



**Destination RUN**  
**Coaching**  
ROAD | TRACK | TRAIL



## **St. Polycarp's Primary School Outdoor Running Club (Years 3-6)**

**Fun filled outdoor running sessions. If your child enjoys running, want to improve their agility, balance and coordination or simply wants to improve their fitness for other sports come and join us...**

**Dates:** Tuesday 10th September to 17th December 2024 (excluding half term)

**Time:** 3.15 - 4.15pm

**Where:** St. Polycarp's playing field (outdoor)

**What to bring:** Running kit (including warm and waterproof clothing), trainers and a drink

**Cost:** £112 for the whole autumn half term

**How to book:** Contact Brian Stopher at Destination RUN for more information at [brian.destrun@gmail.com](mailto:brian.destrun@gmail.com)

Clubs organised and run by Brian Stopher (UK Athletics qualified running coach, qualified & experienced PE teacher, ex-head of secondary school PE, & former National Champion)

