



Qualified Coach

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

A club for beginners through to more experienced runners. Come and join us for this exciting and challenging 7 week outdoor athletics club to improve cardio fitness, speed and core skills such as agility, balance and coordination

Dates: Thursday 8th, 15th, 22nd & 29th September and 6th, 13th & 20th October 2022 (7 weeks)

Time: 3.15 - 4.15pm

Where: Holly Lodge Field

What to bring: Running kit (warm and waterproof), trainers and a drink

Cost: £6 per session - £42 for the half term

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

Clubs organised and run by Brian Stopher (UK Athletics qualified running coach, qualified &

