

When & Where

Saturdays 9.30-10.30am from September to the Easter break. Mostly at the Rugby Club; occasionally we will arrange for a trail run or orienteering session commencing on the Stinchcombe Golf Course.

Sessions do not go ahead on the weekends when there is a Cross Country competition event, as the coaches are at these events to support the DRC athletes who chose to compete.

Who

Lead Coach is Caroline Jones or Dave Durden. These sessions are for all of our junior athlete members (ages 7-18).

What

Cross Country Training

Making use of the terrain at the Rugby club, developing endurance running and running over obstacles skills.

Trail Running

Taking advantage of our countryside surroundings running through the Stinchcombe Woods and giving our juniors the opportunity to cover some distance during training.

Orienteering

Introducing our athletes (and parents) to map reading and strategic running.
Includes an Easter Egg Hunt to finish the season.