

JUNIORS



Skipton AC has a junior section offering coached training sessions for boys and girls **aged 8-17**. The club has fantastic coaches (all of whom are DBS checked) and offer training, coaching and competition in:

Cross Country Road Running Fell Running

Training

Sessions are currently held on a Tuesday between 6-7pm. We meet at Craven Leisure. In summer we meet at Sandylands but parents will be advised when this is the case.

There's no obligation to join immediately, just come along and try out for a few weeks, then if you like what we offer sign up and become a member of Skipton AC and represent your club with pride!

The coaching team is:

Lead Coach

Hilary Seward

Assistant Coaches

Mel Ives

Emma Yiu

Joel Dalby

Chris Rose

Angela Dowbiggin

Leader in running fitness

Mark Desgranges

Competitions/Races

As we build up a junior membership we will be looking at entering some races. Having a race or a series of races to look forward to gives a focus in training and provides an opportunity to run against juniors from other clubs of similar ages and ability.

As a primary focus there is parkrun which, is a series of 5k runs held on Saturday mornings in areas of open space around the UK. They are open to all and free and easy to take part in. The local parkrun is at [Aireville Park, Skipton](#). The run starts at 9am. Check out their website for further information www.parkrun.org.uk.



For more details contact skiptonacjuniors@gmail.com if you have any questions about junior running.