



Club Run - Welcomes Applications

England Athletics are pleased to announce we are now taking applications for the next round of Club Run. Over 100 off track and road running clubs have taken part in the programme since 2017 and we will be looking to support a further 30-40 clubs in this next round.

Club Run aims to support runners, leaders and coaches in achieving more through a series of three practical coached sessions taking place at your club, on club nights. Sessions are tailored to working towards a specific event distance or race as agreed with the club and will cover a range of activities including running technique, interval training and tempo running.

Club Run is free to affiliated clubs and further details and an application form can be found at:

<https://www.englandathletics.org/clubs-and-facilities/our-programmes/club-run/>

Applications will close midnight Thursday 28th February.

In the last 12 months of Club Run alone 60+ clubs have taken part in the programme from Ponteland Runners in the North East to Carn Runners of Cornwall. As we have moved through the four seasons, sessions have taken place in all weathers; at a wide range of urban and rural locations from tracks to the roads, seafronts to the fells, country parks to industrial estates. A team of 30+ experienced and dedicated coach deliverers have supported clubs in the delivery of these sessions.

In December we celebrated the 100th club to complete Club Run with London based club Queens Park Harriers. Around 50 runners attended the session which was led by coach deliverer Nick Anderson and also attended by guest athlete Dani Nimmock, who shared some of her journey from club athlete to international.

Sophie Barnard, Club President at Queens Park Harriers said:

"It has been fantastic to be part of the England Athletics Club Run programme. The whole club has benefitted; from help with training to club development; and we were honoured to have Nick and Dani visit us to celebrate being the 100th club to complete. Queens Park Harriers is a grass roots club that welcomes runners of all abilities, from kids to joggers to fast, promising runners so it's really inspiring to meet elite runners and coaches."

You can hear more about Club Run and Queen's Park Harriers experience of the programme in our third edition of the England Athletics Podcast at:

<https://soundcloud.com/englandathletics>



