



BOURNVILLE HARRIERS

'A' and 'B' Team Runners

WE WANT YOU!

We're looking to build a core of 'A' and 'B' team runners with a focus on running hard and fast, competing for the club at Road Relays and XC, and developing and growing in a supportive team culture.

If the following sounds like you...

- 20 minutes or faster for 5k (men); 22 minutes or faster (women)
- Potential or aspiration to run 20 minutes for 5k (men) or 22 minutes (women) with coaching and development
- Focus on competing and developing, running hard
- Would like to be part of a supportive performance culture that brings the best out of everyone
- Able to regularly and consistently attend training
- Interested in long-term development

...we'd like you to join Nic Sykes & Dave Ellis' or David M's groups.

- We're holding two sessions to try out:

Tuesday 07 September	Thursday 09 September
Speed Endurance	Speed and Pacing
Rowheath playing fields/dirt track	
Meet at Rowheath Pavilion changing room 19:00	

Everyone will run together at these sessions. Afterwards we'll select the two training groups based on numbers who attend and pace. Please attend both sessions.

For more information please contact David Mountford via coach@bournvilleharriers.org.uk