
48 Watson Crescent  
Edinburgh EH11 1EP

T: 0131 622 1757

Opening Hours: Monday 6.00pm; Wednesday 10.00am

E: [info@northmerchiston.co.uk](mailto:info@northmerchiston.co.uk)

W: <https://www.northmerchiston.co.uk/>

**Summary:** The jogging group meets inside the club outside the office. There is a changing room and lockable lockers are available.

## **EH14 Running**

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### **Oriam parkrun**

Oriam  
Heriot Watt University  
Ricarton  
Edinburgh EH14 4AS

Opening Hours: 9.30am.

W: <https://www.parkrun.org.uk/oriam/>

**Summary:** A free, fun, and friendly weekly 5K community event. Walk, jog, run, volunteer or spectate - it is up to you. The event is free but please register before you first come along. Please see website for details.



### Portobello parkrun

Figgate Park  
Balleyfield Road  
Edinburgh EH15 1NA

Opening Hours: Saturday 9.30am

<https://www.parkrun.org.uk/portobello/>

**Summary:** A free, fun, and friendly weekly 5K community event. Walk, jog, run, volunteer or spectate, it is up to you. It is free to join in but please register before you first come along, see website for details.

## EH15 Running

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### Portobello Running Club

Edinburgh EH15

Opening Hours: Various - See website

E: <https://portobellorc.co.uk/contact/>

W: <https://portobellorc.co.uk/>

**Summary:** Portobello Running Club is an adult running club with enrolment from age 18. Throughout the year they train from two different locations, In the winter much of our training takes place along the Promenade, Training during Summer is held in Holyrood Park and Arthurs Seat.

### **Good Time Running Club**

Civerinos Slice

47-49 Figgate Lane

Portobello Prom

Edinburgh, EH15 1HJ

Opening Hours: Mondays 6:30 for a 6:45 kick off 5km runs

F: <https://www.facebook.com/groups/1131603900945950/about>

**Summary:** 5K runs held on Mondays and Thursdays. Good time is for ALL runners (and those aspiring to run), they are all about participation, encouragement, support and having a laugh. ½ pizza slices for all runners, there is plenty of space for valueables to be left with Civerinos.

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## **EH16 Running**

[Return to Index](#)

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### **Edinburgh University Little France**

Edinburgh University Chancellors Building  
Little France  
Edinburgh EH16 4SB

T: 0131 242 6612

Opening Hours: Tuesday, Wednesday, Thursday 12.30pm

W: <http://www.jogscotland.safety.ed.ac.uk>

**Summary:** Workplace group open to staff and students of all universities and associated institutes.

## **EH16 Running**

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### **Couch to 5K**

Beginners Jogging Group  
Edinburgh and Lothians Green Space Trust  
EH16 5UF

T: 07510 928779

Opening Hours: Wednesday 9.00am

E: [ruth@elgt.org.uk](mailto:ruth@elgt.org.uk)

**Summary:** Fun, friendly and welcoming group. Meet outside Inch House Community Centre.

### Mussleburgh Athletic Club

Fisherrow Yacht Club  
97a New Street  
Mussleburgh EH21 6DG

Opening Hours: Various - See website

W: <https://www.musselburghac.com/>

FB: <https://www.facebook.com/Musselburgh-District-Athletic-Club-Running-Club-171301729597650/>

**Summary:** Musselburgh and District Athletic Club is a community club open to adult runners and children who want to train and compete in athletics events. They welcome new members regardless of age or ability. Their Jog Scotland group welcomes beginners and people who are aiming to get back into running.

## EH22 Running

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### Cani-Sports

Dalkeith Country Park  
Via King's Gate  
Dalkeith  
Edinburgh EH22 1ST

E: [canisportsedinburgh@gmail.com](mailto:canisportsedinburgh@gmail.com)

W: <https://canisportsedinburgh.co.uk/>

FB: <https://www.facebook.com/CSEClubNews>

**Summary:** Cani-Sports Edinburgh are a group of like-minded friendly folk who like to get out and about with our dogs in and around Edinburgh and East and Midlothian. They have a variety of members who enjoy undertaking sports with our dogs canicross, to bikejoring, to scootering to walking and hiking. (NB bikejoring and scootering are currently not permitted at official runs for insurance reasons.) We have regular weekly runs. See website for details.

### Lothian Running Club

Edinburgh

Opening Hours: Various - See website

E: [secretary@lothianrunningclub.co.uk](mailto:secretary@lothianrunningclub.co.uk)

W: <http://www.lothianrunningclub.co.uk/>

FB: <https://www.facebook.com/groups/85842338595/>

**Summary:** Lothian Running Club is based in the West Lothian and welcome runners of any standard. LRC strongly believes that running clubs are not just for the elite (although they will let fast people join too).

## Running

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### We Run Edinburgh Wednesday

Edinburgh

Opening Hours: Wednesday 6.30pm Castle Street/Rose Street

W: <https://www.strava.com/clubs/we-run-edinburgh-280878>

**Summary:** Women only beginner run. Women's running group in Edinburgh. Encouraging Strong, confident and happy runners. All ages, all abilities welcome. Wednesday social run. Usually, 2 routes to cater for all abilities. Don't worry about pace, it's just a running club.