

Runners wanted



**No experience
necessary**



Bradford
Athletics Network

**Get more fun and more results
training in a group with the athletics
clubs in and around Bradford**

Bradford's athletic network - for runners, by runners

Ten running and athletic clubs in the Bradford area have formed the **Bradford Athletics Network**, that offers a complete programme of supervised training for beginners and improvers.

Whoever you are - whatever your age or ability - and whatever your ambitions, to run a mile or a marathon, you'll get more out of your training with our help.

Experienced and qualified coaches (CRB checked as required) will help you every step of the way. From complete beginners to the more experienced, we have the training sessions that you need to get fitter and faster.

Sessions will be targeted at specific ability groups, and the index opposite shows what the clubs are offering in their training. Don't worry if they seem too ambitious - you'll be made welcome and get help and advice.

Check out the individual club websites for more information. Newcomers are advised to call the club contacts in advance, to ensure that the sessions are suitable and if there are any restrictions or fees to pay. Introduction sessions are often free, or have a nominal fee to cover the use of facilities (from £1 to £2.65 approx. for use of Council-owned tracks).

*So what's the hard part?
Just turning up for the
first time.
See you soon.*



Baildon Runners (Airedale Athletics partnership)

Baildon Cricket & Rugby Club, Jenny Lane, Baildon

Contact: Quentin Lewis

e: enquiries@baildonrunners.tk

w: www.baildonrunners.tk

Tuesday 6.30pm: Structured training for all including hills, fartlek and speedwork.

Thursday 7.00pm: Long and short group runs for all.

Saturday 10:00am: Beginners running group.

Sunday 10.00am: Steady off-road runs.

Refer to website for locations.

Bingley Harriers and AC

Bradford & Bingley Sports Club, Wagon Lane, Bingley

Contact: Alan Oates (Secretary)

e: secretary@bingleyharriers.org.uk

w: www.bingleyharriers.org.uk

Tuesday 7.00pm: Speedwork on grass.

Thursday 7.30pm: Pack runs, in different ability groups.

Bradford Airedale AC (Airedale Athletics partnership)

Horsfall Playing Fields and Track, Cemetery Road, Wibsey

Contact: Stephen Wolstenholme

e: stephen@kestrelmount.freeserve.co.uk

w: www.bradfordaac.350.com

Tuesday 6.30pm: Intervals and speedwork.

Tuesday 7.00pm: Long runs.

Thursday 6.30pm: Improvers sessions for endurance runners; and introductions for track and field athletes.

Eccleshill Road Runners (Airedale Athletics partnership)

Contact: Helen Freeman

e: info@eccleshillroadrunners.com

w: www.eccleshillroadrunners.com

Monday 7.00pm: Hill reps and speedwork from Fitness First, Victoria Road, Eccleshill.

Wednesday 7.00pm: Short and long runs from Rawdon Meadows Car Park, Apperley Bridge.

In winter from Idle Cricket Club.

Friday 7.00pm: Families and beginners. As Wednesday.



Ilkley Harriers

Ilkley Lawn Tennis & Squash Club

Contact: Check the website

e: mship@ilkleyharriers.org.uk

w: www.ilkleyharriers.org.uk

Tuesday 7.00pm: Variety of road and offroad runs.

Thursday 7.00pm: Interval sessions from the Old Bridge.

Thursday 7.45pm: Speed sessions on road from the Old Bridge.

All sessions from various locations announced on website.

Keighley and Craven AC

Greenhead School, Keighley

Contact: Brett Weeden (Secretary)

e: brett@phluidity.net

w: www.kcac.co.uk

Tuesday & Thursday 6.30pm: Different ability groups.

St. Bede's AC (Airedale Athletics partnership)

Esholt Sports Club, Esholt Lane, Esholt Village

Contact: Jack Verity (Communications Officer)

e: jlverity@blueyonder.co.uk

w: www.stbedesac.org.uk

Tuesday 7.00pm: Long and short runs from Esholt Club.

Thursday 7.00pm: Beginners and Improvers group from Greens Health Centre, Otley Road, Charlestown.

Skyrac AC (Airedale Athletics partnership)

Nunroyd Park Clubhouse, Guiseley

Contact: Gordon Agar (Chief Coach)

e: ga.agar@talktalk.net

w: www.skyrac.org.uk

Tuesday and Thursday 7.15pm: Variety of road and offroad runs.

Settle Harriers

Contact: Alex Pilkington (Chairman)

John Osborne (Secretary)

e: alexpilk@msn.com

e: John.Osborne@naturalengland.org.uk

w: www.settleharriers.org

Monday 7:30pm: Steady pack runs, off-road in summer.

Tuesday 6:00pm: Junior Training (summer only).

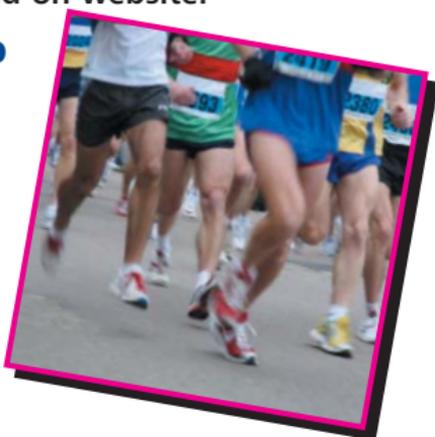
Wednesday 7:00pm: Longer pack runs, off-road in summer. Locations announced on website.

Skipton Athletic Club

Check the website for contacts and details:

www.skiptonac.org.uk

Sessions for under 18's are available at Keighley, Bingley, Ilkley, Guiseley and Wibsey. Please contact the relevant people named above.



Join our group

Whatever your running ability - you'll get more out of it by doing it with other people. And the best way is to run with one of our clubs.

You'll get expert training from qualified coaches and be with other runners who give help and encouragement. It's so much easier training with people who go at your pace. Running alone can be tough and lonely at first - so why not do it in a group?

If you've ever wanted to do a race - or improve your times - then this is the way to make it happen.

Running is not just pounding the streets. We have all kinds of activities in all sorts of places: road running of course, cross country and trails, fell and hills, track - some clubs even have field sports on offer - thrown a javelin lately?

It's safer and more reassuring, especially for women. And it's more fun. All clubs have a social life and you're welcome to join in.

Our club network is spread all over the Bradford, Craven and Airedale areas - so there's a club not too far from you.





Bradford
Athletics Network

The **Bradford Athletics Network** comprises the clubs in the Airedale Athletics partnership and other local clubs.



**Eccleshill
Road Runners**



St. Bede's AC



Ilkley Harriers AC



Settle Harriers

Skipton AC

**All helping you to become fitter, faster
and to realise your potential.**

Check out the individual club websites
(addresses on inner pages)
for full details and information.



Bradford Athletics Network
is supported by
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and McCain

