

Rugby & Northampton Athletic Club



Summer Holiday Athletics

for children in school years 2-8

When?

25th - 29th July
8th - 12th August
23rd - 26th August
10am - 3pm everyday
Before and After clubs available



FREE

T-Shirt & Goody Bag
Medals, Prizes and Awards
throughout the week

Come & join us for a week of fun filled athletics this Summer Holidays!

What will you do?

- ☆ Get a taste for athletics by trying every run, jump and throw
- ☆ Take part in fun relays and challenges through the week
- ☆ Try to guide your country to glory in our Mini Olympics

Costs?

Full Week 10am-3pm £75	Single Days 10am-3pm £20
Full Week 8.30am-3pm £90	B/fast Club 8.30am-10am £5
Full Week 8.30am-5pm £120	Afternoon Club 3pm-5.30pm £10



How do I book?

Online: www.randnac.org (admin charge applies)

By Post: Request, complete and return a Booking Form

Enquiries & Booking Form Requests to: RNACStarTrack@gmail.com or call: 07999 959139

Can you run? Want to run? Why not join a group of like minded people?

Why not join our Ladies Running Group or Mens Running Group

Saturday Mornings 9-10am



Established in 2009 the Ladies Running Group is part of Rugby & Northampton AC and has more than 150 regular members catering for women of all ages and abilities, shapes & sizes, complete novices to intermediate runners.

The Mens Running Group began in January 2014 and is growing year on year. Again, catering for all abilities, providing you with coach led sessions to help you reach your running potential and goals.

Whether you are looking to compete in your first 5k or dream of running a marathon the group will provide you with coach led sessions and specific training plan to meet your on-going individual needs running with like-minded people. Your personal goal may be to get fit, lose weight, relieve work pressure, escape from the kids for an hour or meet new people - you will find all the above in the group.

Membership:

- £60 per year membership
- Flexible training to suit your needs
- Nutrition, technique & kit advice provided
- Two complimentary sessions before any commitment to join

16 week Beginner Courses start Feb each year

Contact us on:

ladiesrunninggroup@gmail.com / mensrunninggrouprugby@gmail.com