



Cambridge Harriers Athletics Club
Based in South East London

GIRLS MIDDLE DISTANCE SQUAD



Do you love the thrill of running fast over middle and long distances?
Are you aged 14-20 and want to take your running to the next level?
Are you looking for a supportive team and a chance to push your limits?

We are establishing a new training group for athletes aged 14-20, who want to improve their performances over middle and long distances

What We Will Offer:

- **Expert Coaching:** Work with coaches who understand the art of middle-distance running
- **Tailored Training Plans:** Workouts designed to enhance speed, stamina and tactics to help you reach your full potential
- **Competitive Edge:** Access to races and events to showcase your talent and compete with the Cambridge Harriers team
- **Team Spirit:** Working with a close-knit group who have fun and motivate each other



We meet every Tuesday and Thursday 6:30pm – 8pm
Sutcliffe Park Track, SE9 5LW

For more information or to arrange a taster session, contact:

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