

KENT ROAD RUNNING DEVELOPMENT PROGRAMME 2011-12



Open to athletes in Kent aged 18 and above who want improve their performances. Free to all UKA Licensed Coaches and Running Group Leaders.

Who is it for? Runners and coaches who wish to:
Work towards achieving **their** potential.
Maximise the impact of their training programmes.
Join others of comparable level of commitment .
Avoiding injury and improving recovery.
Want to work together to raise road running standards in Kent.



What is the format? Training sessions will be held on a regular basis in a variety of locations depending on session content. Seminars and workshops will be offered on topics such as nutrition, injury prevention and training and tactics.
Dates include: 29/10/2011- Sevenoaks School
26/11/2011- Camber Sands
18/02/2012- Sevenoaks School
15/04/2012- Julie Rose Stadium, Ashford



Is there a cost?

The programme is managed and delivered by volunteers, so there is a minimal cost of £40 pa for athletes to cover track hire costs or fees for visiting specialist coaches & speakers.

Programme is led by Kent long distance coaches Janice Moorekite and Neil Clark. Janice was coached by Mike Gratton, winner of London Marathon 1983, from a 4.48 marathon PB to 2.48 PB. She achieved two GB Senior marathon vests. Neil specialises in coaching road and cross country running and has a marathon PB of 2.59. Both are part of a team of Kent based highly experienced coaches who are all committed to raising the standard of endurance events and coaching in Kent.



Interested? For more information contact:

janice@marathon262.fsnet.co.uk



www.englandathletics.org