

# QUALIFY AS A LEADER IN RUNNING FITNESS (LIRF)

**Do you have an interest in running for fitness & would like to lead a group? Then this is the course for you!**

The **Leadership in Running Fitness** course will enable you to deliver fun and safe sessions to multi-ability groups and give advice and support to the new runner, as well as developing pathways for those who want to progress. It focuses on understanding and overcoming barriers to participation in running and how to increase participation by those not traditionally attracted to a running club.



## **Your nearest course**

**Date:** 27<sup>th</sup> September

**Venue:** Norman Park, Hayes Lane, Bromley, Greater London BR2 9EJ

**Code:** LC0188

**Cost:** £155 or £135 for EA affiliated club members

For further info, please email or call the **Membership Services** team [enquiries@englandathletics.org](mailto:enquiries@englandathletics.org) or 0121 3476543



**find out more at: [www.englandathletics.org/courses](http://www.englandathletics.org/courses)**