

Yr7+ Running & Athletics

When & Where

Every Wednesday 6.15pm – 7.15pm with a few exceptions: Christmas week, a couple of weeks in the Summer holidays and Wednesdays when the Midsummer Series in Cheltenham is on. For most of the year these sessions start at the Rugby Club, but during the school summer term sessions take place at Rednock.

Who

Lead Coach is Dave Durden, with regular support from Alice Lewis and others who kindly give their time.

These sessions are for our school year 7 and above age group.

What

These sessions include a mixture of run, throw, jump activities. In the summer they focus on track and field events with popular favourites being high jump, javelin, hurdles and sprint to middle distance running. In the winter the sessions are focused on running technique and include speed endurance themed exercises.

The Prince of Wales Midsummer Open Graded Series are a set of athletics competition events run throughout July by Cheltenham & County Harriers for the U13 age group and up.

