



**Destination RUN
Coaching**

ROAD | TRACK | TRAIL

 **Holly Lodge**
Primary School

 **UNITED
KINGDOM
ATHLETICS**

Holly Lodge Primary School Outdoor Athletics Club (Years 3-6)

Come and try out this club from beginners to experienced runners and for those wanting to improve fitness for team sports. We provide a fun, exciting and challenging outdoor athletics club to improve cardio fitness, speed and core skills such as agility, balance and coordination.

Dates: Thursday 10th September to 15th October 2026

Time: 3.15 - 4.15pm

Where: Holly Lodge Playing field (outdoor)

What to bring: Running kit (including warm/waterproof clothing or suncream/sun hat), trainers and a drink

Cost: £54 for the half term

How to book: Contact Brian Stopher at Destination RUN for more information at brian.destrun@gmail.com

(Please check your junk mail for our reply as our emails can often end up in junk)

Clubs organised and run by Brian Stopher (ENGLAND ATHLETICS qualified running coach, qualified & experienced PE teacher, ex-head of secondary school PE, & Great Britain International)

