

## JUNIORS

In March 2016 Skipton AC began a junior section offering coached training sessions for boys and girls aged between 12-17. The club has fantastic coaches (all of whom are CRB 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:

- Summer (March - October) Sandylands, between the Cricket Club and Rugby club just look for the Skipton AC flag!
- Winter (November - March) Craven Pool entrance.

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 the club with pride!!

### **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. Upcoming events will be posted here.

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](http://www.parkrun.org.uk).

For more details Contact Jez Lamb ([skiptonacjuniors@gmail.com](mailto:skiptonacjuniors@gmail.com)) if you have any questions about junior running.