



WELSH ATHLETICS
ATHLETAU CYMRU



BRITISH
ATHLETICS



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ATHLETAU CYMRU

Leadership in Running Fitness Course

31st January 2015

9am – 5pm

**VENUE: Treborth Athletics Track
Treborth Road
Bangor
LL57 2RQ**

Cost - £110 Affiliated £140 Non Affiliated

To Apply

Please complete the online booking form or post an application form complete with a passport photograph* and payment to;

Coach Education
Welsh Athletics Ltd
Cardiff International Sports Stadium
Leckwith Road
Cardiff, CF11 8AZ

Course Code: WALiRF15.2

Applications available at www.welshathletics.org

Leadership in Running Fitness (WALiRF 15.2)

Course - Leadership in Running Fitness

Brief Course Outline

Role A Leader in Running Fitness will be insured to lead running based fitness sessions aimed at those wishing to work with adult, participation, endurance athletes aged 18+.

Course Overview The course will enable Leaders to deliver fun and safe sessions to multi-ability groups and provide advice and support to new runners, as well as to develop pathways for those who want to progress. The course focuses on understanding and overcoming barriers to participation in running and how to increase participation by those not traditionally attracted to a running club.

Duration: 1 Day Course

For more details on the Leadership in Running Fitness course please [click here](#)

Date: Saturday 31st January 2015

Cost: £110 Affiliated £140 Non Affiliated

Times: 9:00 - 17:00

Course Code: WALiRF15.2

Location:

Treborth Athletics Track
Treborth Road
Bangor
LL57 2RQ

Closing Date for registration: Friday 16th January 2015

To Apply: Please post an [application form](#) complete with a passport photograph* and payment to;
Coach Education Welsh Athletics Ltd Cardiff International Sports Stadium Leckwith Road Cardiff CF11
8AZ *(no computer images)

More questions? To find out anything else about this course please
contact tom.marley@welshathletics.org