

Contact us

Website:

www.runengland.org

General enquiries:

runengland@englandathletics.org

Phone 0121 7817271

Address:

Run England
England Athletics
Wellington House, Starley Way
Birmingham International Park
Solihull B37 7HB

Area Coordinators:

South West & Midlands

Charlotte Fisher
cfisher@englandathletics.org

North

Craig Blain
cblain@englandathletics.org

London

Natalie Kavanagh-Clarke
nkclarke@englandathletics.org

South

Louise Milne
lmilne@englandathletics.org



www.runengland.org

running for everyone

Beginner Groups • Community Running • Running Clubs



Run England is England Athletics' national running network

Run England is based on the philosophy of locally accessible running for all, with groups being created for women, mixed-sex, schools, workplaces and families.

Working in partnership with clubs and communities **Run England** aim to provide a welcoming social environment in which people of any fitness level can participate at their own level and to offer achievable goals and activities to enhance health and life. In partnership with existing running clubs we will offer both competition and a progression route for those who wish to utilise it.

The essence of **Run England** is its **group leaders**. Their local knowledge, accessibility and enthusiastic support are the basis of ensuring continued participation. Group leaders and members will benefit from ongoing support and access to fellow runners, information and events through the groups, the website and newsletters.

How can you get involved?

- Become a trained **Run England** leader and set up a group in your area (see opposite)
- Join a group – log onto the website www.runengland.org and search for your nearest group. Nothing near you? Then contact your local Area Coordinator to let them know you'd like a group near you – see contact details overleaf.
- Form a partnership between your organisation or club and **Run England**.

How can you become a Run England Leader?

To be a **Run England Leader** the main ingredient is enthusiasm!

We are looking for people who:

- are enthusiastic
- are supportive of others
- have a bit of free time
- are runners with some experience (not speed)
- are willing to do a one-day course

Our leaders are as varied as our members. They are all ages, paces, sizes, shapes, abilities and experience – and that's how we like it!

Most importantly, you don't need speed to lead.

Run England Leaders can be volunteers, self employed, or employed.

What training will I need?

Leadership in Running Fitness is England Athletics' specialist training course for running group leaders. This course provides a qualification, leader's licence and insurance. It's the starting point for all those who wish to lead a **Run England** group in their community, workplace or school or lead a group for their local running club. For details of your nearest course look online at www.englandathletics.org

What does Run England mean for you?

- **As an individual** – gives you the opportunity to take part in running at your own level, in a safe and enjoyable environment, improving your health and well being
- **As a club** – supports and strengthens mass participation, growing your club

Benefits to clubs:

- support with beginner's section
- increased members
- increased qualified leaders
- ongoing support and access to fellow runners
- information and events through the groups
- website and newsletters
- support from regional and local staff

