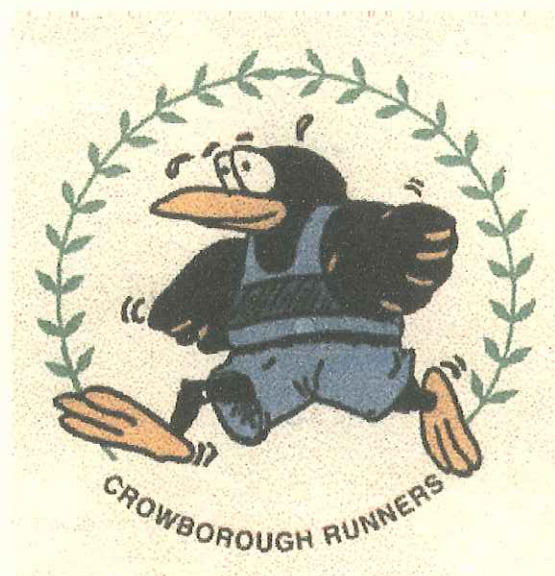


New Crowborough Junior Running Club

Saturday Mornings 9.45-10.45.
Goldsmiths Leisure Centre.
Age 11-16.



Following on from a recent successful summer season, Crowborough Runners are introducing a new weekly 'junior running' session for young athletes in the area. Track based, this club is aimed primarily at athletes aged 11-16 who have a passion for running and would like to improve their running skills and technique. Much of the training will be based on guidelines set down by England Athletics.

Focus will centre on elements of sprinting, middle distance and cross country and it is hoped that next season athletes will be able to compete individually and as a team in club competitions. Athletes will also be encouraged to compete in the local cross country league.

Whether you are a budding Mo Farah, love running or just wish to improve, then this is the club for you! Young athletes are invited to visit and experience a training session before joining the club.

Please note: Pre-Registration is essential should you be a new member –or wish to try a 'taster'session

Please visit our club web site:

<http://www.crowboroughrunners.org.uk/Junior%20Newsletter.htm> or
contact Dave Hynes (Head Junior Coach) for more details:-
davehynes1@aol.com- (Mob:- 07956 321 414) or Katerina Clarke –
Coach assistant & Club contact for the Junior Club:
barryandkaterina@hotmail.co.uk (tel: 01825 890296)