

The Runners Fayre



Somerset Athletics Network invites you to join us for a day of informative and motivational workshops on a wide range of running topics. We welcome runners of all levels, as well as club volunteers & event organisers.

- *Be inspired by our guest speaker, former 5k world record holder, Dave Moorcroft OBE*
- *Choose from a wide selection of workshops*
- *Mingle with other running enthusiasts*
- *View the latest products on the market*



BOOK EARLY TO AVOID DISAPPOINTMENT - LIMITED NO. OF PLACES

Book before Friday 3rd September to benefit from the rates below

£12.50 affiliated club runners,

£15 non-affiliated club runners

£10 per person for club bookings of 5 or more

All applicants will receive a £10 DISCOUNT off LiRF (Leadership in Running Fitness course)

BOOKINGS made after 3rd September will be charged at £15 per person



Saturday 18th September

Castle Sports Centre, Taunton, TA1 5AU

Full list of workshops overleaf. Application forms can be downloaded from www.sasp.co.uk
To book please email Charlotte Fisher cfisher1@somerset.gov.uk or phone 01823 410213


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Saturday 18th September

Castle Sports Centre, Taunton, TA1 1DN

PROGRAMME FOR THE DAY

9.30 am:	Fayre opens
9.45 – 10.10 am:	Registration
10.15 – 10.25 am:	Welcome
10.30 – 12 noon:	WORKSHOP 1
12.40 – 1.40 pm:	GUEST SPEAKER
1.45 – 3.15 pm:	WORKSHOP 2
3.15 pm:	Fayre closes

 these workshop will involve some low level physical activity – bring kit

W1	'Run FasterBut How?' <i>The basic principles of training for runners of all standards. How to develop training programmes & sessions which help you get the most out of your running, whatever your age.</i>	Tom Watson <i>South West Coach Mentor for Endurance Performance coach. His motivational style will get you thinking!</i>
W2	'Mind & Body' <i>Body awareness & maintenance for runners. Addresses common problem areas for runners with practical tips on how to manage them.</i>	Rob Date <i>A Sports Therapist who works with elite athlete enthusiasts. Rob's represented the army at mo & competed in triathlons & marathons. www.bo</i>
W3	'Anatomy of a Runner' <i>An insight into the McTimoney Chiropractic. How a better understanding of how our bodies work can help us avoid injury and run freely. Especially great for bad backs!</i>	Martin Merrell <i>McTimoney Chiropractor. A former professional cyclist and keen surfer</i>
W4	'Starting Out - The Female Runner' <i>Handy tips on warming up, stretching, being safe, simple running sessions to keep you motivated and help you reach your running goals.</i>	Paula Phillips <i>A running leader with the Womens Running Ne Paula's name regularly appears in the race res wide range of events in the South West.</i>
W5	'Sourcing Funds for your Club' <i>Practical advice on where to apply and how to put together successful grant applications to help stage special events or develop your club. For club officers & volunteers.</i>	Jane Knowles <i>Somerset Activity & Sports Partnership Jane's vast experience working in sports devel give you all the information you need to get ahe</i>
W6	'The Marathon' <i>All you need to know about getting round 26.2 miles in one piece. Tips on training and racing for runners at all levels, whether first timers as well as the more experienced runner.</i>	Adrian Marriott <i>Former GB Marathon runner with a PB of 2:18 Coach and Performance Consultant</i>
W7	'Know your Feet' <i>Making sense of the running show market. Understanding the technology behind running shoes, what's out there and how to assessing what type of footwear you should be wearing.</i>	Tim Wallis <i>Brooks Sales & Marketing Representative A runner of 12 years & former bronze medallist 3k Steeplechase at the National Championship</i>
W8	'Running with a Heart Monitor' <i>Practical session to enable you to make the most out of running with a heart monitor. Understanding how to use them and how they can enhance performance.</i>	Representative from Polar
W9	'Club Volunteers & Event Organisers' <i>All of the latest from Run England on staging events, 3-2-1, running leadership courses and more.</i>	England Athletics
W10	'Yoga for Runners' <i>Supplement your running with yoga. Enjoy the benefits that yoga can bring such as improved breathing, flexibility, strength and general well being. Practical Session, wear loose clothing</i>	Anna Davies <i>Member of the British Wheel of Yoga Associati Anna works with a wide range of clients & has workshops for triathlon specialists..</i>

Payment should be sent with your booking form. Cheques made payable to 'SASP'
Booking forms should accompany this flier or can be downloaded from www.sasp.co.uk